

Series: Single
Code: 3944950
Retail price: 16,95 €
Publication date: 04/09/2019

Format: 210 mm × 240 mm
Nb of pages: 96
Nb of illustrations: 60
Binding: Soft cover
1 CD inserted in the book
Nb of characters: 80,000
Audience: Children from 6 to 10 years old
Author: Anaël Assier (text), Rémi Soléa (music) and Line Parmentier (illustrations)

PHILOSOPHIC TALES AND MEDITATIONS FOR CHILDREN

(Les Petites et grandes questions de Boris et Maurice)

DESCRIPTION

17 philosophic tales and meditations for children aged 6-10 years old starring 2 guinea pigs, Boris and Maurice.

Through a series of stories starring animals, the tales focus on:

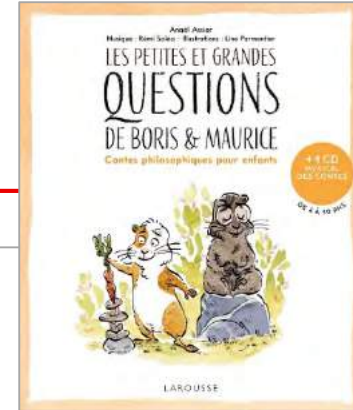
- The various **difficult situations** a child has to face: prejudice, inattention, words or anger that can harm, death, silence, impermanence, self depreciation, impatience
- But also the **virtues to cultivate**: drawing the benefits of a difficult situation, forgiveness, friendship, listening to others, the mind and the spirit resources, humility, sharing and mutual assistance.

The child learns the meanings of living in a society, becomes aware of his emotions and of the impact of his reactions on his environment.

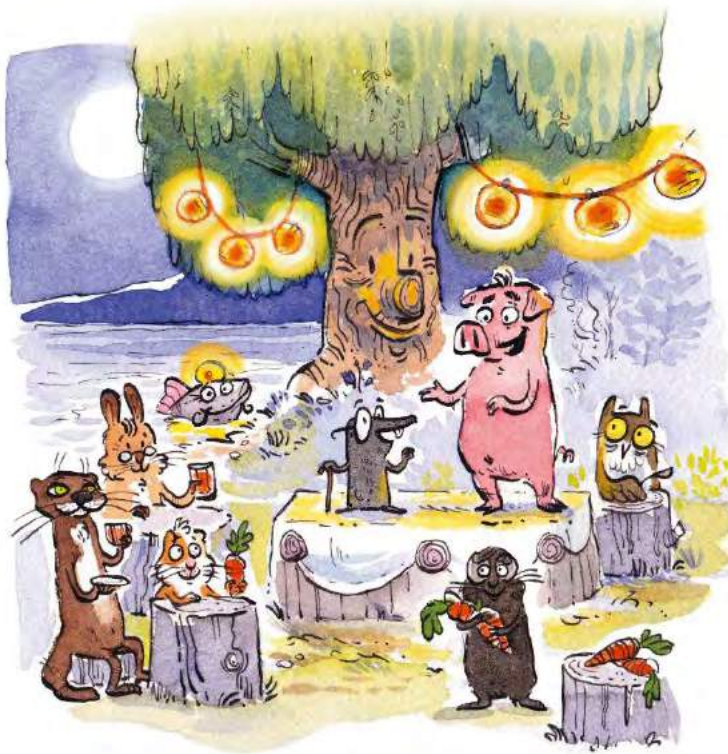
KEY ARGUMENTS

- ✓ **Philosophy within the children's reach**
- ✓ **With stories starring animals, the children will feel close to them, which will help them consider their own behavior.**
- ✓ **1 CD-ROM of some musical tales with the book**
- ✓ **The book can work without the CD (only cross references to delete).**





OÙ CACHER LA SAGESSE ?



* 2 *

La lune est haute dans le ciel. Ses doux rayons illuminent le lac au bord duquel plongent les racines du vieux saule. Sous ses branches, qui se balancent dans la brise de cette belle nuit d'automne, il semblerait qu'il y ait de l'agitation...

Approchons-nous pour voir ce qu'il se passe.

Des animaux riant ensemble, ils sont très nombreux, et plein de choses à manger sont disposées au pied du grand arbre... Il y a des chaises, des tables... Tiens, mais on dirait que l'un d'eux va prendre la parole. (Écoutons-le).

