



Escuela de padres y madres (Spanish Edition)

Luis Fernando Menéndez González, Mercedes Fernández Pérez, M^a Teresa Hernández Aguilar, Carmina Busó Cortés, Josefina Burillo Nadal, Agustín Durán Gervilla

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El curso Escuela de padres y madres pretende ser una aproximación teórico-práctica al mundo de la adolescencia y en especial a la interacción social que los padres y madres mantenemos con nuestros hijos/as. Después de un primer bloque introductorio sobre aspectos fundamentales del desarrollo fisiológico y psico-evolutivo del adolescente, los contenidos van orientándose hacia aspectos más relacionados con el entorno familiar y social del joven. Los ejercicios prácticos invitan al alumno /alumna a plantear estrategias de actuación a fin de afrontar, desde la familia, los riesgos y los problemas más frecuentes en estas etapas de la adolescencia. El curso va dirigido a todos los padres, madres y, personas que por razones personales o profesionales deseen profundizar en las características y problemática propias del período de la adolescencia, con el objeto de mejorar las relaciones familiares y prevenir conductas de riesgo, ofreciendo pautas de resolución de los conflictos más comunes en estas edades. Los contenidos se estructuran en tres bloques: Conocer y comprender al adolescente; convivir y educar al adolescente; prevenir riesgos en el adolescente.

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