



# Los tres primeros años de vida (Spanish Edition)

*Juan Carlos Bleichmar*

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## **Los tres primeros años de vida (Spanish Edition)** Juan Carlos Bleichmar

Lograr que los niños crezcan sanos y felices es, sin duda, el deseo de toda madre y de todo padre. Sin embargo, hay momentos y circunstancias –o determinados aspectos de la crianza– en los que el conocimiento intuitivo que concede el amor no es suficiente para comprender, cuidar y encaminar a los hijos. Este libro pretende ser una guía y una ayuda al respecto e incluye:

- Cómo bañar al bebé.
- Cuándo ir incorporando nuevos alimentos a su dieta.
- Cómo evitar accidentes.
- Por qué el pequeño tiene miedo de la oscuridad y qué hacer frente a eso.
- Cómo proceder ante dolencias comunes tales como la tos o la fiebre.
- Cuáles son los trastornos de sueño más frecuentes y cómo solucionarlos.
- Cómo estimular al niño para ayudar en su desarrollo tanto físico como emocional e intelectual.

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