- Moi, Bébert, brave cochon, déclare ouvert le Conseil de la pleine lune...

Tous les habitants du village applaudissent, « Ah oui, il a très bien ouvert », « C'est clair... Encore un peu de thé au foin ? » « Volontiers »... *brouhaha de verres qui s'entrechoquent, etc.*

- Chers amis, au programme de ce conseil, il y a quelques sujets importants à traiter.

- Traitons-les !

- Ouaaaaaahs !

- Très bien, commençons par l'affaire du chasseur, comment est-ce que cela évolue ?

Micheline la taupe s'avance vers l'estrade avec sa canne et ses très grosses lunettes... Tout le monde se tait pour l'écouter.

- Notre piège est un succès. Cela fait maintenant cinq jours que le chasseur est tombé dans le gros trou que j'ai creusé et que vous aviez recouvert de feuilles.

- Comment va-t-il ? demandent les animaux très inquiets pour lui, ne meurt-il pas de faim ?

* 3 *



PHILOSOPHIC TALES & MEDITATIONS FOR CHILDREN



- Non, rassurez-vous, les marmottes Philippine et Marceline lui lancent chaque jour des carottes et des noisettes, qu'il mange avec grand appétit, et grâce aux pluies des derniers jours, il n'a pas soif...
- Aaaaah, c'est bien, ça, se réjouissent tous les habitants du village...
- Mais, a-t-il promis d'arrêter de nous chasser ?
- Pas encore... *houuuuu* C'est pourquoi nous devons voter pour savoir si on doit le laisser encore cinq jours de plus dans son trou ou si nous lui donnons une corde pour qu'il en sorte.
- Votons à main levée, déclare Bébér. Qui est d'accord pour laisser le chasseur tout au fond de son trou jusqu'à ce qu'il promette d'arrêter de nous tirer dessus ?

Tout le monde lève la patte.

- Très bien, c'est entendu. Nous le laissons encore un peu réfléchir. N'oubliez pas de le nourrir et de lui apporter de l'eau. Affaire suivante !

On entend des clapotis en provenance du lac, c'est Eclém, la très vieille et vénérable carpe qui veut prendre la parole.

- Chers amis, pendant de très longues années, les humains et les animaux ont vécu heureux ensemble. Ils s'aidaient et partageaient leurs secrets. Mais depuis quelque temps, quelque chose s'est déréglé. Certains hommes sont devenus méchants. Ils font la guerre, nous emprisonnent, détruisent les forêts, salissent les rivières et rajoutent des clôtures partout. La situation s'aggrave chaque jour. Pour l'instant, notre village est bien caché, mais cela ne va pas durer. Si ça continue, toute notre sagesse va disparaître. Je pense qu'il est temps de trouver un moyen de protéger nos secrets au cas où les choses tourneraient mal. Qu'en pensez-vous ?

-4-

- Nous pourrions cacher nos secrets dans la terre ! s'écrie Aliénor la castor...
- C'est peine perdue, les hommes creusent partout, ils finiraient par les trouver et les détruire, répond Micheline la taupe, qui s'y connaît parfaitement en trou.
- Alors, nous pourrions les cacher dans le ciel ? reprend Maurice le cochon d'Inde.
- Malheureusement non, répond Huguette la chouette, les hommes ont inventé des machines volantes. Dans le ciel aussi, ils trouveraient nos secrets.
- On pourrait peut-être les cacher dans un endroit où ils ne penseront jamais à chercher, dit Boris, le cochon d'Inde rusé.
- On t'écoute petit, que proposes-tu ? rétorque la vénérable carpe, dans une jolie bulle.
- Et si on cachait nos secrets dans le cœur des enfants ?
- Mais oui, excellente idée ! Mais comment allons-nous faire ? grouicte Bébér.
- Nous n'avons qu'à écrire un livre pour les enfants, avec nos secrets dedans,



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Les Clés de l'éducation positive THE KEYS TO A POSITIVE EDUCATION



