



Nana Nenê: 2ª edição ampliada (Portuguese Edition)

Gary Ezzo

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A chegada de um bebê muda para sempre a vida dos pais. Isso inclui a qualidade do sono, a vida social, entre tantas outras coisas. Há casais que passam até três anos sem poder sair sozinhos após o nascimento do primeiro filho e mães que, durante anos, não conseguem dormir uma noite inteira. Foi para ajudar esses pais que Gary e Robert escreveram Nana nenê. Mais do que uma lista de certos e errados, o que os autores apresentam neste livro são princípios para que os pais desenvolvam estratégias que atenderão às necessidades de seus filhos, sem estresse e cansaço. Além de conhecer o revolucionário método de controle do sono do bebê, aprenda também sobre estes e muitos outros assuntos importantes: alimentação correta; como estabelecer uma rotina adequada; o significado do choro; cólicas, refluxo e outros incômodos; cuidados com a mãe e o bebê; a importância do carinho e de criar vínculos. Aprenda a estabelecer uma rotina saudável em sua casa e tenha um bebê saudável e feliz.

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