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By Dr Eduard Estivill

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 placidamente 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...



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