

# Buenas noches mi amor



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If you want your baby or child quickly to find his or her unique and individual way of sleeping, for the experience to be pleasant for both parents and children and to extend in a satisfactory manner into other, future learning experiences, you have in your hands what you are looking for.

This book provides you with strategies to strengthen empathy and the emotional resonance between you and your baby so that you can understand his or her feelings, offers you guidelines for creating an environment similar to the one he or she enjoyed in the womb and ideas to encourage positive attachment during the first few years of life.

It is obviously not a case of "training" the baby to sleep, but of helping to find his/her sleep pattern while respecting her emotional and psycho-physical well being and the need for attachment. Empathy and emotional resonance will enable you to understand her needs.

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