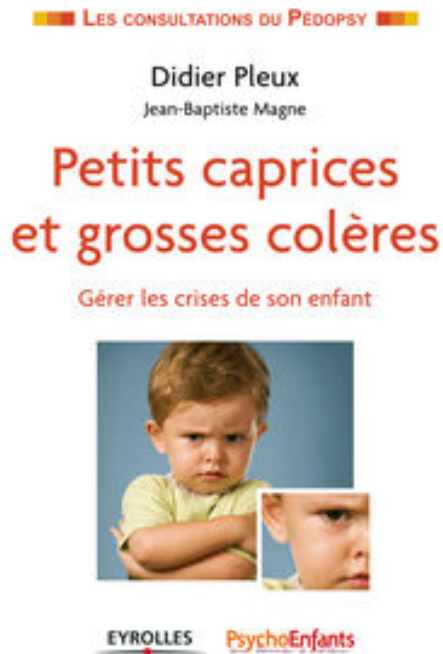


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Lire des ebooks Petits caprices et grosses colères Didier Pleux & Jean-Baptiste Magne PDF, ePub, mobi, Franchir le cap des caprices !

Votre enfant pique une crise quand vous insistez pour qu'il mette son manteau avant de sortir. Il hurle parce que vous lui refusez un deuxième dessert. Il se roule par terre dans le magasin de jouets pour obtenir le joli camion de pompier... Ces manifestations de colères, typiques chez les enfants entre 2 et 6 ans, sont souvent déstabilisantes pour les parents. Comment réagir face à un caprice ? Dans quels cas céder, dans quels cas rester ferme ?

Didier Pleux propose aux parents démunis des outils simples et efficaces pour poser les limites, accompagner l'enfant dans la gestion de ses émotions et l'aider à intérioriser règles sociales et valeurs morales.

Jean-Baptiste Magne, journaliste, a recueilli pour ce livre les propos de Didier Pleux, docteur en psychologie du développement, psychologue clinicien et directeur de l'Institut français de thérapie cognitive.

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