HELP YOUR ATYPICAL CHILD BLOSSOM
Code: 4058700



HELP YOUR CHILD BLOSSOM WITH MONTESSORI
Code: 4058577



MY CHILD HAS A STRONG TEMPER
Code: 7510495



MY CHILD DOESN'T LIKE SCHOOL!
Code: 7510864



HELP YOUR CHILD MANAGE EMOTIONS
Code: 7221806



MY ELDER CHILD IS JEALOUS
Code: 7221437



HELP YOUR CHILD SLEEP WELL
Code: 1922019



SENTENCES TO AVOID WITH CHILDREN
Code: 8719505



SET LIMITS AND MAKE THE CHILD OBEY GENTLY
Code: 2727874



INTELLIGENCE IS MULTIPLE. REVEAL YOUR CHILD'S SKILLS
Code: 1612238



HELP YOUR CHILD BE SELF-CONFIDENT
Code: 4466757



HELP YOUR CHILD CONCENTRATE & CALM DOWN
Code: 4466136



HELP YOUR CHILD GROW UP THANKS TO THE MONTESSORI PEDAGOGY
Code: 1921773



Les Clés de l'éducation positive THE KEYS TO A POSITIVE EDUCATION

Help your children master their life. Help yourself educate them positively!

Trim size: 16.8 x 22 cm
Number of pages: 80
Illustrations: 30 to 190
Characters: 120 to 140,000
Binding: soft cover stapled
Retail price: 5.95 €

To comfort parents in a positive attitude and let them help their children

To find a remedy to each difficult situation.

To understand the child's behavior and find the way to help him.

Advice and exercises to practice with the whole family.



J'aide mon enfant différent à s'épanouir
HELP YOUR ATYPICAL CHILD BLOSSOM
Marina Laloux
Code: 4058700

- ◆ Hyperactive, high potential, dyslexic, dyscalculic, dyspraxia, Asperger syndrome... children are placed out of the system and arouse the teachers' incomprehension and the parents' anxiety.
- ◆ A guide to help adults understand these children, full of explanations, activities and practical advice.
- ◆ The author: a coach in positive parenting.



J'éveille mon enfant avec Montessori
HELP YOUR CHILD BLOSSOM WITH MONTESSORI
Maud Grelet
Code: 4058577

- ◆ The basic principles of the Montessori method for children until 3 years old.
- ◆ Stimulating activities easy to develop at home with the toddler (song to make him improve his language capacity, put in order his bedroom or sort his toys).
- ◆ An author trained to the International Montessori Association to Montessori pedagogy for 0-3 years old children.



Mon enfant a du caractère
MY CHILD HAS A STRONG TEMPER
Lisa Letessier
Code: 7510495

- ◆ You feel that your child is difficult to manage? That he always tests your limits? That he answers with insolence?
- ◆ This book will help you educate your child and have a serene authority on him.
- ◆ Advice, tricks and solutions to create confidence and cooperation with your child.



Mon enfant n'aime pas l'école!
MY CHILD DOESN'T LIKE SCHOOL!
Julien Masson
Code: 7510864

- ◆ Your child doesn't want to go to school? He is anxious and reacts psychosomatically on Sunday evening?
- ◆ Help him reconcile with school.
- ◆ Tracks and advice depending on his problem: difficulties in following the program, hesitation to speak in front of others, boredom at school, aggressive behavior... or hyperactivity...

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☐ Advice and
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whole family.



**Aider son enfant
à mieux gérer ses émotions
HELP YOUR CHILD MANAGE
EMOTIONS**

Laura Caldironi
Code: 7221806

- ◆ The way to help your child recognize and face his emotions.
- ◆ And, for the parents, to understand what happens, help him and give him self-confidence.
- ◆ Playful activities, practical advice, exercises to make together with the child to avoid « crises » and live better everyday.



**Mon aîné est jaloux
MY ELDER CHILD IS JEALOUS**
Nina Bataille

Code: 7221437

- ◆ How to help the elder child find his place within the family and improve the family relations.
- ◆ Playful activities, practical advice, exercises to do with the child to help him be conscious of his parents' love and his role as the eldest.

Les clés de l'éducation positive

THE KEYS TO A POSITIVE EDUCATION

Help your children master their life. Help yourself educate them positively!

Trim size: 16.8 x 22 cm
 Number of pages: 80
 Illustrations: 30 to 100
 Characters: 120 to 140,000
 Binding: soft cover stapled
 Retail price: 5.95 €

To comfort parents in a positive attitude and let them help their children

❑ To find a remedy to each difficult situation.

❑ To understand the child's behavior and find the way to help him.

❑ Advice and exercises to practice with the whole family.



