

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 à 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

Bâlllements, 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 Leacuteo

Chao Zhang

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Table of Contents Le Sommeil De Leacuteo

- 1. Understanding the eBook Le Sommeil De Leacuteo
 - The Rise of Digital Reading Le Sommeil De Leacuteo
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Le Sommeil De Leacuteo
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Le Sommeil De Leacuteo
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Le Sommeil De Leacuteo
 - Personalized Recommendations
 - Le Sommeil De Leacuteo User Reviews and Ratings
 - Le Sommeil De Leacuteo and Bestseller Lists
- 5. Accessing Le Sommeil De Leacuteo Free and Paid eBooks

- Le Sommeil De Leacuteo Public Domain eBooks
- Le Sommeil De Leacuteo eBook Subscription Services
- Le Sommeil De Leacuteo Budget-Friendly Options
- 6. Navigating Le Sommeil De Leacuteo eBook Formats
 - o ePub, PDF, MOBI, and More
 - Le Sommeil De Leacuteo Compatibility with Devices
 - Le Sommeil De Leacuteo Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Le Sommeil De Leacuteo
 - Highlighting and Note-Taking Le Sommeil De Leacuteo
 - Interactive Elements Le Sommeil De Leacuteo
- 8. Staying Engaged with Le Sommeil De Leacuteo
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Le Sommeil De Leacuteo
- 9. Balancing eBooks and Physical Books Le Sommeil De Leacuteo
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Le Sommeil De Leacuteo
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Le Sommeil De Leacuteo
 - Setting Reading Goals Le Sommeil De Leacuteo
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Le Sommeil De Leacuteo
 - Fact-Checking eBook Content of Le Sommeil De Leacuteo
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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