掌上育儿

傅平,何怡峰,郑国雄

睡前育儿法（韩）李永爱著,史倩译,2021-03-01 本书作者以25年的咨询经验为基础，在书中向读者介绍了一套能够稳定孩子情绪的愉快育儿法。书中以父母经常遇到的孩子“睡觉难”等问题为中心，介绍了能让孩子产生共鸣，并能和孩子愉快互动的具体方法。

跟着儿科专家轻松育儿 傅平,何怡峰,郑国雄,2020-04-01 本书是儿科专家为新手爸妈编写的宝宝养育指南。本书由20位多年从事儿童保健、儿科临床、儿童心理工作的专业医师编写，针对年轻父母们在0-6岁宝宝养育过程中遇到的常见问题，解答深入浅出，实用性强，内容涵盖宝宝喂养、生理发育、心智发育、不适应对、疾病防治、早期教育等方方面面。本书对年轻父母、基层儿科医生、儿童保健工作者、幼儿教师、小学教师都具有重要的参考价值。

育儿知识百科 ,2013-12-21 ?宝宝的出生不知带给家庭多少欢乐，可是父母们对于如何细致入微地照顾小宝宝却知之甚少。怎样让宝宝养成更好的生活习惯？如何养育一个健康的宝宝，如何科学有效地开发宝宝的智力！在本书中你将能找到答案。

现代生活实用丛书——育儿高手 ,2013-12-21 ?从古到今，人们都将生儿育女视为人生中的一件大事，也是人类繁衍后代的一种必由“程序”，但却不能“顺其自然”。作为现代的准妈妈，应该了解多方的受孕知识，有更科学的生育观念。

教出耀眼的孩子 明桥大二,太田知子,林慧如,2007

睡前育儿法 李永爱,2021-11-18 本书作者以25年的咨询经验为基础，在书中向读者介绍了一套能够稳定孩子情绪的愉快育儿法。书中以父母经常遇到的孩子“睡觉难”等问题为中心，介绍了能让孩子产生共鸣，并能和孩子愉快互动的具体方法。