Aider son enfant à bien dormir
HELP YOUR CHILD SLEEP WELL
 F. Corre-Montagu, J. Adrien
 Code: 1922019

- ◆ The basic knowledge about the sleep and its mechanisms: cycles, time sleep according to the child's age, keys to have a good sleep...
- ◆ The children's most common sleep problems: difficulty to go to bed, bed wetting, fear of darkness, nightmares... and the way to remedy them.
- ◆ For each problem, a solution, easy to apply to daily life.



Ces phrases à ne jamais dire à son enfant
SENTENCES TO AVOID WITH CHILDREN
 Natacha Deery
 Code: 8719505

- ◆ It is fundamental to communicate clearly and positively with a child.
- ◆ Don't mock him, let him feel guilty, compare him to other members of the family or take him as a witness of conflicts, let him fear to face others, shame or minimize him...
- ◆ At home, at school, inside the family or with others, in his body and his behavior, managing his emotions...



Aider son enfant à grandir avec Montessori
HELP YOUR CHILD GROW UP THANKS TO THE MONTESSORI PEDAGOGY
 M. Schneider, S. Nanteuil
 Code: 1921773

- ◆ The first part gives parents the basics of the Montessori pedagogy: children's awakening and acquisition of autonomy, and the parents' role to observe more than taking part.
- ◆ Around 30 stimulating and easy activities to do at home: in the living room, in the bedroom, in the kitchen, in the garden or on the balcony...



Intelligences multiples: révéler les talents de son enfant
INTELLIGENCE IS MULTIPLE. REVEAL YOUR CHILD'S SKILLS
 Albane de Beaupaire
 Code: 1612238

- ◆ H. Gardner's researches put forward eight types of intelligence: spatial, for one's self, interpersonal, kinesthetic, naturalist, verbal, mathematical and logical, musical and rhythmic.
- ◆ This general presentation enriched by tests and exercises will help parents be conscious of the richness and skills of their children and encourage them to be confident and to succeed.

Help them master their life. Help yourself educate them positively!

Trim size: 16.8 x 22 cm
Number of pages: 64
Illustrations: 30 to 90
Characters: 120 to 140,000
Binding: soft cover stapled
Retail price: 5.95 €

To comfort parents in a positive attitude and let them help their children

❑ To find a remedy to each difficult situation.

❑ To understand the child's behavior and find the way to help him.

❑ Advice and exercises to practice with the whole family.



Aider son enfant à développer sa confiance en lui
HELP YOUR CHILD BE SELF-CONFIDENT
Dr Corinne Roerig
Code: 4466757

- ◆ The importance of self-confidence to build the personality. Basic rules to help the child.
- ◆ 26 common situations that indicate a lack of self-confidence: the child compares himself to the others and feels inferior; he is disturbed even by little changes; he is always sad; he lacks autonomy...
- ◆ Playful and concrete solutions: a poster of his qualities; role games, diary, relaxation exercises...



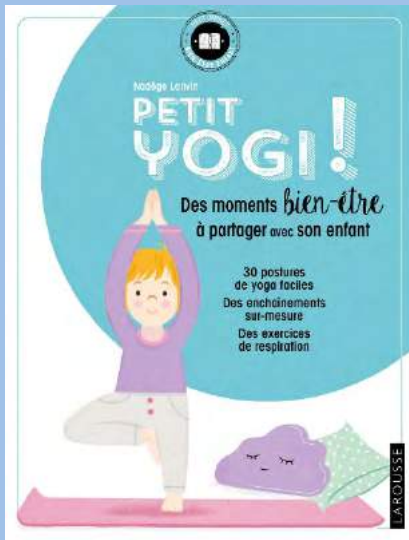
Aider son enfant à se recentrer et à revenir au calme
HELP YOUR CHILD CONCENTRATE & CALM DOWN
Author: Laura Caldironi
Code: 4466136

- ◆ To remedy the child's lack of concentration.
- ◆ How to organize the day of an hyperactive child. At each step, create playful and interactive activities.
- ◆ Face outside situations as: I must go shopping. How can I manage the situation? I give him a mission...
- ◆ Help the child calm down by mastering his emotions, concentrating...
- ◆ 10 golden rules at home, to communicate, and 10 principles of positive education.



Poser des limites et se faire obéir en douceur
SET LIMITS AND MAKE THE CHILD OBEY GENTLY
Author: Nina Bataille
Code: 2727874

- ◆ Theoretical framework, but also tips, tricks and advice to be in a communication mood, for both the parents and the child.
- ◆ The way for parents to express what they want, and for the child to understand better and obey more...
- ◆ Drawings full of humor to dedramatize situations...
- ◆ The author is a coach specialized in parents supporting who animates workshops on the topic...



