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La bible du sommeil des enfants, un best-seller en Espagne
Le sommeil des bébés est un problème pour beaucoup de parents. Pourtant, dormir est un processus naturel. Et si les méthodes préconisées étaient contre-productives ?

Ce livre propose une approche totalement nouvelle du sommeil des enfants.

Oubliez tout ce que vous saviez :

- Non, les bébés n'ont pas besoin " d'apprendre à dormir ", ils naissent en sachant comment faire.
- Les règles et les méthodes disciplinaires conduisent à mal interpréter les signaux de l'enfant et à briser un processus physiologique naturel.
- Laisser pleurer un bébé présente un véritable danger pour son cerveau, qui sécrète de l'adrénaline et d'autres substances en réponse au stress.

Rassurant et chaleureux, ce livre vous permet de comprendre le sommeil des tout-petits et de l'accompagner

avec bienveillance.

En fin d'ouvrage, le Dr Rosa Jové propose un " Petit guide pour les parents désespérés " avec des solutions simples et pratiques pour faire face aux difficultés.

La promesse de nuits calmes pour les enfants... et leurs parents

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If you realise your dormir sans larmes so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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