



# Endlich durchschlafen: Schlafprobleme verstehen und lösen (German Edition)

*Christine Rankl*

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*Christine Rankl*

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Jedes vierte Kleinkind hat Schlafprobleme. Und die Eltern sind Nacht für Nacht auf den Beinen. Das zehrt an den Nerven – und zwar auf beiden Seiten. Was sind die Ursachen? Und was hilft wirklich? Christine Rankl weiß für jedes Schlafproblem – vom Säugling bis zum Grundschulalter – eine Lösung. Dabei geht es nicht darum, ein bestimmtes Schlafprogramm durchzuziehen, sondern Kindern sanft und liebevoll in ihrer Fähigkeit zur Selbstregulation zu stärken. Und das gelingt Schritt für Schritt. Ein kompetenter Ratgeber, der endlich für erholsame Nächte sorgt.

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