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EBOOK COVER DESIGN

EBOOKS DESIGN

SLEEPING METHOD

TABLE OF Content





). Eleoping method training
)2. Types of association



PARENT CONCERN: Well, we've tried this before and it didn't work!

Web, this is usually a concern because the parents have fried a new method for five minutes and the child is plasting them off so they abandon the sechnique and claim it didn't work.

Bottom line, parents need to be patient and very

IF THEY ARE IN A CAR-

4 lot of this depends on how old the child is and how long the

EXAMPLE A more I worked with previously had to continuously drive her child around to easy them esleep.

There are two ways to combat this and what I expected from

You can take the and go straight to putting them in their circle and using an appropriate motion method QR Motion method to replace the car-holding and recking

This mathod will take approximately 5 days

Farents are aspected not to use the car as all from one time they begin working with me — unless there is an amargining just has the shink hear? Inappear or slept, then I allow them to use the can or should obtain a say.

The attollar unreside same way.

IF THEY ARE USED TO A STROLLER.

it depends on how Intends this

There are two ways to dombat this and what expected from parents.



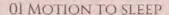
There are 3 main associations that parents use to assist their philat of fall selesp. The internity are should positive Vet. at a point of the parents are in allowing the while it fall allowers are internity to the continuous of allowing the process of using a skeep proj. that is anywer create in association for given, a separentee or a propiot of all them always. A pligated propilities have been associated for given, a separentee or a propiot of all them always. A pligated propilities have seen associated for a propilities and are an abundancy proj. Like the direct of sleeping on rop of a parents.

The three most common types of Associations are

1 Motion to Sleep (rocking, car, stroller, nock, and play)

I Pacifiors (Paci)

3 Feed to Sleep



To greatually aliminate the need for rocking, you can

Not room at all and put the rents directly into the one
 Apoly amail task on their bottom or rub in a circular motion
 Rook to be im there if they any our you want to stop when
spothed.

The Ideal routine to eliminate rocking is to-

[Two sechniques at once, Minimizing rocking greateling and eventually stopping altogether OR patting on the bottom in a circular motion while going "spin" at the same time.

Once the while is calm, you can put them into the trie and busce a firm hand on them and continue shushing and move forward with regular sleep routine.

This can be a frustrating process because this may need to be coopered any where from 30-100 times before it glocks. So the maltiting parent's need to practice is patience, as if a when the child several bench to exercil worth to exercil period to exercise the exercise to exercise the exercise the exercise to exercise the exercise

EBOOKS DESIGN

SLEEP METHODS MANUAL



By Carolina Romanyuk

There are 3 meie associations that paraets use to assist that while to full callege. The intertion are rollingly positive. Yet, at a point if the parants want tollineing the child to full callege in their cellulated at during the process of using a steep page, then is how we arroll an association for slape. A dependence on a propile help their sleep. A sphased propillies the case mentioned below and even a lumin page. Like the kneed or disepting on top at a parcents.

- I. Motion to Sleep (racking, car. stroller, rock, and play)
- 2. Pacifiers (Pacifs)



MOTION TO SLEEP (ROCKING)

111111

- Nor rook at all and put the child directly into the crize
 Apply small posts on their bettern or rule in a kincular motion
 Rook is calle them it they any but you want to stop when
 section.

The ideal routine to eliminate rocking is to:

Two techniques of once) Minimizing rocking gradually and eventually allocating allocation of GR politing on the bottom in a circular motion while going "strick" or the some time.

Once the child is calm, you can put them into the sale and place a firm hand as them and continue shashing and move forward with regular sleep routine.

This can be a frustrating process because this may need to be repealed anywhere from 50-100 times before it sticks. Seithe main thing parant's need to practice a potisers as if it town the child several incomes to swarple years to develop certain deep highs and time! I have some time to similare from.

PARENT CONCERN: Well, we've nied this before and at dille? world

Softem line, parents need to be patient and very consistent

A lot of this depends on now old the child is and how leng they have been using the pacy, but usually what I tell parent's is...

EXAMPLE: A man I worked with previously had to continuously drive her child around to been them asleep.

.

TRANSPORTATION.

- You can skip this ned go straight to putting them in their crib and using an appropriate motion method CR Motion method to and using an appropriate motion met replace the cer halding and tecking
- Porents are expected not to use the car of all from the time they begin working with me enloss there is an amargancy (such as the child have) napped or sizeful than I allow them to use the car a strated CNCC utility.
 [The shroller works the same wox.]

