



# **The 3-Day Nanny: Simple 3-Day Solutions for Sleeping, Eating, Potty Training and Behaviour Challenges**

*Kathryn Mewes*

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Do you need to help your baby or child to sleep through the night, overcome fussiness around food, succeed with potty training or stop tantrums?

Kathryn's step-by-step advice will give you new confidence as a parent and quickly and easily help your child:

- **Sleep through the night**
- **Try new foods and enjoy healthy eating**
- **Transform challenging behaviours and habits**
- **Potty train with ease**

With advice for different issues and ages, Kathryn will guide you through the three-day plan relevant to you and help you put your family back on track.

Kathryn's 3-day plans work on the basis that it normally takes a child three days to settle into a new routine. On day 1 she helps you to identify the cause of the issue, to choose the right positive bespoke solution clearly outlined in her book and to begin to implement it. On this first day the new routine will feel new and unfamiliar to you and your child. On day 2 the new routine will start to be more familiar and by the end of day 3 the change will be accepted by your child and a fresh start will begin to unfold for you all.

Essential advice for parents with children aged 6 months to 6 years.

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