



# **Ce que les parents doivent savoir sur leurs adolescents: Faits, mythes et strategies (French Edition)**

*David A. Wolfe*

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En tant que parent, vous recherchez de l'information pratique, précise et facile à appliquer pour vous aider à élever votre adolescente ou votre adolescent. Vous voulez savoir quels comportements sont considérés comme normaux à l'adolescence, comment déterminer si votre enfant est sur la bonne voie, comment encourager son développement sain et comment obtenir de l'aide lorsque des problèmes surgissent. Ce que les parents doivent savoir sur leurs adolescents est un livret qui aborde ces questions de façon conviviale.

L'auteur, David A. Wolfe, est un psychologue clinique qui travaille auprès d'enfants et d'adolescents depuis plus de 25 ans. Il est titulaire de la Chaire d'études RBC en santé mentale infantile au Centre de toxicomanie et de santé mentale. Dans le cadre de son travail, il a souvent rencontré des parents qui se sentent dépassés par les problèmes et situations dont leur parlent leurs adolescents, surtout lorsque, de leur temps, ces problèmes n'existaient pas. Ce livret aborde les inquiétudes des parents.

Rédigé dans un langage simple et familier, Ce que les parents doivent savoir sur leurs adolescents aborde les faits et les mythes à propos de la vie des adolescents et de leur relation avec leurs parents. Il propose des stratégies pour aider les parents à préparer leurs adolescents à assumer de nouvelles responsabilités et à faire face aux pressions qui peuvent les accompagner. Chaque section du livret traite d'une stratégie parentale différente :

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