



I quaderni di papà: la nanna (Italian Edition)

Emanuel Di Marco

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Ci sono momenti in cui vorresti mollare tutto. Il sonno è una brutta bestia, eppure sai in cuor tuo che la cosa giusta da fare è non mollare. Perché ci sono passati tutti. Quando ti nasce un figlio, il sonno rappresenta uno dei punti critici da affrontare. Per partire con il piede giusto, sii consapevole di un fatto: il neonato arriva da un luogo caratterizzato da ritmi diversi rispetto a quelli che dovrà imparare a comprendere. Ed essendo almeno inizialmente un animaletto mosso essenzialmente dall'istinto, farai fatica a trovare con lui un punto di accordo. Questione di equilibri, per i quali occorrerà pazienza.

Ecco perciò una serie di nozioni e spunti di riflessione per cercare di superare indenni i primi mesi di vita del nostro piccolo. Perché anche questa, in fondo, è un'avventura.

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