



The 7 O'Clock Bedtime: Early to bed, early to rise, makes a child healthy, playful, and wise

Inda Schaenen

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Are children hardwired to stay up late, scarfing down cookies and soda and surfing the Internet? No, says Inda Schaenen, who advocates a no-nonsense, nurturing approach that will help you get your kids into bed by 7 o'clock -- and help you make a saner life for yourself.

Most kids today are overscheduled, and consequently they're often wound up and active until late in the evening. But when kids are exhausted, bedtime becomes a struggle and everyone loses.

The solution? Put your kids to bed at 7 o'clock and reap the benefits:

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In this revolutionary book, Inda Schaenen helps you restructure your children's daily schedules from dawn till dusk, suggesting dozens of lifestyle changes that will reduce crankiness, improve school performance, and give you back control of your life. You'll learn why your kids need a 7 o'clock bedtime and, most important, how to make it happen. The book includes a detailed timetable; advice for dealing with vacations, school breaks, travel, And illness; and quick and healthful recipes. And Schaenen's wise, reassuring tone will inspire you to make this important and beneficial change.

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