



Nens descansats, nens feliços (Catalan Edition)

Eduard Estivill

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Una guia pràctica per a aconseguir que els nens integrin bons hàbits, se'n vagin a dormir feliços i es despertin descansats.


Tots els pares i els cuidadors saben que si un nen no descansa bé, no estarà preparat per afrontar els reptes de l'endemà: li costarà estar atent a classe, no gaudirà de les activitats i, a més a més, la seva desgana pot entorpir la vida de tota la família.

Els nens necessiten hores de descans, i rutines i hàbits senzills que satisfacin les seves necessitats físiques i emocionals. Han d'aprendre a estudiar, a menjar aliments sans, a incorporar hàbits d'higiene, i hem d'ajudar-los a relaxar-se abans d'anar a dormir perquè se n'hi vagin de manera voluntària.

Aquest és un llibre pràctic i senzill que mostra com les hores prèvies al moment d'anar-se'n al llit poden ser més felices per a tothom i ens ensenya que un nen que respecta uns bons hàbits i unes rutines clares a casa és un nen més feliç, un nen que se'n va a dormir i es lleva amb alegria i il·lusió per fer front al nou dia.

Un llibre que promet una convivència més agradable per a tota la família.

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