IF THEY ARE USED TO A STROLLER.

- There are two wars to combat this and what I expected from
- 1) You can stip this and go straight to putting them in their sails and using an appropriate mation method OR

2) If you have a child with a yery strung association with the straller, you can minio the tightness and security of the stroller

by all-stag the sholler is a bedroom/sleep environment while using an appropriate sleep chadule.

- Do not rook them. Just place them in the stroller.
 H they NEED movement, you can glide the stroller gently but step ASAP.

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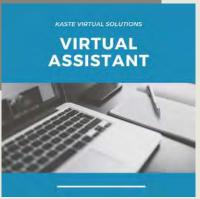






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BUT ABOUT THE
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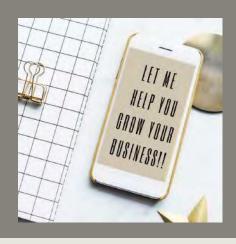








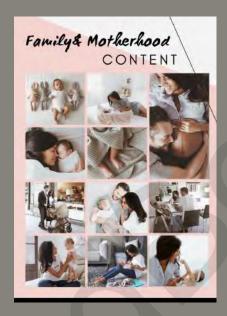






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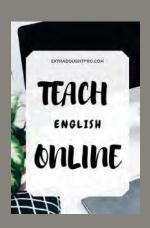


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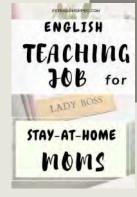












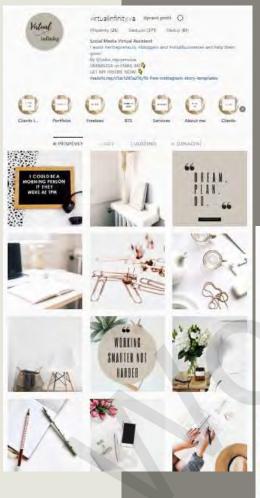


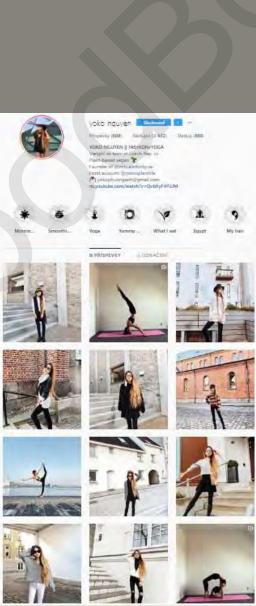






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Some of our clients' Testimonials



Lily Zhang, Founder & CEO Lyndex Tech, Canada

WoodBows employees are dedicative and hard working. My dedicated virtual employee Mr. Mithun never missed a call from me and always finishes his job ahead of our deadline. I have been a WoodBows' client for a long-time and continue to be one. I am so pleased to give this testimonial about WoodBows.



Horatio Franco, Owner Studio Four, Florida, USA

My virtual assistant put so much of extra work beyond his schedule. I offered to pay extra for their services and they never accepted it once. It's rare to see such people these days. Their service and quality of work are excellent and that's very valuable to us.



Deepak Agarwal, Founder Dolmiti Solutions, India

I find myself Lucky enough to find my dedicated virtual assistant priyanka dubey as social marketer, her knowledge in digital marketing space is jaw dropping. Her capabilities of taking your message & bringing it to your audience is excellent, she grew my audience in less than a week time. She know her stuff & I loved working with her..



WoodBows

A PARTNER YOU CAN RELY ON

About Us

We are fired up about welcoming you to our WoodBows' family.

This is John, I gave my heart to Christ when I was 27 in the USA. I hold an engineering graduate degree from the University of Houston, Texas, USA.

Having come to the USA from India, I saw a huge difference between India and USA. In USA, entrepreneurs and businesses are struggling to get talents to work for them whereas, in India, some of the best talents and engineers have been looking for jobs for several years. I thought of bridging both of them together.

Having built five businesses from the ground up and being an entrepreneur myself, I can absolutely understand how it feels like to manage the time.

All of our workers are engineering graduates with excellent English fluency and reliable professionals.

Our aim is to help you as much as possible to grow your business and save time.

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Email John@woodbows.com

- John