

PRENDRE L'ENFANT AU SÉRIEUX : UNE ÉGALE DIGNITÉ



Entrer en relation avec les enfants sans tomber dans l'autoritarisme ("j'ai raison, tu obéis") ou la négligence ("fais ce que tu veux") passe par la conviction que les enfants ont autant le **droit au respect que les adultes**.

Selon notre niveau de disponibilité (en lien avec notre fatigue, notre stress, notre forme physique etc), nous n'aurons pas les mêmes réactions. Plus nous avons de **ressources internes et externes**, plus nous pouvons faire preuve d'**empathie** et nous exprimer de manière authentique (nos émotions, nos besoins, nos **limites personnelles**). Cela explique l'importance de penser à nourrir fréquemment nos propres besoins.

FAIRE PREUVE D'EMPATHIE

Se mettre à la **place** de l'enfant pour creuser derrière ce qu'il donne à voir et à entendre : *Quand il se dit qu'il ne veut pas s'habiller, qu'est-ce qui se passe pour lui ? Ça a l'air de ressembler à de l'irritation parce qu'il a besoin d'autonomie, de décider par lui-même, de maîtriser son temps. Il n'a pas envie d'aller à l'école, il avait encore envie de jouer.*

Refléter ses motivations à l'enfant :

Quand tu ne t'habilles pas, tu te sens triste parce que tu voudrais faire tout seul que tu voudrais continuer à jouer/ voudrais choisir toi-même quoi porter ? C'est ça ?

L'enfant va peut-être **valider** : Oui, c'est toujours toi qui décides ! Je suis fatigué, je ne veux pas aller à l'école !

Maintenir le lien : *Tu es fâché contre moi parce que tu aimerais être traité comme les grands ? Tu aurais aimé rester à la maison, je comprends.*

DES IDÉES POUR FAIRE FACE



EXPRIMER NOS BESOINS



S'il y a **conflit**, c'est forcément que les **besoins de l'enfant sont différents de ceux des adultes** et qu'ils apparaissent (à première vue) irréconciliable.

Faire le point sur nos **propres motivations** :

Je suis découragée quand mon enfant n'obéit pas. Je suis exaspéré parce que mon emploi du temps est serré, et j'ai besoin de faire bon usage de mon temps. Et, j'ai peur d'être laxiste. Mes pensées et ma peur, dissimulées par ma colère, me montrent que j'ai à cœur que mon enfant trouve sa place dans la société en respectant les horaires.

Eprouver le soulagement de **s'accorder le droit à la colère, à la peur et à la tristesse**. Partager nos émotions et besoins dans un **langage personnel** que l'enfant peut comprendre.

Formuler ce dont nous avons **besoin (sans accusation ni menace)**.

PARFOIS, L'EMPATHIE ET L'EXPRESSION AUTHENTIQUE NE DÉBLOQUENT RIEN.

L'éducation non violente n'est pas une baguette magique pour faire faire aux enfants des choses qu'ils n'ont pas envie de faire. **La colère de l'enfant est normale pour défendre sa dignité personnelle** et réparer face à l'impuissance.



- Demander du **soutien**, passer le **relais** à un autre adulte
- Passer par le **jeu** ou l'**humour**
- Utiliser un **tableau des routines** (ou donner des repères temporels et spatiaux clairs)
- Solliciter l'intelligence des enfants (*Quelles chaussures mettre pour garder tes pieds au sec ?*)

Mon Enfant Soppose

S Ashworth

Mon Enfant Soppose:

Reviewing **Mon Enfant Soppose**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Mon Enfant Soppose**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Table of Contents Mon Enfant Soppose

1. Understanding the eBook Mon Enfant Soppose
 - The Rise of Digital Reading Mon Enfant Soppose
 - Advantages of eBooks Over Traditional Books
2. Identifying Mon Enfant Soppose
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mon Enfant Soppose
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mon Enfant Soppose
 - Personalized Recommendations
 - Mon Enfant Soppose User Reviews and Ratings
 - Mon Enfant Soppose and Bestseller Lists

5. Accessing Mon Enfant Soppose Free and Paid eBooks
 - Mon Enfant Soppose Public Domain eBooks
 - Mon Enfant Soppose eBook Subscription Services
 - Mon Enfant Soppose Budget-Friendly Options
6. Navigating Mon Enfant Soppose eBook Formats
 - ePub, PDF, MOBI, and More
 - Mon Enfant Soppose Compatibility with Devices
 - Mon Enfant Soppose Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mon Enfant Soppose
 - Highlighting and Note-Taking Mon Enfant Soppose
 - Interactive Elements Mon Enfant Soppose
8. Staying Engaged with Mon Enfant Soppose
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mon Enfant Soppose
9. Balancing eBooks and Physical Books Mon Enfant Soppose
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mon Enfant Soppose
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Mon Enfant Soppose
 - Setting Reading Goals Mon Enfant Soppose
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Mon Enfant Soppose
 - Fact-Checking eBook Content of Mon Enfant Soppose
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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