



Au coeur des émotions de l'enfant , Comprendre son langage, ses rires et ses pleurs

Isabelle Filliozat

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Todd is throwing a tantrum in the supermarket and rolling on the floor, Lucy is crying her heart out over a burst balloon, Frank wakes up every night terrified because a monster is chasing after him, Peter is scared of tunnels...

Parents are often at a loss, not knowing how to cope with their children's emotions. What should they do when faced with their inconsolably sobbing, screaming or panic-stricken children ?

What should they say to Paul who has lost his daddy ? to Mary who has cancer ? or to Simon whose parents are divorcing ?

Here's a book giving concrete insights illustrated by examples from everyday family life which will help you accompany your child towards autonomy, reconnect with your own childhood and gain greater harmony within the family circle.

Au coeur des émotions de l'enfant , Comprendre son langage, ses rires et ses pleurs Details

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Urte says

Great book!

Useful not only for parents, but also for those, who wish to understand their childhood experiences better.
The insights of the author are both deep and interesting!

Suigeneris says

Harikayd? bitmesine üzöldüm

Ichrak Hammami says

un livre très impressionnant qui m'a beaucoup aider à comprendre les émotions de mon fils et donc à réagir plus efficacement, à mieux communiquer avec lui et à parler de ce qu'il ressentait ce que je ne faisais pas auparavant.

Je me suis aperçue -après avoir lu ce livre- que je ne comprenais pas ce que mon fils vivait ni ce qu'il ressentait.

ce que m'a plu le plus dans ce livre c'était les exemples concrets que l'auteur mentionnait..

un livre à lire et à relire..

Je le vous recommande fortement..

Boaemeraude says

Livre très intéressant, concret et utile. A mettre entre toutes les mains de parents et de professionnels côtoyant des enfants.

Camille says

Absolument génial. Tous les parents, futurs parents et professionnels de l'enfance et adolescence devraient le lire.

Anthofromworld says

Ce livre est basé sur deux idées problématiques :

- 1 - Toute émotion de l'enfant (colère, pleurs) est un message d'alerte ayant une cause grave liée à sa situation ou à des traumatismes non résolus de ses parents. Les caprices n'existent pas.
- 2 - Les priorités des parents doivent être d'écouter et d'accompagner leurs enfants dans chaque émotion, régler leurs propres problèmes psychologiques, et aussi prendre du temps pour eux et être heureux. Le monde matériel (travail, lessives, courses, repas, ménage, ...) n'existe pas et les journées font 36 h pour permettre aux parents de faire tout ça.

Au final, non seulement on ne tire que peu de conseils pratiques de cette lecture, mais le livre culpabilise les parents qui se sentent déjà débordés.

Elalma says

Questo libro ha sconvolto tutto il mio modo di vedere la pedagogia dell'infanzia: dopo che l'ho letto non sono stata più la stessa. Il libro che ogni genitore dovrebbe leggere.

Lucie Lacoste says

Super livre d'Isabelle Filliozat sur la gestion des émotions. Quels sont les différentes émotions ? Comment aider l'enfant à les reconnaître, à les exprimer et l'accompagner. Une mine de petits témoignages. Très belle lecture.

Szymon says

Huge disappointment. Let me start with the good parts. The author asks the right questions about the emotions in relationships with children. She explains the importance of being a good listener and observer. The book defines a parent as a guide who helps children in exploring the world.

Now the bad parts. The book is full of anecdotal evidence and lacks scientific proofs. All characters in the stories are anonymous, so no one can confirm if the story is true or if it's made-up. The stories are full of absurd and extreme examples. For instance, chapter 4 talks about fear. The author explains that children fear, e.g. the basements because their parents were locked in the basement for hours. Or there's a story about a school principal who locked a child in the basement, and he/she spent the whole night in this dark place. And at the same time the book says nothing about fear as a natural physiological body reaction that helped the human race survive. The basement, in this case, is an example of an unknown and dark place that smells weird, that produces some noise and it's a perfectly healthy body reaction to feel uncomfortable to visit this place alone. Or a story about a 4-year-old child raised without a father - the book explains that his aggressive behavior is caused by the fact that everyone (including himself) sees him as a "monster". He thinks that his father left him and his mother because of this fact. And then a miracle happens - the father calls him, and after a single phone call discussion, all the bad behavior disappears. Come on... The book also recommends tricks on how to deal with anger against a child. It says that you can say to your child something like this: "I

don't have the right to hit you, but I have the right to have a desire to hit you."

