

Comment favoriser un meilleur SOMMEIL?



naître
"grandir

Je vais venir te chercher après la collation. À la maison, on jouera ensemble et après, on soupera.

Dites à votre enfant ce qui est prévu pour lui aujourd'hui

Avoir des journées prévisibles l'aide à s'endormir le soir. Sans être rigide sur l'heure des activités, donnez-lui des repères dans le temps. Cela augmente son sentiment de sécurité, ce qui favorise le sommeil.



Remplissez son « réservoir émotionnel »

Votre tout-petit a besoin de passer du temps avec vous pour combler son besoin d'attention. Mieux vaut lui accorder du temps avant la routine du dodo. Sinon, il peut étirer l'heure du coucher juste pour être avec vous.

Dormir permet de grandir, de passer une belle journée et d'apprendre des choses.



Parlez de façon positive du sommeil à votre enfant

Cela l'aidera à voir le sommeil comme quelque chose d'agréable et d'important. Dites par exemple : « Ça fait du bien de se reposer. Moi, j'aime dormir parce que... Et toi ? »

Assurez-vous d'éteindre les écrans au moins une heure avant le dodo

L'exposition aux écrans le soir nuit au sommeil. Limitez aussi les écrans durant la journée pour laisser plus de place aux activités physiques. Pour bien dormir, votre enfant a besoin de bouger.



Commencez la routine du dodo avant les signes de fatigue

Bâillements, yeux qui rougissent, surexcitation, agressivité, pleurs, etc. Votre enfant s'endormira plus facilement s'il fait sa routine avant l'apparition de ces signes.



Faites une courte routine du dodo d'environ 15 minutes

Une routine prévisible et rassurante prépare votre enfant au sommeil, car il sait à quoi s'attendre. Assurez-vous aussi qu'il n'a pas faim, soif ou envie afin d'éviter des demandes à répétition.



Le Sommeil De Leacutteo

Jessica J Manson



Le Sommeil De Leacuteo:

Adopting the Song of Appearance: An Psychological Symphony within **Le Sommeil De Leacuteo**

In a world taken by displays and the ceaseless chatter of instantaneous transmission, the melodic beauty and psychological symphony produced by the published word usually fade into the background, eclipsed by the relentless sound and distractions that permeate our lives. However, situated within the pages of **Le Sommeil De Leacuteo** a marvelous literary treasure brimming with raw emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, that interesting masterpiece conducts visitors on a mental journey, well unraveling the concealed songs and profound affect resonating within each carefully constructed phrase. Within the depths of the poignant evaluation, we shall discover the book is central harmonies, analyze their enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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