

Annette Kast-Zahn Dr. med. Hartmut Morgenroth

Jedes Kind kann schlafen lernen

Der Original-Bestseller

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Jedes Kind Kann Schlafen Lernen by Hartmut Morgenroth

Hartmut Morgenroth

Klein-Charlotte schlummerte nur noch an meiner Brust ein und wachte drei Mal in der Nacht auf, weil sie meine Nähe vermisste. Eine Freundin verreiste nicht mehr ohne Sitzball, weil ihre Tochter in den Schlaf gewippt werden wollte, eine andere schob nächtelang den Kinderwagen umher. Falls Sie ein ähnlich kräftezehrendes Ritual mit Ihrem child praktizieren, kann "Das Ein- und Durchschlaf-Buch" von Annette Kast-Zahn und Hartmut Morgenroth für Sie die Rettung sein. Die Psychologin und der Kinderarzt zeigen, wie sich Babys und auch Schulkinder in nur wenigen Tagen von ungünstigen Schlafgewohnheiten abbringen lassen -- behutsam, und ohne seelischen Schaden zu nehmen. Kernstück ist der "Behandlungsplan", der kontrolliertes Schreienlassen beinhaltet. Wer sich hierzu durchringt (wenn der Leidensdruck groß genug ist), wird innerhalb kürzester Zeit mit einem Jedes Kind Kann Schlafen Lernen child belohnt, das friedlich in seinem Bett einschlummert und sich erst am nächsten Morgen wieder meldet. Neben konkreter Hilfestellung vermitteln die Autoren eine Menge Wissenswertes über den kindlichen Schlaf, über Schlafstörungen und Schlafverhalten. Der Ratgeber ist mit zahlreichen Fallbeispielen illustriert. --Judith Kunz

First off, Dr. Morgenroth used to be my pediatrician turning out to be up, so I carry the guy within the maximum respect. He was once seasoned breastfeeding while the entire educational global used to be opposed to it. yet i can't suggest this book, regardless of its prestige of being a "classic" Jedes Kind Kann Schlafen Lernen in Germany. The Ferber proponents do not know why my baby is up at night, and i am not likely to permit her cry. that is that.

Jedes Kind Kann Schlafen Lernen

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