育兒生活 4月號／ 2016 第311期 嬰兒與母親雜誌社 ,2016-04-01 Cover Story 封面故事 18 從吵架中學習成長 面對「手足紛爭」、「同儕衝突」調解SOP ／邱平 「嗚~媽咪! 姊姊又打我! 」…面對孩子們每天不斷上演的衝突與糾紛，爸媽們感到疲於應付嗎？其實，孩子們的紛爭，是培養社交能力的必經練習，爸媽們只要掌握調解的SOP，就能讓孩子們學到自行解決的獨立思考力！ Topic焦點話題 32 小紅疹71型腸病毒再現！／陳萱蘋 感染腸病毒71型，不僅有發燒及喉嚨破洞的症狀，還會在手掌、腳掌或屁股肛門周圍冒出紅紅小小的疹子。莊佳韻醫師表示，這幾年還發現這種小紅疹子在孩子身上會感覺搔癢不適。 36 A流感未平，B流感再起 嬰幼兒流行性感冒照護／杜韻如 每年的一、二月常是A型流感的高峰期，前不久眼看疫情好不容易逐漸趨緩，但前往醫院看診的病人數卻高居不下，原來竟是B型流感開始升溫，尤其幼童更加容易受感染。 Baby Mall寶寶商城 40 優雅x丹寧x微甜x童趣 打造寶貝的時髦穿衣間／陳萱蘋 Baby Care生活照顧 56 打造無鉛居家用水環境／李怡萱 除了可以利用家中水費單上的單號，到台灣自來水公司的官網查詢自家的管線是否為鉛管之外，淘汰家中老舊的「銅鉛材質」，換成無鉛水龍頭，讓鉛毒徹底遠離我們的生活。 64 不愛午睡，行不行 睡眠其實是有個人差異的，有的人需要比較多的睡眠時間，有的人的確睡得比較少，前提在於孩子的總體睡眠時間足夠，那麼家長在睡午覺這件事上就可以較有彈性的處理了。／江睿毓 68 寶寶難懂？我們不懂？寶寶溝通術／李怡萱 You&Baby親子特區 82 準備好全家大小的第一露／陳萱蘋 風光明媚的周休二日，你和孩子只是窩在家裡？趕緊關上電視、放下3C，規劃行程、挑選營地，準備開啟全家大小的第一露，一起來「迷露」吧！ 92 5招幫寶貝拍出好照片 必學攝影概念&分齡拍攝技巧／邱平 Healthy Baby寶貝健康 102 水痘寶寶完全照護／陳萱蘋 考量寶寶的免疫系統發展，水痘疫苗的建議施打時程為寶寶滿1歲以後。然而1歲前寶寶仍可能感染水痘，小編身邊就有這樣的案例！ 106 中醫師的氣喘兒處方箋 急性期、緩解期VS.熱性氣喘、寒性氣喘，辨清楚！／中國醫藥大學附設醫院中醫兒科主治醫師 賴琬郁 Smart Baby啟蒙教室 112 7個創意玩法，讓藝術變好玩！／江睿毓 除了機器人、洋娃娃之外，藝術也可以是孩子的另一種玩具！親近藝術很簡單，只要放鬆心情，就可以愉悅自己，就是很好的開始！ Special Report特別報導 108 抗空污 防紫爆 居家作戰8指南：阻絕PM2.5入侵！／李怡萱 今年2月的高雄國際馬拉松賽事，一位選手不幸意外猝死。經調查很有可能是運動中大量吸入PM2.5所致！近來更發現許多孩童氣喘及過敏現象日益嚴重…。面對PM2.5您真的都準備好了嗎？ Baby Eating營養入門 132 孩子可以吃巧克力嗎？營養專家的4大建議／邱平 其實，巧克力吃或不吃的主要考量因素是咖啡因，以及糖分、色素等人工添加物的問題，所以究竟能不能給孩子吃巧克力？請看營養專家的4大建議！ 138 春日野餐 寶寶的幸福微旅行／邱平 找一塊適合的綠地，鋪上野餐墊席地，準備簡單餐點，與孩子們一起野餐吧！ For Mommy媽咪專屬 140 用一支炒鍋，滿足全家人的胃！／陳萱蘋 只要利用一支炒鍋，不需要高超華麗的料理技巧，新手也能輕鬆做出一桌秒殺的美味菜餚！ 146 新手爸媽的痠痛日記 拒絕媽媽手、下背痛、肩頸痠痛／李怡萱 150 Check！代謝症候群的5指標 熟女的煩惱~不吃也會胖？！／陳萱蘋 Life Shop生活情報 158 守護健康，一刻不得怠惰！／陳萱蘋 Feature 專欄 小兒健康 72 寶發育的龜兔賽跑／台大醫院北護分院小兒部主治醫師 湯國廷 感統開發 74 視覺，寶寶學習的最大幫手／彰化基督教醫院復健科職能治療組組長 陳宜男 幼兒心智 76 ADHD的小孩日後容易肥胖？（下）／財團法人為恭紀念醫院兒童心智科主任 吳四維 母乳協會 78 感受到突然的退奶，怎麼辦？／Little fish,Gloria 養育指南 80 發燒了，到底要不要退燒？／禾馨民權婦幼診所專業母胎醫學中心副院長 葉勝雄 Story Time故事時光 156 尾巴姊姊說故事：玫瑰花的刺／尾巴 Hit FB人氣粉絲團 158 氣溫變化大，考驗孩子的抵抗力／東森新聞主播&「請你跟我這樣過」主持人 黃文華 160 不符合大人的期待就叫做不乖、犯錯？／型男奶爸 臣銘 162 不用選擇地點，每天就是我愛你掛在嘴邊／維尼媽

