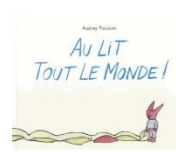
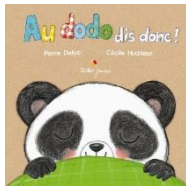


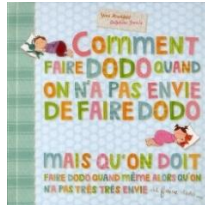
Bibliographie Parents, pour passer un moment avec vos enfants

Sommeil

Albums



Documentaires



Vidéos

<https://www.lumni.fr/video/petit-ours-brun-n-a-pas-sommeil>

<https://www.lumni.fr/video/dormir>

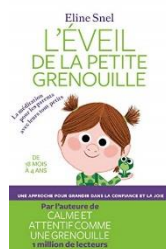
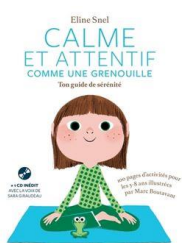
<https://www.lumni.fr/video/le-temps-calme>

<https://www.youtube.com/watch?v=4ygggy1N3jQ8>

Podcast

<https://www.radiofrance.fr/franceinter/podcasts/toudou/histoire-7-le-reve-5575272>

Pauses



Cohérence cardiaque enfant

https://www.youtube.com/watch?v=v3daVT4u_80

Relaxation

<https://www.youtube.com/watch?v=NgBWYXo-9ro>

<https://www.youtube.com/watch?v=v2y9KFQK4IM>

<https://www.youtube.com/watch?v=-c-IX1VRfiY>

Pour vous, si vous souhaitez aller plus loin