All those examples are shallow, and they don't head for any practical conclusion. The theses miss scientific or logical proof, and in most cases, they are presented as a conclusion based on a single non-representative example. The storytelling is chaotic, and it's common that two or three different narrative styles are mixed in a single chapter. Polish translation also feels like a little bit broken, but I can forgive it - French is a complex language and some words can't be expressed efficiently in Polish.

I'm disappointed with this book. My expectations were much higher. I expected to read a handbook full of practical and inspiring information. The author is a psychotherapist, not a self-made parenting expert blogger so that readers can expect something more credible than just a ton of anecdotes told by anonymous people. There are much more valuable books about parenting, relationship with children or emotional intelligence. This book is not one of them.

Last but not least for Polish readers. I could quote tons of sentences to show you how absurd examples this book is full of. Here is one of them.

"Jolanta przyszła do mnie na konsultację w sprawie córki, panicznie bojącej się przerw międzylekcyjnych. W rzeczywistości, to Jolanta ich się obawiała. Bała się, by jej córka nie przeżywała tego, co ona musiała znosić w szkole. Natychmiast po zidentyfikowaniu problemu spontanicznie opowiedziała Daphne o swoich koszmarach z przeszłości i jasno jej wyjaśniła, że nie może brać na siebie jej lęków. Następnego dnia, wracając ze szkoły, zachwycona Daphne oświadczyła mamie: "Mamo, oddaj ci twoje lęki". Od tego dnia nastąpiła widoczna zmiana. Daphne stała się wesółą. Wszystkie lęki zniknęły. Magia? Nie, ale w jakiś sposób odpowiedź bardzo szybko wyzwala w dzieciach energię".

- Rozdział 4, str. 131

Minora says

Un live excellent sur l'éducation positive, merci mille fois Mme Filliozat !

Nilay Tekel Çankaya says

Bugüne kadar okuduğum en güzel, en içeriği zengin, en üslubu rahat ve en “ebeveyne parmak sallamadan” fikir veren çocuk gelişimi ve eğitimi kitabı. İlgileniyorsanız bu tarz konularla hiç karşılaşmayacağınız mutlaka okuyun

Angeliki says

Βιβλίο-θησαυρός για όλους τους γονείς και κυρίως για εκείνους που έχουν πονέσει στην παιδική τους ηλικία και θέλουν να γλιτώσουν τα παιδιά τους από τον ίδιο πόνο. Το δίβασα για δεύτερη φορά με διάφορο όχημα, ξαναθυμήθηκα τις υπέροχες συμβουλές της συγγραφέως και παρηγορήθηκα για τις αδυναμίες και τα λάθη μου.

Bilal Y. says

Çocuklar?n seviyesine inilmez, ç?k?l?r. ??te bu kitap bunu nas?l yapabilece?inizi gösteriyor size..

Arzu Henden Ozan says

Okudu?um en ak?c? kitaplardan biriydi. ?çindeki örnekler hepimizin kar??la?t??? türden örnekler. ?lk defa okudu?um bir ebevyn kitab?nda peri masallar?na ili?kin bir not dü?üldü?ünü gördüm. Benim için gerçekten süpriz oldu. Okudu?unuzda pi?man olmayaca??n?z çocu?unuzu duygusal olarak nas?l analiz edece?inize dair ipuçlar?n? bulaca??n?z bir kitap can? gönülden tavsiye ederim.