育兒生活 2月號／2013 第273期 嬰兒與母親雜誌社,2013-02-01 隔代教養只有壞沒有好？根據許多隔代教養家庭研究，發現隔代教養家庭對於孩子有負面、也有正向的影響，面對隔代教養容易產生的矛盾與困惑，雙方避免「經驗之談」與「紙上談兵」，才能帶給孩子一個健康完滿的童年！ □隔代教養家庭，逐年漸增！ □For Baby：隔代教養之於孩子 □For Parents：隔代教養之於爸媽 【編者的話】「返鄉計畫」，你準備好了嗎？農曆春節將至，爸比媽咪是否都已準備好帶著寶寶出遠門的「返鄉計畫」呢？展開陌生的旅程、離開熟悉的環境，對寶寶來說，或許不像大多數人所想的那般輕鬆，以下，小編特別整理出「食、衣、住、行」各個面向的重點提醒，預祝大家一路上順順利利，與寶寶一起開心過好年喔！ ▒食 過年期間，孩子最容易接觸到各式各樣的零食，如：含糖飲料、糖果與重口味點心。由於寶寶正處於抓了就吃、吃不到就鬧的年紀，爸媽可先與家中長輩溝通，在辦年貨時避免一些不健康的食品，不但能為寶寶的健康把關，還能減少因為吃而引發親子衝突的機會。根莖澱粉類方面，需避免糯米製成的年糕，較適合寶寶的有蘿蔔糕、火鍋裡煮爛的芋頭、山藥與適量的發糕。肉類方面，宜選擇煮爛的瘦肉、魚肉與雞肉，避免香 腸、臘肉、魷魚與花枝。蔬菜水果方面，以新鮮為佳，年菜中的筍干屬於加工品，較不適合，核果類食品也最好7歲後再給孩子食用。▒衣 旅途過程裡，爸媽最容易碰到「在北部給寶寶穿很多，一下中南部突然變熱，或是在山下穿很薄，一上山馬上變涼」的問題，忽冷忽熱很容易導致生病，最好採「洋蔥式穿衣法」，使寶寶容易適應溫差。▒住 好奇心強的寶寶，到了新環境總是異常興奮，尤其過年大人經常聊天、打牌到很晚，孩子也不肯早睡，但由於寶寶的抵抗力較差，過年期間就醫也不容易，最好維持正常作息，大人可以等孩子睡著後再繼續自己的活動。缺乏安全感的寶寶則正好相反，旅途中容易哭鬧、也不好入睡，可以將寶寶平常慣用的枕頭、小棉被或玩偶等安撫物隨行攜帶，但記得要放在寶寶身邊，別收進行李箱喔！▒行 搭乘大眾交通工具時，記得為全家人準備口罩，以免交叉感染。如自行開車，路途長或碰上塞車時，寶寶難免失去耐性，可以在中途規畫合適的景點，讓寶寶下車透透氣、轉換心情。要是寶寶容易暈車又睡不著，可請兒科醫師開立安全的藥物讓寶寶預先服用，並記得在車內準備嘔吐袋及換洗衣物一套，屆時才不會手忙腳亂唷！ -- [目錄] You&Baby親子特區 36為孩子打造幸福宅 人類是一種非常有趣的有機體，打從呱呱落地的那一刻，便開始透過五感（味覺、觸覺、嗅覺、聽覺、視覺）來探索這多采多姿

