



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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Jolie Browne:

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Betty Hood:

In this period of time globalization it is important to someone to obtain information. The information will make professionals understand the condition of the world. The fitness of the world makes the information much easier to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher this print many kinds of book. The book that recommended for you is Dormir sin lágrimas (Psicología y salud) (Spanish Edition) this publication consist a lot of the information on the condition of this world now. This particular book was represented how do the world has grown up. The terminology styles that writer use for explain it is easy to understand. Often the writer made some investigation when he makes this book. That is why this book appropriate all of you.

John Dussault:

Is it a person who having spare time after that spend it whole day by watching television programs or just laying on the bed? Do you need something totally new? This Dormir sin lágrimas (Psicología y salud) (Spanish Edition) can be the respond to, oh how comes? The new book you know. You are and so out of date, spending your time by reading in this new era is common not a nerd activity. So what these publications have than the others?

Joan Hanson:

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