



**Psychology
Pedagogy
Health
Childhood
Family**

**FRANKFURT BOOK FAIR 2013
Hall 6.1 A 35**

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THE JOYS AND WORRIES OF **MOTHERHOOD**

(or How to Sing in the Rain)



KEY WORDS

- > **Motherhood**
- > **Family**
- > **Reflection**



Preface by **Caroline Allard** **(Mère Indigne)**

Motherhood gave me the most wonderful gift, revealing the incredible strength that lay dormant within me. Like all mothers, I became a super-woman who accomplished extraordinary things every day. I discovered the human body's amazing tolerance for fatigue. I learned that patience is renewed, even when we think we've reached the end of our rope. I found the kind of love that overcomes all trials and unceasingly gives us

the strength to go on. In short, I discovered the infinite strength that lies within every mother.

I wrote this book for all women – for all current and future moms. Candidly and openly, it reveals not only the difficulties of motherhood, but also the invaluable lessons offered by this, the most rewarding experience of a woman's life.

- > An up-to-date and germane examination of the experience of motherhood
- > Based on comprehensive research

“On every page, you can feel the great tenderness and affection she has for mothers and her obvious desire to help everyone who chooses to undertake the adventure of motherhood. And all mothers need a little tender loving care.” (Caroline Allard, author)



The Author

An acupuncturist by training, Virginia Dostie-Toupin has long focused her practice on obstetric acupuncture, accompanying many women on their journey towards motherhood. After the birth of her own three daughters, she founded a non-profit organization for families in her neighbourhood. She is also pursuing a degree in the social sciences.

AUTHOR:
Virginie Dostie Toupin
(Montreal, Quebec)

ISBN :
978-2-923827-15-5

SUGGESTED RETAIL PRICE:
\$25.95

PUBLICATION DATE:
August 2011

CATEGORY:
Family

PRODUCT DIMENSIONS:
6 7/16 X 9"

PAGES:
276 pages

AGE RANGE:
Adult

TARGET AUDIENCE:
Parents

COMMON SENSE PARENTING

BETTER understanding our children to guide them BETTER

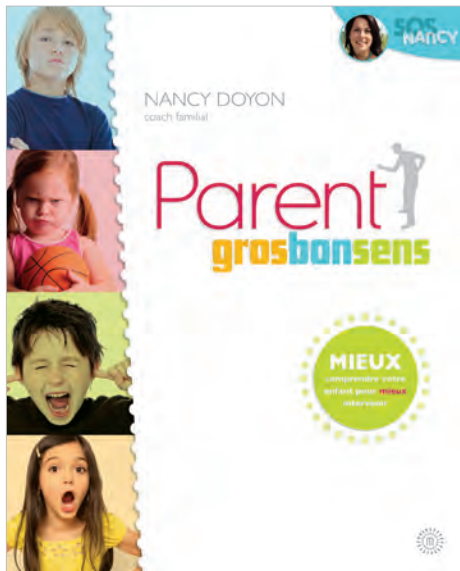


KEY WORDS

> education

> family discipline

> behaviour management



BESTSELLER

Beyond the ready-made solutions

However hard you try to follow the advice of specialists and apply the basic principles of effective discipline firmly and lovingly, children are children and, inevitably, they will sometimes behave badly. In most cases, the undesirable behaviour is a necessary step in the

learning process, a simple error in judgment. Now and then, however, despite good parental guidance, the unwanted behaviour persists, becomes ingrained and takes root to the point of driving you to exasperation. This is generally the point where parents call on the expertise of Nancy Doyon.

In this book filled with humour and common sense, Nancy explores the issues of discipline and focuses on creating a healthy and harmonious family life. Common Sense Parenting provides an invaluable boost to parents who want more than pre-packaged recipes and who are committed to their role as educators.



THE AUTHOR

Nancy Doyon has been a family coach and special education teacher for nearly 20 years, working with a diverse clientele in a variety of settings. A renowned coach and speaker, she is also very active in the media as a family issues columnist.