的世界，並從中獲得各樣的學習與生 活開展。根據統計，現代人每天約有80%?90%的時間是在室內空間裡活動，對於0?5歲的嬰幼童而言，待在室內居家空間的時間更長。因此，如何為孩子打 造一個能帶來幸福感，又有利健康成長的居家環境，相信是爸媽們最關心的課題！ Healthy Baby寶貝健康 48嬰兒按摩 疲累時，大人會想去按摩放鬆一下，你知道嗎？其實，嬰兒跟成人一樣喜歡按摩。親密的肌膚接觸，不僅僅能帶給寶寶最大的滿足，增進觸覺能力，還能幫助寶寶達到生理放鬆與刺激發展，最重要的是讓爸比媽咪有機會更加了解自己的孩子，增進親子情感的互動！ 56家有肌肉張力不足的孩子 你家的寶貝是否像隻「小懶蟲」，連從房間到客廳都要媽咪抱，不肯自己走？站著喜歡靠牆，能坐就不站，能趴就不坐？亦或是走路經常跌倒、扭到腳踝，遊戲時也容易傷到手腕？寶貝真的只是單純的懶惰嗎？如果是這樣，為何又會受傷？小心！這很有可能是「肌肉張力不足」的徵兆喔！ 62戰勝早產兒常見疾病 有些寶寶等不及漫長的37週，就從媽咪的肚子裡蹦出來。雖然隨著醫學的進步，早產兒的存活率也越來越高，但是出生之後卻可能容易出現許多病狀，而且在日常 生活的照護上也有些地方需要特別留意。本期特別邀請到在早產兒領域的知名小兒科主任為我們解答關於早產兒的問題，期待寶寶也能夠健康快樂的成長。 66小兒的泌尿科問題 包皮炎、隱睪症、尿液回流、泌尿道感染等等泌尿科的問題在男寶寶的發生率比女寶寶多，但這些問題初期並未有明顯的症狀，藉由定期的體檢能將問題在早期發現早做處理治療，才不會引發更嚴重的症狀。 Baby Care 生活照顧 72午覺，睡不睡？成長中的兒童需要充足的睡眠幫助發育，當孩子不肯睡午覺，家長到底該堅持，或是乾脆順從孩子的意願？！ 76寶寶的如廁訓練，怎麼做？我家寶貝已經可以不用再穿尿布、開始學習如何如廁了嗎？要在什麼時間點訓練比較好？訓練的時候又該注意些什麼嗎？新手家長對於寶寶如廁訓練總有一大堆的問題想問，現在就請專家一一解答。 82異物入侵，不小心嗆到了！嬰幼童正值口腔期，只要小手抓得到的物品，通通都會想往嘴裡塞；對於家中對任何事物都充滿好奇的baby，爸比媽咪的確要多花點心思去防範。除了從環境中改善也要從生活中去調整。如果baby真的不幸誤食或發生嗆傷意外該怎麼辦呢？ 88日常清潔必修3堂課 Topic焦點話題 92帶孩子一起認識年節禁忌&習俗 農曆新年是全家團圓的重要日子，爸比媽咪除了忙著大掃除、辦年貨外，不妨帶著小朋友們一起認識年節背後有趣的故事與意涵吧！ Smart Baby啟蒙教室 96手足教養，不再傷腦筋！兄弟姊妹彼此不玩在一起，如何才能讓他們的感情變好？其中一個孩子長相特別可愛，個性特別活潑，每次出門只有他會頻頻受到稱讚，擔心其它孩子的心靈受傷？當孩子對弟弟妹妹產生反感，經常會說出「我討厭他。」又該怎麼辦呢？ 