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Lire des ebooks Un enfant serein Gilles Diederichs PDF, ePub, mobi, Une thématique à succès ! Concentration, relaxation, méditation : des exercices simples et pratiques pour détendre votre enfant et lui permettre de rester concentré tout au long de la journée !

Petit déjeuner difficile, dispute avec les frères et sœurs, passage de " j'veux pas aller à l'école " ou encore refus de prendre son bain : l'enfant subit aujourd'hui de plein fouet le stress des parents et beaucoup de familles ne parviennent pas à apaiser l'agitation des petits.

Ce petit livre propose donc une série d'activités efficaces pour permettre aux enfants de rester calmes et concentrés toute la journée. Pour chaque moment, il sera proposé un ou plusieurs exercices à faire pratiquer à l'enfant et des conseils de bonnes pratiques pour les parents.

Une manière ludique de lutter sans stress contre les petits maux du quotidien !

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