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Lire des ebooks Obtenir sans punir Christophe Carré PDF, ePub, mobi, Ni carotte, ni bâton !

Chantage à la récompense ou à la punition, intimidation, hurlements, supplications... Quel parent n'a pas eu recours à des moyens peu avouables pour obtenir que son enfant termine son assiette, aille se coucher sans pleurs, prenne un bain sans cris, cesse de se rouler par terre au supermarché ?

Or ce qu'un parent obtient sous la contrainte débouche rarement sur des changements profonds. Alors comment dépasser les conflits récurrents ? Entre chantage et punition il existe une troisième voie pour obtenir sans imposer : la manipulation positive. Le sabotage bienveillant, le recadrage, l'alternative illusoire, le "pied dans la porte", l'étiquetage ou l'inoculation d'habitudes, sont autant de techniques utiles et bénéfiques dans une démarche éducative.

S'inspirant notamment des principes de la communication non violente, cet ouvrage propose aux parents en difficulté d'autorité un ensemble d'outils pour renouer le dialogue, bien s'entendre avec leurs enfants et les aider à s'autonomiser.

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