102塑造一個快樂成長的家庭文化 孩子們在探索世界時，展現出對生命的愛，對大自然的好奇，而這份好奇心與關懷能夠維持到什麼時候呢？ 108培養幼兒的音樂智能 嬰幼兒時期的音樂經驗，有助於孩子多元感官的刺激，能提升孩子的感受力，促進多種能力的發展。 114讓孩子成為人見人愛的小小人氣王！現代小家庭子女生得少，加上父母都希望能給寶貝最好的一切，但小心專寵、放任的教育，恐怕只會培養出目中無人的小霸王。從幼兒時期就教導、灌輸他正確的待人處事態度，讓他成為人見人愛的好孩子，這才是父母給孩子一生最珍貴的禮物。 Special Report特別報導 118如何預防與處理兒童燒燙傷？冬天到，熱飲、熱食、熱湯、火鍋這些熱呼呼的食物都出籠了，家長們需要多一份警覺多一些危機意識，才能預防燒燙傷事件發生在孩子身上。 Baby Mall寶寶商城 124市售副食品也可以營養又好吃！如何透過簡單的步驟擺脫一成不變的吃法，使寶寶不容易吃膩以外，還能攝取到更豐富充足的營養？以下我們將請專家分別依據米精、麥精與即食類…等3種市售副食品類別，示範口味與營養兼具的變化吃法！ For Mommy 媽咪專屬 144哺乳媽咪的飲食指南 對於母乳寶寶來說，媽咪吃什麼食物，寶寶就跟著吸收什麼營養，因此，哺乳媽咪的飲食便顯得格外重要。餵母乳的媽咪有哪些飲食原則與禁忌？哪些食物可以增加乳汁分泌，哪些食物又必須絕對禁止？ 150年夜飯輕鬆上桌！ Baby Eating營養入門 154寶寶的「顧目睭」料理 158寶寶，學習咀嚼的重要性！許多新手爸媽以為，寶寶與生俱來就具備有咀嚼能力，認為這是人類的本能，因此，時候到了，寶寶自然就會動動小嘴、吃下固體食物，應該不需要特別注意或訓練。其實，咀嚼對於寶寶來說，可是得經過不斷學習與練習，並需要爸媽的協助，請跟著我們一起瞭解寶寶的咀嚼大事吧！ Life Shop生活情報 162聰明媽咪?美麗必備五大單品！ 164順勢醫學守護+ 媽咪育兒新思維 Recommended Book每月一書 166護理師教您輕鬆照顧0?1歲寶寶 「從來沒有照顧過小嬰兒，我們會是稱職的爸媽嗎？」這想必是許多爸比媽咪將寶寶從醫院抱回家的那一刻，內心共同的忐忑。其實，只要掌握訣竅，每個父母都有機會可以輕鬆養育0?1歲的寶寶！就讓擁有20年育兒經驗的黃資理護理師來解決新手爸媽們的疑惑吧！ Feature 專欄 小兒健康 134新生兒篩檢新項目_嚴重複合型免疫缺乏症／行政院桃園署立醫院小兒科主任 裴仁生 感統開發 136練寫字，不一定要真的寫字／彰化基督教醫院復健科職能治療師 陳宜男 幼兒心智 138協助孩子改變不良習慣／財團法人為恭紀念醫院兒童心智科主任 吳四維 親職教育 140益智桌遊，親職教育好幫手！／文化大學推廣部講師 程祺 母乳協會 142寶寶需要改瓶餵嗎？／Little fish,Gloria

