

Leggere Bastano 3 Giorni Ebook Gratuito PDF/EPUB/mobi - Kathryn Mewes



leggere Bastano 3 giorni Ebook gratuito PDF/EPUB/mobi Kathryn Mewes , Quanti genitori si trovano in difficoltà con i propri bambini piccoli, perché non c'è verso di convincerli a dormire, farli mangiare in modo regolare o diventare meno capricciosi? I problemi legati al sonno, all'alimentazione o al comportamento possono avere ripercussioni anche pesanti sugli equilibri familiari. Per risolverli - ma anche solo perché «è meglio prevenire che curare» -, invece di procedere per tentativi o ascoltare i consigli di conoscenti con dubbie competenze, la soluzione migliore è affidarsi al metodo di una superesperta. Kathryn Mewes è una tra le più note diplomate del prestigioso Norland College di Bath, l'istituto che da oltre un secolo sforna le migliori puericultrici del mondo. Dopo decenni di esperienza con famiglie inglesi e straniere (anche italiane), ha messo a punto il «programma dei tre giorni». Questo metodo, che l'ha resa famosa, è oggi descritto in un libro: le famiglie che lo leggeranno e ne metteranno in pratica le preziose indicazioni potranno risolvere i problemi di nanna, pappa, cacca e capricci in soli 3 giorni. Il volume è diviso in sezioni

organizzate per età: da 6 a 18 mesi; da 18 mesi a 3 anni, da 3 a 6 anni.

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