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JANE NELSEN & LYNN LOTT
Adaptation Béatrice Sabate

La Discipline Positive pour les adolescents

Comment accompagner nos ados,
les encourager et les motiver,
avec fermeté et bienveillance



UN SUCCÈS
MONDIAL

Download or Read Online La Discipline positive pour les adolescents Jane Nelsen & Béatrice Sabate Free eBook PDF/ePub/Mobi/Mp3/Txt, Une méthode pour des ados épanouis, autonomes, responsables, et des parents plus détendus ! L'adolescence est une période de transition et de bouleversements qui inquiète souvent les parents et tourmente ceux qui la traversent. A l'ère du numérique et des réseaux sociaux, le désir d'autonomie des jeunes transforment les relations et laissent parfois les parents désemparés. Comment garder le lien et un échange de qualité avec son adolescent ? Comment le motiver ? Comment l'accompagner sans l'assister ou le contrôler ? Comment développer des relations basées sur un véritable respect mutuel, sortir des conflits du quotidien et les aider à devenir acteurs de leurs vies ? La Discipline Positive propose une démarche éducative qui allie fermeté et bienveillance. Ni punitive ni permissive, elle offre aux parents des outils concrets pour poser avec leurs ados une autorité juste fondée sur l'encouragement et le développement des compétences socio-émotionnelles

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