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育儿新知 梁淑芳,2013

[illegible] 文丹枫 韦绍锋,2017-01-19

育兒生活 11月號／ 2015 第306期 嬰兒與母親雜誌社,2015-11-01 Cover Story 封面故事 22 細支氣管炎 流感 肺炎 哮吼 輪狀病毒 異位性皮膚炎 全面攔阻！秋冬進擊的小兒病症／邱平 時序進入了涼爽的秋天，寒冷的冬季很快便會降臨，甚至一日溫差就高達10℃！在這樣的情況下，活潑好動的小朋友們更需要注意保暖，嚴防秋冬進擊的小兒疾 病，尤其抵抗力較弱的寶寶更需要全面警戒！今年秋冬，就讓專業的小兒科醫師來陪伴爸媽和寶貝，全力攔截、共同抗戰，讓病菌紛紛退散！ Healthy Baby寶貝健康 38 外敷×中藥浴×飲食調理 中醫師爸爸教您對抗異位性皮膚炎／中國醫藥大學附設醫院中醫兒科主治醫師 顏宏融 有異位性皮膚炎的孩子，皮膚又紅又癢、熱熱燙燙的、還有皮屑與疤痕、甚至傷口不斷流湯流水，看了好心疼啊！除了西藥治療之外，中醫師爸爸顏宏融要教您如何以外敷中藥與藥浴等方式對抗異位性皮膚炎！讓寶貝不再受異位性皮膚炎之苦！ 44 當心！小兒冬季腸胃炎來襲～／陳韻如 時序進入冬天，腹瀉卻還是兒科門診的常客！為什麼呢？「輪狀病毒」正是主要的兇手！冬季是輪狀病毒感染的高峰期，主要症狀是腹瀉，因此被統稱為「冬季腹瀉」！但台灣一年四季其實都有可能感染輪狀病毒，讓爸媽非常憂心！ Baby Mall寶寶商城 48 秋冬童裝秀！小資也能打造明星萌寶貝／邱平 爸媽治裝費有限，小孩又都長很快，幾乎每件衣服頂多撐兩年就穿不下；但是想挑便宜的童裝，衣料質感和時尚度又欠佳。別擔心，本單元要教爸比媽咪如何挑選秋冬必備單品來多重穿搭，小資爸媽也能輕鬆打造最萌寶貝！ Baby Care生活照顧 64 如何讓「夜貓子」寶寶乖乖睡覺？／陳韻如 「每天晚上叫小孩上床睡覺，他總說再玩一會兒，或是好不容易拐到床上還要講故事，有時候甚至聽完一本不夠，又要讀一本……。」這些情況真的是讓爸比媽咪快招架不住了！究竟該如何來糾正寶寶日夜顛倒的睡眠習慣呢？ 70 新手媽咪的離乳計畫／陳萱蘋 隨著寶寶一天天地成長及媽咪的生涯規劃與職場所需，總是得面臨母乳畢業的一天。然而，有些寶寶對於母乳卻是特別依依不捨。本文針對不同年齡與處境的母乳寶寶提出媽咪的離乳計畫，讓寶寶輕鬆和ㄋㄟˇㄋㄟˇ說bye bye！ Baby school幼兒學苑 74 華德福，培養真正快樂自信的孩子！／敖庭綸 華德福（Waldorf）是什麼？讓孩子遠離3C產品與塑膠玩具，多親近大自然也不等於華德福教育？為什麼華德福教育強調應讓孩子有大量創作藝術的機會？不評分、不排名的教育方式，孩子真的能夠進步與學習嗎？ Special Report特別報導 80 時尚達人愛愛的顯瘦穿搭心機美學／邱平 曾當選1996年世界小姐中華小姐冠軍，知名美妝時尚部落客，也出過多本時尚暢銷著作──愛愛，她為什麼剛坐完月子就能變回小姐體態，甚至看起來像女大生？其實，每位媽媽都可以做到！愛愛特別分享產後顯瘦穿搭秘技，只要靠點小心機，立馬變身窈窕美麗水媽咪！ You&Baby親子特區 86 教孩子說「對不起」有用嗎？／敖庭綸 孩子每次犯錯，總是很快地笑嘻嘻說「對不起」？或是無論如何都不開口說「對不起」？孩子問：「為什麼別人弄痛我，他都不跟我說對不起？」究竟該不該要求孩子學會說「對不起」？如何引導他們了解「對不起」三個字的真正意涵呢？ 90 別讓孩子當低頭迷網族！／黃偉俐 身心科診所院長 黃偉俐 智慧手持裝置及網路的時代強勢降臨，身陷迷「惘」的人到處都是。研究顯示，長期使用可能影響眼睛健康及睡眠，還可能變笨？！但當周遭的大人小孩們都在當低頭族的時候，如何

