



Rights List Parenting

LITERARY AGENT

Ambre Communication Agency

Mrs Pascale Patte-Wilbert

1, rue de la Lizonne

16700 - Bioussac

France

Tél. 33 5 45 85 79 00

@ : ppattewilbert@wanadoo.fr

www.ambre-communication.com

ÉDITIONS DE MORTAGNE

C.P. 116 Boucherville (Québec) J4B 5E6 Canada

www.editionsdemortagne.com

The series : THE TOOLS BOX by Ariane Hébert Indispensable tools for parents, caregivers and children!



ADHD - The Tool Box

Strategies and techniques for managing ADHD

What are the signs that detect ADHD? Who do I contact for our child be evaluated and what are the steps to take in this direction? - Once the diagnosis is confirmed, how to make an informed decision about the medication? For or against? - Will my child be labeled? - What will follow up after diagnosis? - What tools to implement? These are some of the most frequently questions raised by parents. ADHD involves its challenges every day, even in the minutest details. Ariane Hébert propose here strategies and practical tips to put into practice, to help adults respond appropriately.

How to teach children with ADHD to : Do not lose anything - Do not forget anything – Organizing - Be less hectic - Stay focused during lessons or homework - Managing impulsivity - Decrease anger - Better Living emotions - Overcoming anxiety, etc. Punctuated by true events, this book is friendly, stimulating and wise authored tips are easy to apply. The Tool Box is sure a great help for parents ... and children! **2015 - 172 pages – Published September 2015 – Rights sold : Italian**



ADHD for Kids / I have a WHAT?

Leo was nine when he is diagnosed with ADHD. "I have a WHAT?" he asks, a little confused. How to answer this question? Nothing better than a illustrated tale to explain to children the different facets of ADHD!

Your child behaves like a cat werewolf? Or rather in tortuette? Or perhaps is he with the energy of a sautabeille? Find out with him through "self-observation" in this small, friendly and colorful book.

Stuff applicable to daily life are also given to overcome difficulties related to ADHD, for example: stay focused, organize, plan, calm down and control his emotions. This book is an indispensable tool for parents and caregivers who wish to address this disorder with children, simply and colorfully. Understanding ADHD, it's not so complicated!

2016 - 52 pages – colour illustrations – All rights available



ANXIETY - The Toolbox

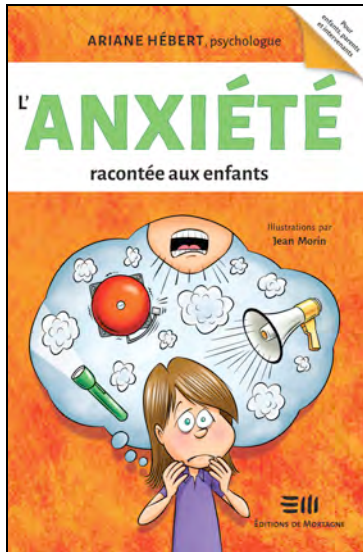
Strategies and techniques to manage anxiety

You think your child suffers from anxiety? Then this book is for you!

What are stress and anxiety? Where do they come from and why some children and adolescents are they are more sensitive? What are the factors causing the appearance of anxiety? What are the different anxiety disorders? How can we prevent anxiety and, if necessary, be treated? These are some of the most frequently raised by parents and stakeholders issues. Ariane Hébert here offers strategies and practical tips, easy to practice, to help adults respond appropriately.

How to learn to manage anxiety in children: Feeding her self-esteem - Developing social skills - Using relaxation and breathing techniques - Replacing negative thoughts with positive ones - Getting them to tame their fears instead of avoiding them. Punctuated by real events, clinical cases and reflections, this book is friendly and stimulating. The toolbox is sure a great help for parents and children ...!

2016 – 176 pages – All rights available



ANXIETY EXPLAINED TO CHILDREN

Beatrice is upset to learn that the discomforts she feels have a cause: anxiety! With the support of a psychotherapist and her four-legged "colleagues", the girl discovers the different facets of anxiety disorders and how to tame them.