AUTHOR:
Nancy Doyon
(Quebec)

ISBN:
978-2-923827-20-9

SUGGESTED RETAIL PRICE:
\$22.95

PUBLICATION DATE:
November 2011

CATEGORY:
family, education

COLLECTION:
SOS Nancy

PRODUCT DIMENSIONS:
7 1/2 X 9"

PAGES:
200 pages

AGE RANGE:
Adult

TARGET AUDIENCE:
Parents, educators, teachers,
special education teachers,
psychoeducators



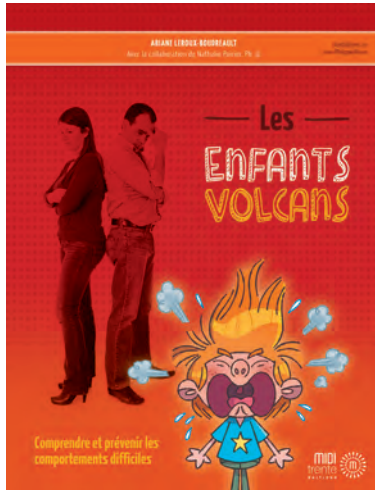
THE VOLCANO KIDS

How to understand and prevent extreme behaviours



KEY WORDS

- > Psychology
- > Education
- > Behavior



Do you know a volcano child?

You know, those children who react in a disproportionate manner to frustration, and who throw tantrums for the smallest things? Do you have to deal with children who refuse any constraint, restriction or instruction? Are you sometimes under the impression that argumentation is their only way of communicating, and that provocation is the only way they

know how to get what they want?

THE VOLCANO KIDS is a simple and concrete intervention guide that suggests proven and efficient strategies used to better understand and prevent the “volcanic eruptions” and challenging behaviours of children aged 6-12. **Including 15 activity sheets to do with children and funny comic strips**, this book aims to give adults (parents, teacher or educator) the necessary tools to help children control their behaviour in potentially explosive situations. Children will improve their behaviour with the help of reflection and self-awareness exercises, but also thanks to several techniques that are easy to use on a daily basis.

- **Oppositional defiant disorders affect between 5 % and 10 % of children and are diagnosed more and more frequently.**
- **There exists no other practical guide about this subject that is aimed at both children and adults.**
- **This book favours a positive approach based on prevention.**
- **The proposed content contributes to the onset of healthy communication and relations. The book contains funny illustrations from Québec cartoonist Jean-Philippe Morin.**



Ariane Leroux-Boudreault works with children suffering from autism spectrum disorders (ASD), and with children with behavioural problems. She currently works in the school system, while pursuing her

doctorate in psychology at the Université du Québec à Montréal.



Nathalie Poirier, Ph.D., is a psychologist, professor and researcher at the psychology department of the Université du Québec à Montréal.

SUJET :

Psychology - childhood

AUTHORS:

Ariane Leroux-Boudreault,
doctorate in psychology
*With the collaboration of
Nathalie Poirier, Ph.D.,
psychologist
(Montréal)*

ILLUSTRATOR:

Jean-Philippe Morin

ISBN :

978-2-923827-40-7

SUGGESTED RETAIL PRICE:

\$22,95 \$ CAD

PUBLICATION DATE:

November 2013

CATEGORY:

Practical guide (children)

PRODUCT DIMENSIONS:

6,5 X 8,5"

PAGES:

80 pages

FORMAT:

Illustrated, exercises

AGE RANGE:

Adults / 6 to 12 years

TARGET AUDIENCE:

Children, parents,
teachers, and
psychosocial professionals
(psychoeducators,
psychologists, social workers,
special education teachers)



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THE WEATHER HOUSE

Living with a Parent with Borderline Personality Disorder



KEY WORDS

> **Medecine/Psychiatry**

> **Psychology**

> **Documentary**



Lise Laporte, Ph. D., is a professor and researcher at McGill University and at the Centre jeunesse de Montréal. She has written many publications dealing with personality disorders (scientific articles and psychoeducation material).



Ronald Fraser, M.D., is a psychiatrist and professor at both McGill University and Dalhousie University. He received many different awards and distinctions for his work.

SUNNY WITH A (CHANCE OF STORMS)

This illustrated book for school-aged children provides, through its touching story, clinically sound and age-appropriate information for children, giving them clear answers to frequently asked questions about the **borderline personality disorder** of a parent, and suggesting ways to cope with the situation.

Through weather pattern analogies, the book describes 2 days in the chaotic life of David and Mary. Psychoeducational comments are provided throughout the book by a "weather wiz" who explains, in a simple manner, to both the characters and readers, the mother's sometimes strange behaviors that can be challenging to comprehend. The wonderful illustrations help with the understanding, and lighten the story with humor.

