



Was macht das Monster unterm Bett?: Ängste von Kindern verstehen und bewältigen (German Edition)

Monika Specht-Tomann

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Angst vor der Dunkelheit, vor Abschieden oder vor Schwierigkeiten in Kindergarten oder Schule - Kinder erleben vielfältige belastende Situationen, die sie im Laufe ihrer Entwicklung meistern müssen. Welche Ängste gehören zu jeder normalen Entwicklung? Wann werden Kinderseelen besonders belastet? Was können Eltern ganz konkret tun, um Kindern in ängstigenden Situationen Halt zu geben?

Die erfahrene Psychologin Monika Specht-Tomann zeigt, wie Erwachsene ihren Kindern liebevoll helfen und mit ihnen gemeinsam das Monster unterm Bett zähmen können.

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