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Lire des ebooks Le sommeil du nourrisson 2e édi Brigitte Langevin PDF, ePub, mobi, Saviez-vous que les habitudes adoptées dès notre plus jeune âge déterminent si l'on sera un bon ou un mauvais dormeur ? Les parents ont donc une responsabilité éducative majeure à assumer dans ce domaine. Malheureusement, trop peu sont au courant de l'importance capitale qu'aura un bon sommeil sur leur nourrisson et son développement. Ce livre permet de se familiariser avec les mécanismes d'un sommeil normal et les besoins du nourrisson. Vous y découvrirez également quelques mythes, la nature des différents troubles de sommeil et les conditions d'une bonne hygiène de sommeil. Mais surtout, vous y trouverez une stratégie éprouvée et adaptée

pour favoriser l'apprentissage du sommeil chez votre tout jeune bébé. Que vos prochaines nuits de sommeil soient les meilleures !

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