



Niños descansados, niños felices (Spanish Edition)

Eduard Estivill

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Una guía práctica para conseguir que los niños integren buenos hábitos, se acuesten felices y se despierten descansados.

Todos los padres y cuidadores saben que si un niño no descansa bien, no estará preparado para afrontar los retos del día siguiente: le costará estar atento en clase, no disfrutará de las actividades y, además, su desgan puede entorpecer la vida de toda la familia.

Cada niño necesita sus horas de descanso y también rutinas y hábitos sencillos que satisfagan sus necesidades físicas y emocionales. Ha de aprender a estudiar, a comer alimentos sanos, a practicar hábitos de higiene, y hemos de ayudarle a que se relaje antes de ir a la cama para que vaya de manera voluntaria.

Este es un libro práctico y sencillo que muestra cómo las horas previas al ir a dormir pueden ser más gratificantes para todos. Y nos enseña que un niño que respeta unos buenos hábitos y unas rutinas claras en casa, es un niño más feliz, un niño que se acuesta y se levanta con alegría e ilusión para afrontar su día.

Un libro que promete una convivencia más agradable para toda la familia.

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