



Dormir sin lágrimas (Psicología y salud) (Spanish Edition)

Rosa Jove

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Los trastornos del sueño infantil son para muchos padres un verdadero problema, pero también lo son, por sus secuelas y efectos nocivos, algunos de los métodos de adiestramiento que se emplean para regular este proceso y lograr ¡por fin! que los niños duerman cuando sus padres así lo deciden.

En opinión de la autora de este libro, psicopediatra y especialista en el tema, «el sueño es un proceso evolutivo y todo niño sano va a dormir correctamente algún día». No hay que alterarlo, puesto que, en tanto que necesidad vital, «se sincronizará con nuestras necesidades en cada momento de nuestra vida».

Así pues, dejar a su hijo llorar no es la solución, porque cuando un bebé llora es que sufre y por lo tanto necesita atención; ni tampoco lo es prohibirle las canciones de cuna o impedirle que encuentre consuelo al compartir la cama con sus padres.

No se trata, pues, de aplicar un método o unas normas de disciplina, sino de abordar las diferentes situaciones con afecto y comprensión. Ello nos conducirá, como se demuestra en estas páginas, a obtener unas noches más tranquilas tanto para los padres como para los hijos.

Como afirma en el prólogo Carlos González -también pediatra y autor de "Mi hijo no me come"- «necesitábamos información seria y veraz para despejar esta maraña de mitos y prejuicios (...) "Dormir sin lágrimas" está llamado a convertirse en un clásico tanto para los padres como para los profesionales».

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Cliff Boyd:

The reason? Because this Dormir sin lágrimas (Psicología y salud) (Spanish Edition) is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will jolt you with the secret it inside. Reading this book adjacent to it was fantastic author who all write the book in such wonderful way makes the content on the inside easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you for not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book have such as help improving your ability and your critical thinking means. So , still want to postpone having that book? If I had been you I will go to the e-book store hurriedly.

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