

# Télécharger Livres Gratuit The Wonder Weeks (PDF | ePub | Mobi) Frans Plooij download-free



—The worldwide bestseller and multiple award winning—*The Wonder Weeks. How to stimulate your baby's mental development and help him turn his 10 predictable, great, fussy phases into magical leaps forward* describes the incredible mental developmental changes (leaps) and regression periods that all babies go through. Understanding the real reason behind crying, eating and sleeping problems is the only real solution every parent needs. *The Wonder Weeks* reveals what's going on inside baby's mind. Including a bonus chapter with everything about the relationship between sleep and leaps, as well as unique insight into your baby's sleeping behavior.

The book includes:

Week-by-week guide to baby's behavior When to expect the fussy behavior, what this implies (cranky, clingy, crying (the three C's) behavior) and how to deal with these regression periods (leaps) A description from your baby's perspective of the world around him and how you can understand the changes he's going through Fun games and gentle activities you can do with your child Unique insight into your baby's sleeping behaviour

The book is based on the scientific- and parental-world-changing discovery of a phenomenon: all normal, healthy babies appear to be more fussy at very nearly the same ages, regression periods, and sleep less in these phases.

These age-related fluctuations in need for body contact and attention (regression periods) are related to major and quite dramatic changes in the brains of the children. These changes enable a baby to enter a whole new perceptual world and, as a consequence, to learn many new skills. This should be a reason for celebration, but as far as the baby is concerned these changes are bewildering. He's taken aback—everything has changed overnight. It is as if he has woken up on a strange planet. He needs you to guide him and understand what he is going through! Get ready to rediscover the world all over again with your baby...

Bonus: Sleep, and the lack of sleep... that's something we all have to deal with when we have a baby. The bonus chapter includes everything about the relationship between sleep and leaps, as well as unique insight into your baby's sleeping behavior. Hint: did you know your baby learns (and there's a lot of brain activity) during those little, 'light' sleeps?

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