

Duermete Nino / 5 Days to a Perfect Night's Sleep for Your Child



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Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.
(Newton Runolfsson)

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DEBOLSILLO, Mexico, 2016. Paperback. Book Condition: New. 188 x 127 mm. Language: Spanish . Brand New Book. Este libro ayuda a entender las causas de las alteraciones del sueño más frecuentes en los niños, como las pesadillas y el sonambulismo, y también de las menos comunes, pero sobre todo nos enseña cuál es la mejor manera de superarlas. Una guía para que los padres puedan ponerla en práctica tanto en casa como fuera de ella, y lograr así que nuestros niños duerman plácidamente en cualquier situación, adondequiera. ENGLISH DESCRIPTION An international phenomenon now available in America for the first time, this quick, no-nonsense guide is all you need to get your child to sleep through the night (pillow not included). These days, most books on improving your child's sleep take either a tough-love approach (ignore crying) or a soothing strategy (offer continuous comfort). But now an internationally renowned sleep expert provides a middle-ground method that will have your child sleeping through the night at any age. Dr. Eduard Estivill's no-fail technique focuses on a mixture of authority, ritual, and reward. Parents can end negative cycles of resistance and wakefulness and feel as rested as their child will by following these expert tips: Adopt a firm and confident attitude (your child will pick up on your mood). Use meals as a cue to announce your child's next nap or nighttime sleep. Incorporate appropriate elements (such as a stuffed animal or a pacifier) at bedtime so your child will not rely on you as a vital part of the sleep process. Reinforce the contrast between light (day) and dark (night). Never punish children by making them go to bed (it sends the wrong message about sleep time). Learn what to say before and after the light is turned off. Complete with...

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