Series: The Well-being Notebooks

Code: 7551728

Retail price: 5.95 €

Publication date: 03/05/2019

Format: 168 mm × 220 mm

Nb of pages: 72

Nb of illustrations: 50

Binding: Soft cover stapled

Nb of characters: 120,000

Audience: Parents

Author: **Nadège Lanvin** has practiced yoga for 30 years. She has been teaching it for 10 years. She is the founder of the « Yoga & Co Centre » in Paris.

YOUNG YOGI!

(Petit yogi!)

DESCRIPTION

For stress, anxiety... yoga is good for children too!

30 postures adapted to children from 6-7 years old, some of them adapted to children's emotions (tiredness, irritation...), and exercises to relax.

Adapted movement sequences.

Breathing exercises.

The child can build his own program by choosing a posture among the six families identified.

KEY ARGUMENTS

- ✓ **A playful approach of yoga** to let children succeed in the activity.
- ✓ A trendy topic.
- ✓ A specialized author.





8th JAN. 2020

CHILDREN'S MENTAL LOAD

(La Charge mentale des enfants)

Placing constant pressure on children can be harmful

DESCRIPTION

Children too are subject to mental burden

Homework assignment stress, high expectations from the parents or from school, overscheduled weeks... **Kids too suffer a high level of pressure, which can have serious consequences like burn-out...**

This work explains:

- **The mechanisms of mental load** for children
- **The possible implications on their psychological well-being**
- **How to effectively help them.**

The author relies upon many real life examples. She suggests some practical and personalized tools.

She uses throughout the book in several scenes a little illustrated character, **Leon the lemur, with his family. By coloring and completing the drawings, the child expresses the way in which he perceives his family relationship, his activity charge...**

The book also includes appraisal tests **for parents and for children.**

KEY ARGUMENTS

- ✓ **A topic against the flow, in a culture driven by competition, perfectionism and success.**
- ✓ **Concrete examples with records from real life**
- ✓ **Appraisal tests.**
- ✓ **Easy and practical means of action**
- ✓ **Option to download and print the illustrations**

Series: Single

Code: 3830356

Retail price: 14.95 €

Publication date: 08/01/2020

Format: 135 mm × 215 mm

Nb of pages: 224

Nb of illustrations:

Binding: Soft cover

Nb of characters: 300,000

Audience: Parents and children

Author: **Aline Nativel** is a psychologist who specialized in a program called CoachBurnOutParental.





16th OCT. 2019

ALL PRECOCIOUS, ALL HYPERACTIVE: REALLY?

(Tous précoces, tous hyperactifs : vraiment?)

DESCRIPTION

What if we were missing out on our children's problems?

More and more parents see doctors because their child is experiencing difficulties in school. The diagnosis is often fast reached: precocious if he is good at school, hyperactive if he has difficulties to follow the course.

What's true? Basing his ideas upon numerous cases, the author:

- Sort the truth out
- Help parents identify the real problems
- Suggest concrete solutions in terms of education, communication and lifestyle to guide the child

KEY ARGUMENTS

- A book denouncing the misconceptions and establishing the truth
- A book helping parents identify the true issues of their children and choose the right therapeutic care for them
- A book based on numerous scientific studies

Series: Single
Code: 5057921
Retail price: 14.95 €
Publication date: 16/10/2019

Format: 135 mm × 215 mm
Nb of pages: 224
Nb of illustrations:
Binding: Soft cover
Nb of characters: 270,000
Audience: Parents

Author: **Louis Véra** is a child psychiatrist at Sainte Anne Hospital and la Pitié Salpêtrière. He teaches at the University Paris V. He is one of France's specialists in ADD (attention-deficit disorder).

Alix Lefief-Delcourt is a journalist specialized in health, well-being and personal development and the author of numerous books on these themes.





Series: Single
Code: 4805505
Retail price: 16.95 €
Publication date: 03/04/2019

Format: 140 x 225 mm
Nb of pages: 256
Nb of illustrations:
Binding: Soft cover
Nb of characters:
Audience: All public

Author(s): At the head of Neuroperformance Consulting, **Erwan Deveze** is a neurosciences and management consultant. He is part of numerous applied researches in neuromanagement (in particular in the Salpêtrière Hospital) and gives many conferences each year on topics linked to AI.