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展★教養不外求，專家就在你家！跟著6大STEAM教育這樣滋養寶寶： ●孕產按摩：舒緩孕媽咪的不適與不安，為迎接新生兒做好準備。 ●寶寶按摩：越按摩身體與情緒越好，寶寶頭腦越聰明靈活。 ●動知瑜伽：滿足寶寶好動需求，四肢發達後頭腦更不簡單。 ●親水游泳：順應寶寶在羊水中的本能，藉由親近不同環境發展多元能力。 ●音樂手語：用最能吸引寶寶注意的歌唱與動作溝通互動。 ●家庭食育：從小親子共食，懂得品嘗食物原味，護體健腦又有愛。★名人推薦 葉嗣平 華碩全球副總裁 曾寶儀 主持人、作家 劉沂佩 靜宜大學推廣教育處主任 陳?豪 台大醫院婦產部副教授 陳舜平 穩懋半導體股份有限公司總管理處總經理 許華孚 國立中正大學國際長／犯罪防治學系暨研究所系主任 鄭水源 馬來西亞美兆國際董事主席 王邦臻 荷蘭商TOM TOM N.V.北亞區人資長 盧崇正 台北市聯合醫院中興院區內科前主任／好康長照醫訪醫師（嬰兒、居家或特教兒童）施顯富 國都汽車（和泰汽車集團）前總經理 共同推薦 鄭老師推動的親子按摩，除了按摩本身帶來的生理效果，或許也是可以讓嬰兒更直接 感受父母的愛，使其在非常重要的成長階段感受到愛與安全，因而順利成長。我相信這也是鄭老師在推動人初千日的初衷。──葉嗣平，華碩全球副總裁 賦予孩子成為最好的自己的權利，同時你也會得到成為最好的自己的權利。──曾寶儀，主持人、作家 書中教導父母如何與寶寶溝通，建立真正的愛的關係，而非愛的控制。──劉沂佩，靜宜大學推廣教育處主任 ◎爸媽、老師、保母衷心推薦！人初千日課程佳評口碑如潮── 我原本想透過寶寶按摩幫助孩子消除住院以及手術的壓力，沒想到不只是孩子受惠，也按摩了媽媽那顆焦慮不安的心??透過肌膚接觸，讓我與孩子之間的親子關係更加緊密，也讓孩子在往後以口進食、肢體動作以及其他發展上有不少進步，這些幫助讓我始料未及。──綺綺媽媽 在那段以為走不出失去寶寶傷痛的日子裡，我感謝自己在大兒子毛毛人初千日階段時，就帶著他好好接觸了寶寶按摩、寶寶手語及寶寶瑜伽，依靠這三大魔法互相療癒我們全家人彼此的創傷，也有機會好好認識自己。因為如此受用，我從二〇一七年開始陸續參與培訓，成為講師。──毛毛媽媽 我是退休的新生兒科護理師，在我的一生當中有無數的老師教導過我，但是唯有鄭宜?老師念茲在茲重視人初千日的理念，翻轉了我對生命的看法。──盧護理師 在帶養孩子的日常裡逐漸體認到，親與子的關係與其他關係很大的不同是──我們與孩子在一起，是為了要讓彼此學習放手與獨立。這深刻的感觸與鄭宜?老師曾說過的：「在教孩子獨立之前，請務必先教孩子健康的依賴吧！」不謀而合。──謝社工師 人初千日課程讓我的孩子在發展方面收穫滿滿，更在親子依附關係上擁有穩定情緒，這種覺醒讓豬隊友不再是豬隊友，也能夠和小小的孩子培養親子關係。這個世代的爸爸們其實也好想幫忙，只是少了工具而已。這些課程幫助我與我的先生認識這個時期的小小孩，用適合的方式來好好對待他們，也重新修復了我們自己的人初千日。──張幼教師 大兒子三個月大時，我透過朋友引薦接觸了宜?老師舉辦的嬰兒按摩體驗課程。我永遠不會忘記當天發生的事，那是多美好的氛圍，我沒有聽到哭聲，兒子的眼睛在發光，他的微笑告訴我：「他感受到我很愛他。」──托嬰中心林園長 作者簡介 鄭宜?「Nuturer【人初千日】寶寶專家平台」創辦人、台灣國際嬰幼兒教保促進會理事長、密西根大學安娜堡校區幼教碩士，台灣大學社會系學士。在幼兒教保領域深耕超過15年，為爸爸媽媽開班授課，也在台灣各大幼教、幼保、應用英語相關科系和保母培訓機構開設專業人員訓練課程。目前開設的課程包括：人初千日、寶寶音樂手語、嬰幼兒按摩、嬰幼兒動能知覺瑜伽、寶寶副食品和親子共食、寶寶親水游泳、孕產按摩等。著有《人初千日：寶寶副食品：安心營養X聰明備餐X親子共食，120道餐點美味上菜》《全球嬰幼兒按摩專家都推薦的寶寶按摩全書》。經歷：「Nuturer【人初千日】寶寶專家平台」召集人 金色鑰匙親子魔法屋股份有限公司教學總監 台灣國際嬰幼兒教育保育發展促進會理事長 教育部大專院校講師 勞動署保母技職檢定命題委員 多個縣市社會局、衛生局課程講師 家庭教育中心講師 清華大學、宜蘭大學、中正大學、靜宜大學、輔仁大學、文化大學等大專院校推廣教育中心【人初千日】課程講師 親子天下【人初千日】系列線上課程講師

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through 掌上育儿

In a global inundated with monitors and the cacophony of instantaneous connection, the profound power and mental resonance of verbal art usually diminish in to obscurity, eclipsed by the regular assault of sound and distractions. However, nestled within the musical pages of 掌上育儿, a fascinating function of literary brilliance that pulses with organic emotions, lies an unforgettable trip waiting to be embarked upon. Written with a virtuoso wordsmith, that exciting opus courses readers on a psychological odyssey, gently exposing the latent potential and profound affect embedded within the delicate internet of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is key styles, dissect their fascinating writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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□□□□ Introduction

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