This book will help teach children take a certain distance, to better understand what is happening at home and how not to feel responsible for their parents' stormy moments.

» **Also available in French :** *La maison des intempéries : vivre avec un parent ayant un trouble de personnalité limite* (978-2-923827-45-2)

» **This book, written specifically for children, is the only one of its kind to discuss BPD (borderline personality disorder)**

» **The authors are known around the world for their expertise.**

SUBJECTS :
Psychology - childhood

AUTHORS:

Lise Laporte, Ph. D. (Montreal)
Ronald Fraser, M.D. (N-Scotia)

ILLUSTRATOR:

Elisabeth Eudes-Pascal

ISBN:

978-2-923827-46-9 (English)

SUGGESTED RETAIL PRICE:

\$22,95

PUBLICATION DATE:

November 2013

CATEGORY:

Juvenile/Nonfiction and education

PRODUCT DIMENSIONS:

7 1/4 X 9 1/2"

PAGES:

48 pages

FORMAT:

Colour illustrations

AGE RANGE:

6 to 12 years

TARGET AUDIENCE:

Children, parents, primary school teachers, educators, psychosocial professionals, doctors, nurses.



Version
anglaise

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LET'S TALK ABOUT... FOOD ALLERGIES



Understanding and living with dietary differences

KEY WORDS

> Health

> Allergies

> Psychology



A straightforward book adapted to the language and the reality of children.

This nonfiction picture book is intended for primary school age children – and their parents. In a style resembling a child's scrapbook, this very colourful volume presents the story of a young boy who suffers from food allergies. The story is told in the boy's own words, using amusing images to describe how he lives with this condition: the difficulties, the restrictions and the

dangers. Filled with tips and advice, children's drawings, photographs and plenty of surprises, the book is designed specifically to appeal to children and help them better understand and live with allergies.

- > According to the Association québécoise des allergies alimentaires (the food allergy association of Quebec), 5 to 6% of children – one in 20 – have food allergies. An 18% increase in the incidence of allergies was reported from 1997 to 2007.
- > Educating children and professionals in schools and daycare centres regarding the risks of allergic reactions is a priority.
- > A colourful and attractive book for children, adapted to their needs.

The "Let's Talk About" series of nonfiction psychoeducational picture books is designed for primary-school aged children. They deal with various topics including learning disabilities, health, and psychological and social problems.



Other titles in the series:

Let's Talk About... Dyslexia
Let's Talk About... Diabetes
Let's Talk About... Autism

AUTHORS :

Solène Bourque, psychoeducator, and Martine Desautels, teacher

SCIENTIFIC VALIDATION :

Dr. Marie-Noël Primeau, pediatrician-allergist

ILLUSTRATIONS:

The students of Louise Groleau, Pensionnat des Sacrés-Coeurs Saint-Bruno-de-Montarville, Quebec

ISBN:

2-978-2-923827-27-8

SUGGESTED RETAIL PRICE:

\$19.95

PUBLICATION DATE :

August 2012

CATEGORY:

Juvenile/Nonfiction and education

PRODUCT DIMENSIONS:

7 1/4 X 9 1/2"

PAGES :

48 pages

FORMAT:

Colour illustrations

AGE RANGE:

7 to 10 years

TARGET AUDIENCE:

Children, parents, primary school teachers, educators, psychosocial professionals, doctors, nurses



LET'S TALK ABOUT... TYPE 1 DIABETES



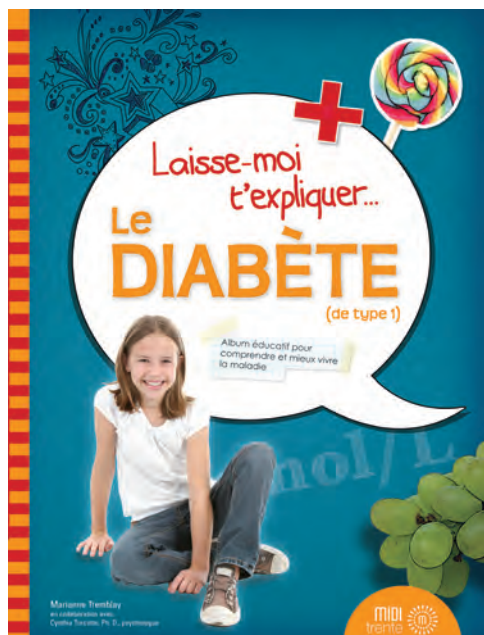
An educational picture book on understanding and living with the disease

KEY WORDS

> Health

> Type 1 Diabetes

> Psychology



An accessible book adapted to the language and the reality of children.