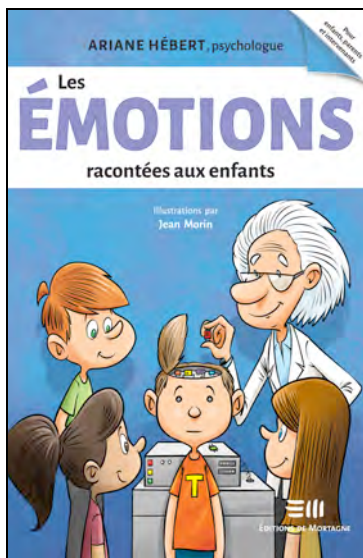
Does your child see dangers everywhere? Is he alarmed without reason? Does he consider the worst of any situation? Does it perceive the tasks to be accomplished like a mountain? Is he afraid of failure?

If you answered yes to one of these questions, this illustrated tale will allow you to approach the anxiety with him, in a simple and imagined way. Also help your child to better understand his symptoms through the "self-observation" section of this friendly and colorful little book.

Fill up with everyday tricks to overcome the difficulties associated with anxiety. You will see, it's not so complicated!

An essential tool for parents, caregivers and children!

2017 – 56 pages – All rights available



EMOTIONS TOLD TO CHILDREN

Christophe, Lili and Beth are lucky! They attend the final step before starting Tom, the robot. Teacher has to program six emotions: joy, fear, anger, disgust, sadness and love. Children would rather leave out those that are unpleasant, but the scientist explains why they are essential.

Does your child know how to recognize and name emotions? Does he understand their role? Does he control his reactions? If you answered no to any of these questions, this illustrated tale will allow you to approach the subject with him, in a simple and pictorial way.

The "self-observation" section of this nice and colorful little book will lead him to better distinguish his emotions and the physical sensations that accompany them.

Fill up on everyday tricks to help your child assimilate and manage how he feels. You will see, it is not so complicated!

2018 – 72 pages – All rights available



BEING A PARENT – THE TOOLBOX

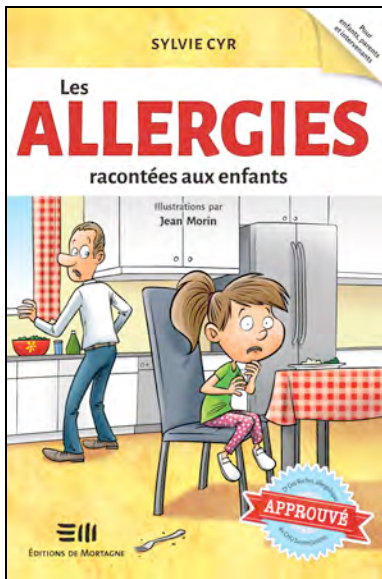
10 Principles for Raising an Independent Child

Would you like to know how to accompany your child to become a responsible and independent adult? So this book is for you! Being a parent is a daily challenge, and there is unfortunately no instruction manual! However, to guide your child towards self-reliance and to make him a fulfilled person, there are certain basic principles. They are presented in this book so that you feel better equipped to play your part. Reading this toolkit, you will understand that :

The framework, rules and limits are not optional - You must be a source of frustration for your child - Children act differently depending on the people they are dealing with - Learning autonomy is sometimes difficult - Reality does not matter, only the perception counts - Peace always ends up being expensive - Knowing how to behave is not innate - Self-confidence must be well balanced. Happiness goes through action.

Punctuated by facts and clinical cases.

2018 – 200 pages – All rights available



ALLERGIES TOLD TO CHILDREN

For Amy, it's soon the big day: entry to kindergarten. She is very eager, but also a little afraid ... Why? Amy has food allergies and, in her eyes, school is a new environment full of potential dangers. Fortunately, her mother knows the actions to take and the words to pronounce to reassure her.

Nothing better than an illustrated tale to explain to children what are the different food allergies, their consequences, and what to do to ensure a safe environment!

This book approaches the subject in a simple and pictorial way. It introduces everyday tips that will help you overcome the challenges of allergies, whether at school, at home, at a restaurant, or at a party. This way, your child will be more confident, autonomous and responsible, and you will be more comfortable leaving him in an uncontrolled environment.