24 HOURS INSIDE YOUR CHILD'S BRAIN

(24 heures dans le cerveau de votre enfant)

When neurosciences help us understand better our children

DESCRIPTION

A practical book focusing on the 3 key-steps of the children's brain development

There are 3 main steps in the child's development: early childhood, childhood and teenage years.

To explain what happens during the child's development, the book chooses an **original approach**. It follows **the life of a family with three children aged 2, 8 and 17, during a whole day**, from 6 AM to dinner time.

The book analyzes **what really happens in the children's brain in every circumstance:** school, sleep, food, family, friends, screens, video games, drugs, sexuality...

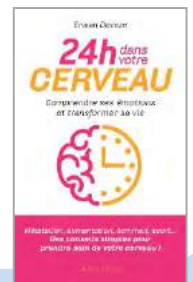
It helps parents understand their children's evolution and gives them advice to handle every situation.

Written with the help of childhood specialists, and **based on the most recent discoveries in neurosciences and cognitive psychology**, the book gives **valuable advice to better understand the child and help him grow.**

KEY ARGUMENTS

- ✓ A book staging the 3 main steps of the **child's development to help parents understand the child's behavior and help him develop himself.**
- ✓ **A concrete approach: first, one personal account, then an analysis and finally, some concrete recommendations.**
- ✓ **The brain, a successful topic.**

Already published:
24 HOURS INSIDE YOUR BRAIN





100 GOLDEN RULES OF THE MONTESSORI PEDAGOGY

(Les 100 règles d'or de la méthode Montessori)

DESCRIPTION

What are the main principles of the Montessori method?

How to apply the Montessori principles to the pedagogy and the house equipment to promote the child's open-mindedness, self-confidence and autonomy?

A structured and clear organization through 100 golden rules, divided into 3 parts:

- The basics of the Montessori pedagogy: The founder, Maria Montessori and the international association; the child's natural need to learn and the way he does...
- Montessori at school: the relationship with the teacher, autonomy, senses and intelligence awakening, mathematics learning, material needed...
- Montessori at home: the Montessori house, adapted to the younger ones, toys and activities, environment discovery, languages...

KEY ARGUMENTS

- ✓ **Numerous colored illustrations of educational material, class and house equipment.**
- ✓ **Two authors specialized in the Montessori method.**
- ✓ **A structured and clear organization in 100 golden rules in a pocket size with color illustrations, and a glossary of Montessori vocabulary.**

Series: Single
Code: 7326824
Retail price: 6.95 €
Publication date: 17/04/2019

Format: 125 mm × 192 mm
Nb of pages: 224
Nb of illustrations:
Binding: Soft cover
Nb of characters: 220,000
Audience: Parents

Author: **Jeanne-Marie Paynel** is a speaker at the Montessori International Association and a Montessori home improvement consultant. **Violaine Perrot** is a teacher in a Montessori school.





Series: Single
Code: 7757676
Retail price: 16.95 €
Publication date: 21/08/2019

Format: 130 x 205 mm
Nb of pages: 240
Nb of illustrations:
Binding: Soft cover
Nb of characters: around 450,000
Audience: Parents

Author: **Florence Millot** has been a psychologist for children and teenagers for 10 years. She also trains educators. She regularly writes articles in the press and participates in TV shows.

GENTLE PARENTING

(Parent bienveillant – La pleine conscience à l'usage des parents)

Mindfulness addressed to parents

DESCRIPTION

Discover how mindfulness can help you remain calm and stop overreacting with your children.

Managing your own emotions and behavior with benevolence is the key to teaching your kids, especially before 6 years old, how to manage their own.

This work elaborates on the concept of « **conscious parenting** »: paying attention to what is actually happening instead of being diverted by your emotions and react in an excessive and irrational way. **Full-consciousness, meditation and indulgence are the keywords.**

Advice not to do the contrary that you should do, dialogues extracted from reality to avoid overreacting, meditation exercises to be benevolent for yourself are some components of the book.

Parents place themselves at the child's level in order to make him understand better, helping him be more confident and wise.

KEY ARGUMENTS

- ✓ Mindfulness works for parents.
- ✓ In order for the parents to feel better and be able to help more their children to manage their emotions.
- ✓ Practical exercises of full-consciousness and meditation
- ✓ A bright and positive approach.
- ✓ A psychologist, expert in parent-child relationships.