This nonfiction picture book is intended for primary school age children – and their parents. In a style resembling a child's scrapbook, this very colourful volume presents the story of a young girl with diabetes. Using her own words and humorous illustrations, she describes how she found out she had the disease and how she lives with this condition. Filled with tips and advice, children's drawings, photographs and many surprises, the book is designed specifically to appeal to children and help them better understand and live with diabetes.

> A colourful and eye-catching book for children, adapted to their needs.

> Recommended by the International Diabetes Federation (Australia).

> Diabetes affects an increasing number of children worldwide.

AUTHOR:

Marianne Tremblay (Quebec)
In collaboration with Cynthia Turcotte, PhD, psychologist, and Brigitte Veilleux, nurse

ILLUSTRATIONS:

The students of Linda Lapointe; Commission scolaire des Affluents, Repentigny, Quebec

ISBN:

2-978-2-923827-19-3

SUGGESTED RETAIL PRICE:

\$19.95

PUBLICATION DATE:

January 2011

CATEGORY:

Juvenile/Nonfiction and education

PRODUCT DIMENSIONS:

7 1/4 X 9 1/2"

PAGES:

48 pages

FORMAT:

Colour illustrations

AGE RANGE:

7 to 10 years

TARGET AUDIENCE:

Children, parents, primary school teachers, educators, psychosocial professionals, doctors, nurses.

The "Let's Talk About" series of nonfiction psychoeducational picture books is designed for primary-school aged children. They deal with various topics including learning disabilities, health, and psychological and social problems.



Other titles in the series:

Let's Talk About... Dyslexia

Let's Talk About... Food Allergies

Let's Talk About... Autism



LET'S TALK ABOUT... AUTISM



An educational picture book on understanding and living with differences

KEY WORDS

> Health

> Developmental disorders

> Psychology



Living with a little brother who is “different” is not always easy!

This nonfiction picture book is intended for primary school age children – and their parents. In a style resembling a child's scrapbook, this very colourful volume presents the story of a young girl whose little brother suffers from a pervasive developmental disorder (PDD) – Leo is autistic.

In her own words, with simplicity and humour, Coralie explains what autism is and how she deals with having a brother who is different from other children. She describes everyday family life, the difficulties encountered as well as her doubts and fears. Filled with tips and advice, and illustrated with children's drawings, the book is designed to appeal to children and to help them better understand and live with differences.

> Statistics show that the number of preschool and primary school children in Quebec who suffer from pervasive developmental disorders (PDD) has increased by 23% per year since 2000, indicating that the prevalence has doubled every four years. (Study by Manon Noiseux, from the L'Express, Spring 2009)

> A colourful and eye-catching book for children, adapted to their needs.

The “Let's Talk About” series of nonfiction psychoeducational picture books is designed for primary-school aged children. They deal with various topics including learning disabilities, health, and psychological and social problems.



Other titles in the series:

Let's Talk About... Dyslexia

Let's Talk About... Food Allergies

Let's Talk About... Autism

AUTHORS:

Stéphanie Deslauriers,
psychoeducator

SCIENTIFIC VALIDATION:

Noël Champagne,
psychologist and Anne
Kernisan, ergotherapist

ILLUSTRATIONS:

The students of Julie Duval,
S.E.T.; École de la Riveraine,
Portneuf, Quebec

ISBN:

978-2-923827-28-5

SUGGESTED RETAIL PRICE:

\$19.95

PUBLICATION DATE:

September 2012

CATEGORY:

Juvenile/Nonfiction and
education

PRODUCT DIMENSIONS:

7 1/4 X 9 1/2"

PAGES:

48 pages

FORMAT:

Colour illustrations

AGE RANGE:

7 to 10 years

TARGET AUDIENCE:

Children, parents, primary
school teachers, educators,
psychosocial professionals,
doctors, nurses.



