

Renouez Avec Votre Enfant Int Rieur Paperback

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apprivoiser les peurs pas fines débute par l histoire de bravoure de léo le lionceau léo est trop timide nerveux et effrayé pour parler à d autres animaux ou à ses enseignants et il a définitivement peur de son propre rugissement avec l aide de sa maman léo apprend que le changement demande de la patience de la pratique et des outils pratiques léo surmonte son anxiété en apprivoisant ses peurs pas fines et utilise même ses nouvelles compétences pour aider son amie ellie l éléphante à affronter sa peur des hauteurs et son besoin d être toujours parfaitement parfaite le cahier de travail dans la tanière de léo le lionceau comment apprivoiser tes peurs pas fines décrit les techniques qui ont aidé léo à trouver sa voix et à surmonter sa timidité ces pratiques ont été développées par des pédopsychiatres expérimentés pour aider les enfants qui souffrent d anxiété intense y compris ceux qui sont excessivement timides incapables de parler dans des situations sociales ou qui craignent de nouvelles expériences et de nouvelles personnes apprivoiser les peurs pas fines vise à aider votre jeune enfant à devenir plus conscient de ses émotions et à apprendre à faire face à l anxiété grâce à des exercices amusants créatifs et actifs

the topics in the guide are intended to cover the main concerns of parents and other caregivers as well as the basic needs of children site addresses to access these services and obtain copies of publications are provided with each listing

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