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**Download or Read Online Le sommeil de mon enfant Laurence Pernoud & Vanessa Slimani Free eBook PDF/ePub/Mobi/Mp3/Txt**, Et si bien dormir, cela « s'apprenait » ? Et ceci, dès le plus jeune âge ? Les docteurs Céline Martinot et Vanessa Slimani, co-fondatrices du premier *Centre Interdisciplinaire du Sommeil* à Paris, révèlent dans cet ouvrage les secrets des bonnes nuits chez les petits.

**Son ambition ?** Expliquer aux parents les principes du sommeil de leur enfant, de la vie *in utero* jusqu' à 6 ans, ainsi que ses troubles : difficultés d'endormissement, réveils nocturnes, cauchemars, anxiété de séparation...

**Son originalité ?** Donner des méthodes concrètes aux parents pour qu'ils aident eux-mêmes leur enfant à mieux dormir. Et, le cas échéant, identifier les situations qui nécessitent une consultation.

**Son plus ?** Rassurer les parents et répondre clairement à leurs questions.

## Biographies des auteures

**Céline Martinot** est médecin coordinatrice au Réseau Morphée et praticienne attachée au service de médecine du sommeil pour enfants et adolescents de l'hôpital Bécclère. Elle est aussi membre de la Société française et européenne de médecine du sommeil.

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