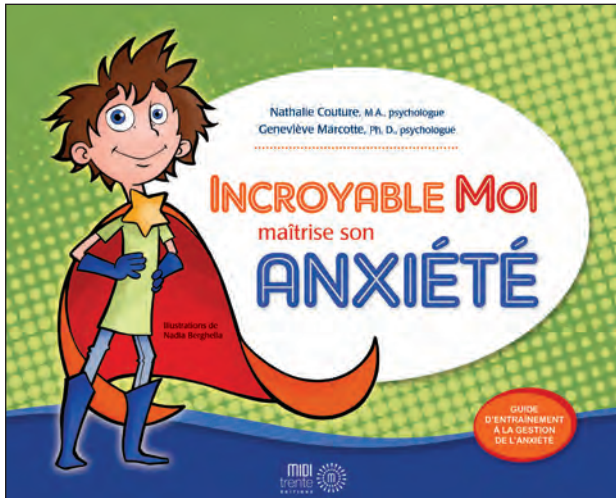
INCREDIBLE ME CONTROLLING ANXIETY

An anxiety management training guide



KEY WORDS

- > psychology
- > education
- > intervention



Finally, a resource specifically for children suffering from anxiety

Of all the developmental pathologies in children, anxiety disorders are among the most prevalent. Yet parents –

and the various professionals who work with children suffering from anxiety – do not always have appropriate tools to help children learn how to manage their fears and worries, whatever they may be.

This illustrated guide is designed to help children recognize the physical, cognitive and emotional manifestations of anxiety and, more importantly, to become veritable anxiety management champions. Each section presents a theoretical introduction for adults followed by simplified illustrated explanations for children, interspersed with a multitude of practical exercises and humorous illustrations. This book is a must for anyone who would like to provide children with effective tools and the confidence to become an “Incredible Me”!

- > According to the Mental Illness Foundation in Quebec, one third of the population suffers from anxiety.
- > Between 7 and 17% of children will experience an episode of anxiety or an anxiety disorder.
- > Without necessarily constituting a disorder per se, anxiety can also occur in other forms: separation anxiety, performance anxiety, stress, fears and worries, among others.
- > This is the first work of its kind that is addressed specifically to children, offering practical tools to help them deal with anxiety.
- > Nadia Berghella's illustrations make the book more attractive and humorous.
- > **The book is a bestseller in Quebec.**



The Authors

Nathalie Couture and Geneviève Marcotte are both clinical psychologists who have worked directly with children for many years.

AUTHORS:

Nathalie Couture, MA, and
Geneviève Marcotte, PhD,
psychologists
(Montreal, Quebec)

ILLUSTRATIONS:

Nadia Berghella

ISBN :

978-2-923827-16-2

SUGGESTED RETAIL PRICE:

\$19.95

PUBLICATION DATE:

September 2011

CATEGORY:

Psychology

PRODUCT DIMENSIONS:

9 X 7,25"

PAGES :

48 pages

AGE RANGE:

7 to 12 years

TARGET AUDIENCE:

Parents, teachers,
psychologists,
psychoeducators, social
workers, special education
teachers

WONDERFUL ME LEARNS TO LIVE WITH SEPARATED PARENTS



KEY WORDS

- > psychology
- > education
- > intervention

Approximately one out of three children from Québec will see their parents separate before they reach the age of 10 (Marcil-Gratton, 2004).

The separation of parents can generate a lot of stress and anxiety for children. In addition to requiring great adjustment skills, these changes will bring with them a lot of questions to which attention must be paid.

Aimed at children aged 6-12, this illustrated intervention guide will help children to find several ways to adapt to the consequences of their parents' separation, whenever they may arise (before the announcement, during the separation or even much later ...) Each section presents a theoretical introduction aimed at the adults, which is then followed by simple and illustrated explanations written using the children's language. Many concrete exercises and amusing illustrations are also present in this essential book for those who wish to give their children the tools to calmly go through this hard period of their lives. You will certainly notice that their personal resources are simply ... wonderful!



AUTHORS:

Nathalie Couture, MA, and Geneviève Marcotte, PhD, psychologists (Montreal, Quebec)

ILLUSTRATOR:

Nadia Berghella

ISBN :

978-2-923827-41-4

SUGGESTED RETAIL PRICE:

\$19.95 CAD

PUBLICATION DATE:

Octobre 2013

CATEGORY:

Psychology

PRODUCT DIMENSIONS:

9 X 7,25"

PAGES :

48 pages

AGE RANGE:

6 to 12 years

TARGET AUDIENCE:

Parents, teachers, psychologists, psychoeducators, social workers, special education teachers



The authors

Nathalie Couture and Geneviève Marcotte are both clinical psychologists. They have been working with children for many years. Wonderful Me Learns to Live With Separated Parents is their second book.



