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Lire des ebooks Elever ses enfants sans élever la voix Nathalie de Boisgrollier PDF, ePub, mobi, Quel parent ne s'est pas un jour senti démuni devant son enfant, ses cris, son insolence, ses émotions négatives... ? Qui n'a pas eu recours au bâton ou à la carotte pour se faire obéir, par facilité, par habitude... ou par manque de repères ?

Les repères, Nathalie de Boisgrollier en apporte tout au long de cet ouvrage pour nous permettre de sortir de la spirale « Fais pas ci, fais pas ça » en nous aidant à comprendre et à définir quel parent nous voulons être.

Ni punitive, ni laxiste, son approche éducative positive, sensible, respectueuse à la fois des besoins de l'enfant et de ceux des parents, permet de :

gérer les émotions ;poser des limites claires et structurantes ;savoir communiquer harmonieusement en famille ;obtenir sans crier ;résoudre les conflits dans la bienveillance ;susciter la coopération de l'enfant ;en faire quelqu'un d'autonome et

d'épanoui, qui réussit mieux à l'école et dans la vie, etc.

Foisonnant de conseils pratiques, concrets et efficaces, ce livre précieux s'appuie sur de nombreux exemples du quotidien.

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