Knowing how to act when it comes to food allergies is not so complicated!

2018 – 64 pages – All rights available



A GENTLE DISCIPLINE

Brigitte Langevin

When our children are born, and we take them in our arms for the first time, the love we feel for them fills our heart at once. However, parental knowledge, patience, listening and the art of educational discipline unfortunately does not come so spontaneously ...

In the normal course of life, it happens that behavioral problems occur in our children to daycare or school, and at all ages. How to react without falling into the trap of haggling, shouting, punishment or spanking? How to overcome these difficulties we rarely prepared?

This book is a guide offering various concrete intervention, efficient and, most importantly, without any form of violence tracks. This tool not only he seeks to correct unwanted behavior, but it also gives numerous examples to instill healthy habits in our children. Thus, parents and children can develop in the roles they deserve.

2013 - 144 pages – All rights available



UNDERSTAND MY CHILD'DRAWINGS

Brigitte Langevin

Parents and teachers have always been fascinated, intrigued by the drawing of a child. What does mean this drawing? Experienced by the child who has designed and produced?

Draw is a spontaneous gesture that responds to a specific intent. This is especially true for children who can not even speak clearly in words, orally or in writing. Enter the symbolism of the drawing is to capture the instant, the moment, the emotion of a child that lurks in his mind. Understanding of this form of expression is an excellent way to communicate more deeply with the child's soul.

The tools in this book will enable you to capture the intensity that permeated each drawing, in addition to tightening the bonds between you and your child.

2011 – 144 pages - Rights sold : Spanish, Chinese, Rumanian



INFANT SLEEP

Brigitte Langevin

It is at birth that is built the relationship to sleep : according to the habits adopted, the baby becomes a good or a bad sleeper. Parents therefore have a major responsibility to shoulder in this area and to learn about the mechanisms of sleep, to understand the issues and adopt good habits to their babies face. Brigitte Langevin shares in this book her experiences with babies aged 8 weeks to 9 months to assist parents. She explains the normal sleep and the infant's needs, the various sleep disorders, talks about the conditions for good sleep hygiene, elucidates many myths about it and finally offers a proven strategy

2016 – Second Edition - 144 pages – All rights available



NAP FOR CHILDREN

Necessary or not, the nap? Some say no. Others are ready to defend the right to rest. Nowadays, few topics related to early childhood arouse as much passion and controversy. Ours is an age where there is great confusion regarding the best way to allow babies and children to take a nap. However, parents and staff in care want to know how to successfully integrate a nap in the life of the child, in accordance with their needs and allowing them to indulge in a pleasant way.

Thanks to this book full of stories and examples, Brigitte Langevin describes the various steps and strategies to achieve them. It also explains why the nap is important in the physiological, cognitive and behavioral child.

2012 - 144 pages - All rights available



HELPING MY CHILD SLEEP - FROM INFANTS TO TEENAGERS

Is your child's bedtime a recurring nightmare? Have you tried everything, only to find yourselves exhausted and out of options?

In this book, you will learn about your child's sleep requirements, at every stage of development, and you will be warned about common traps to avoid. Several sleep-related issues are discussed, along with tested strategies to overcome them. Parents and educators, discover how important sleep is for children, from birth through adolescence. This book will also tell you about the crucial part you play in teaching them how to sleep well, with simple and efficient tools to help you along the way. At last, your whole family will be sleeping soundly!

2009 – Rights sold : Rumanian



Improve your communication with your children through Enneagramme

Christine Benoit

« How should I raise my children? Why is he / she developing a spirit of opposition? How should I react? Am I being too strict? Or not enough? Those are a few questions parents ask themselves many times. Knowing your children personality helps you understand the reasons of his / her behaving, and improves your communication. Enneagramme gives you the opportunity to understand your children personality. This book is a clear and simple explanation on how to use this tool on a daily base. Through this reading, you will be given the opportunity to identify your own profile, and gain a better understanding of yourself. You will learn about your values and personality and how it affects your relationship with your children.

2009 - 252 pages - Rights sold : Spanish