In the same collection:

Incredible Me Masters His Anxiety



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CAUTION: SELF ESTEEM UNDER CONSTRUCTION



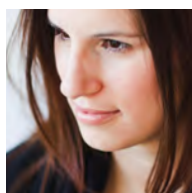
KEY WORDS

> Psychology

> Self esteem

> Personal growth

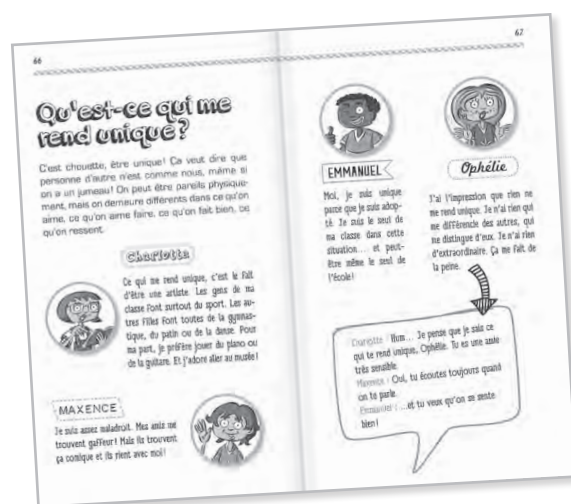
For confident kids who feel good about themselves



STÉPHANIE DESLAURIERS, psychoeducator, has worked with children and teenagers presenting various affective, psychosocial and psychodevelopmental needs, both in community-based and institutional settings. Passionate about writing, she is the mind behind a socially flavored blog called *Ensemble, Maintenant* and writes for various other medias. She is the author of *Laisse-moi t'expliquer l'autisme* (Let me explain autism), published by Éditions Midi trente.

In this book, young readers will meet four inspiring and endearing characters that will help them discover how **safety, autonomy, love, pleasure, pride and hope** are invaluable resources when it comes to building their self-esteem, and how these concepts influence how they see themselves.

It is an illustrated, dynamic and concrete (quizzes, observation grids, contracts, etc.) book that aims to help children feel more confident and better equipped to face all the great and not so great challenges of life.



> This book is part of our collection of practical guides for children. They are all already very successful with their target audience, but also with teachers and other educators.

> This book is the first of its kind to be addressed specifically to children, and to give them concrete tools to build their self-esteem.

SUBJECTS :
Psychology - childhood

AUTHOR:
Stéphanie Deslauriers,
psychoeducator
(Montréal, Québec)

ISBN:
978-2-923827-39-1

SUGGESTED RETAIL PRICE:
\$14,95 CAD

PUBLICATION DATE:
September 2013

CATEGORY:
Practical guide (children)

PRODUCT DIMENSIONS:
4,75 X 8"

PAGES :
136 pages

FORMAT:
Illustrated, exercises

AGE RANGE:
8 to 13 years

TARGET AUDIENCE:
Children, parents,
teachers, and
psychosocial professionals
(psychoeducators,
psychologists, social workers,
special education teachers)



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SAY NO TO BULLYING LEARNING TO BE ASSERTIVE

A practical guide to help children deal with bullying

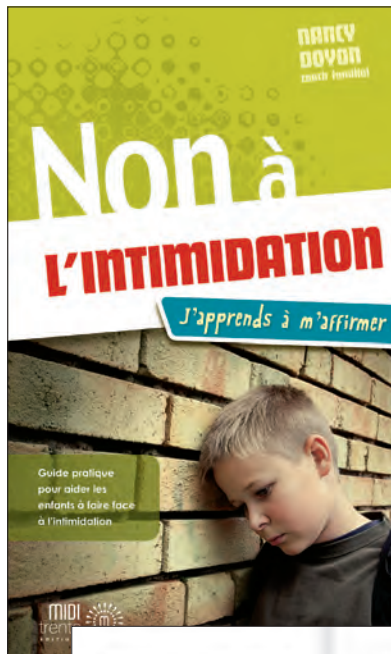


KEY WORDS

> psychology

> bullying

> assertiveness



Every week, 10% of school-aged children live with rejection, contempt, threats and exclusion.

