

Pour que votre enfant n'ait plus peur



Guide pour s'aider soi-même

Dr Jacques Leveau



Pour Que Votre Enfant Nait Plus Peur

Jules Dornay



Pour Que Votre Enfant Nait Plus Peur:

Pour que votre enfant n'ait plus peur Jacques Leveau, 2005-02-20 Peur du noir des animaux du monstre caché sous le lit de passer au tableau de quitter ses parents d'aller à la piscine petites et grandes peurs sont au cœur de toutes les enfances L'aide des parents est essentielle il faut comprendre rassurer expliquer Parfois aussi la peur prend trop de place elle empêche l'enfant de grandir et de se panser Que faire alors pour l'aider Le Dr Jacques Leveau explique pourquoi et comment il faut encourager votre enfant se confronter progressivement sa peur pour arriver à la surmonter Dans ce livre très concret il présente pour chaque situation un programme d'action simple et efficace inspiré des thérapies cognitives et comportementales Le Dr Jacques Leveau est pédopsychiatre dans le service de psychiatrie de l'enfant et de l'adolescent à l'hôpital de La Pitié Salpêtrière Paris

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