



El camino para una lactancia y crianza feliz (Spanish Edition)

Marta Maglio de Martín, Pilar Graiño de Ramognini

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El nacimiento y la crianza durante los tres primeros años constituyen ejes fundamentales para que un niño crezca sano y feliz. Y, en ese momento, la lactancia es una prioridad. No sólo otorga beneficios nutritivos indiscutibles, sino que permite establecer un vínculo afectivo único entre la mamá y el bebé, que favorece su óptimo desarrollo emocional, físico, social e intelectual.

No son menores las dudas y exigencias que se les presentan a los padres en el mundo de hoy. Desde la lucha continua contra la internación conjunta, hasta la desinformación sobre la lactancia o las diferentes opiniones respecto del colecho, muchos son los temas que les generan confusión.

En este libro, las licenciadas Marta Maglio de Martín y Pilar Graiño de Ramognini nos transmiten su experiencia de treinta y cinco años de trabajo en Fundalam, con el objetivo de desterrar mitos y aportar sus sugerencias. Sin pretender ofrecer simples recetas, El camino para una lactancia y crianza feliz es una guía para aprender a dar de mamar y prevenir los problemas que pudieran surgir. Y también trata situaciones complejas como la vuelta al trabajo, la elección de la cuidadora, el destete, la importancia de los límites, los cambios en el sueño, la alimentación adecuada y la presencia de los abuelos, entre otras.

Un libro fundamental para que padres e hijos realicen juntos ese recorrido único y original que es la crianza, un proceso que se con struye paso a paso, y que los papás merecen gozar a pleno.

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