(Source: Association des psychologues scolaires du Québec)

You may have experienced situations of violence or bullying; ridicule, rejection or even cyberbullying. If you talked about it with an adult, their advice may have been to leave it be or just ignore the hurtful words. But does that mean that you should just sit back and put up with the violence? Other people may tell you to defend yourself. Okay, but how?

This book is designed to give you the tools and ideas of positive ways to defend yourself effectively against bullying. It will help you learn to assert yourself in healthy and convincing ways.



AUTHOR:

Nancy Doyon, Family Coach
(Quebec City, Quebec)

ILLUSTRATIONS:

Frédéric Boudreault

ISBN:

2-978-2-923827-18-6

SUGGESTED RETAIL PRICE:

\$14,95

PUBLICATION DATE:

November 2011

CATEGORY:

Practical guide (children)

PRODUCT DIMENSIONS:

4 3/4 X 8"

PAGES:

112 pages

FORMAT:

Illustrated, exercises

AGE RANGE:

8 to 13 years

TARGET AUDIENCE:

Children, parents, teachers, and psychosocial professionals (psychoeducators, psychologists, social workers, special education teachers)



THE AUTHOR

Nancy Doyon has been a family coach and special education teacher for nearly 20 years, working with a diverse clientele in a variety of settings. A renowned coach and speaker, she is also very active in the media as a family issues columnist.

Nancy Doyon is also the author of the bestseller Parent gros bon sens (Common Sense Parenting).



OPERATION

GETTING TO KNOW YOURSELF BETTER



KEY WORDS

> psychology

> education

> intervention tool

POSTER



BOOKLET



Visual tool for self-awareness and behaviour analysis

OperAction is a simple and concrete intervention tool that allows children and adolescents to conduct a self-evaluation of their behaviour by helping them gain a greater awareness of their thoughts,

emotions, words and physical sensations when facing difficulty or conflict. This approach helps young people understand themselves better and recognize that they can control how they react in various situations.

The OperAction kit may be used in many ways. Teachers, mental health professionals and parents can use the kit to reinforce children's positive behaviours and help them see the impact their attitudes can have on themselves, others and their environment. In addition to helping create an atmosphere of trust and openness between the child or adolescent and the adult, this eye-catching tool can also be used to develop an action plan or simply to illustrate problem situations and possible solutions.



THE AUTHOR

Genevieve Dufour is a clinical activities specialist at the Centre jeunesse de Québec (youth social services centre). She has worked as a family and youth educator for over 10 years and is pursuing a masters degree in psychoeducation at the Université du Québec in Trois-Rivières.

CONCEPT :

Genevieve Dufour, youth services psychoeducator (Quebec)

ILLUSTRATIONS:

Dominique Pelletier

ISBN:

978-2-923827-24-7

SUGGESTED RETAIL PRICE:

\$14,95

PUBLICATION DATE:

March 2012

CATEGORY:

intervention tool

FORMAT:

One 24-page booklet (8 x 11 in.) and one rigid poster (15 x 21 in.)

AGE RANGE:

Children and adolescents

TARGET AUDIENCE:

Families, daycare centres, primary and secondary schools, health and social services centres, youth centres, hospitals, educators, psychosocial professionals and teachers.

ROOTS AND WINGS

Fables from the northern forests

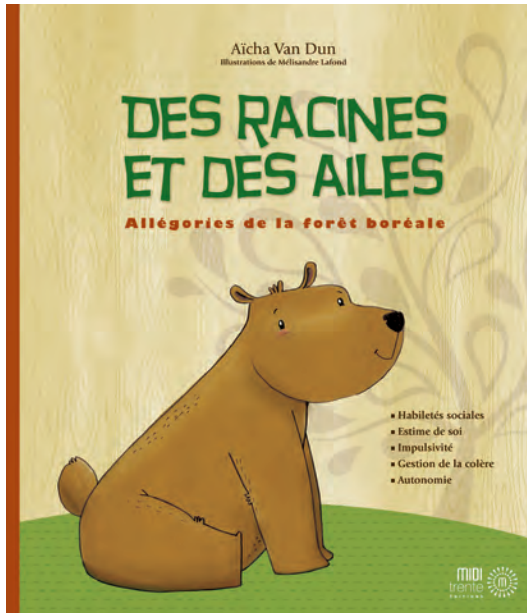


KEY WORDS

> fables

> childhood

> psychology



Roots and Wings is a collection of five metaphorical stories (or fables) based on basic personal skills that are important for young children's development:

- interpersonal skills;
- sense of self-worth and self-confidence;
- control of impulsive and hyperactive behaviour;
- anger management; and
- development of independence.

Written with vivid imagery and filled with affection of the young audience, the stories feature small, friendly and endearing animals against the backdrop of Quebec's northern forests. The book also includes an intervention guide.



AUTHOR:

Aïcha Van Dun
(L'Assomption, Quebec)

ILLUSTRATIONS:

Mélanie Lafond

ISBN:

978-2-923827-17-9

SUGGESTED RETAIL PRICE:

\$19,95

PUBLICATION DATE:

October 2011

CATEGORY:

Juvenile

PRODUCT DIMENSIONS:

8 1/2 X 9 1/2"

PAGES:

48 pages

AGE GROUP:

3 to 7 years

TARGET AUDIENCE:

Parents, educators, teachers and psychosocial professionals (psychoeducators, psychologists, social workers, special education teachers, etc.)



THE AUTHOR

A college literature professor and Certified Professional NLP Practitioner, Aïcha Van Dun holds an MA in creative writing. She has published several columns on Petit-monde.com (Yoopla) and frequently gives workshops and lectures on various topics related to education.



LITTLE WOLF STARTS SCHOOL

A collection of fables and a companion guide for a smooth transition to kindergarten

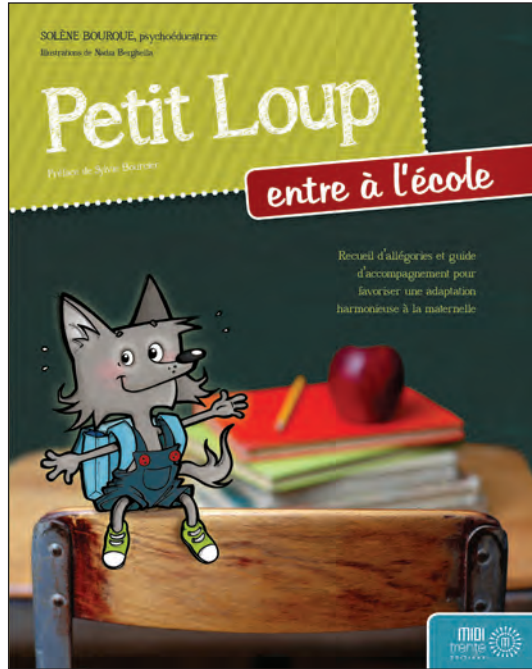


KEY WORDS

> education

> psychology

> childhood



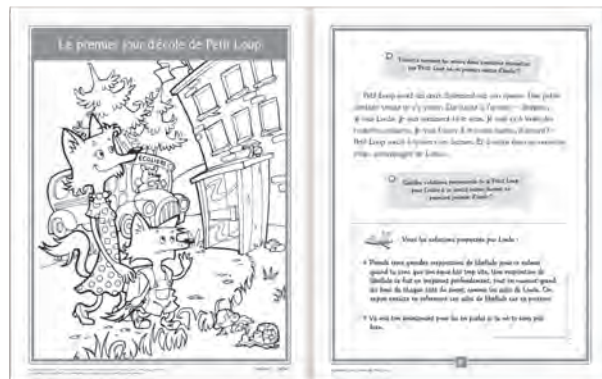
A complete kit to prepare kids for this **BIG** transition.

Starting school is a big step in life! Some children look forward to it with excitement, others anticipate it with anxiety — and all will experience changes that can provoke a multitude of feelings.

Intended for both kindergarten teachers and parents of “little wolves” who are starting school,

this book contains **eight fables** to read with children, a detailed coordination and intervention **programme**, **activity sheets** and pages of **pictograms** to copy, as well as many ideas for complementary activities to foster a smooth transition to kindergarten.

Through Little Wolf's stories, children will learn to recognize and name the emotions they experience during this important period of change and, with the help of Diana the Dragonfly, they will discover ways of feeling more at ease with this new life experience.



THE AUTHOR

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