



# Reafirmar la autoestima de nuestros hijos (Spanish Edition)

*Deborah Silberstein*

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Son múltiples las maneras a través de las cuales podemos expresarles a nuestros hijos que ellos son importantes, que son valiosos, que valen por sí mismos, más allá de que se equivoquen o que algo les salga mal. Seguramente algunas de las maneras propuestas en esta obra ya han sido implementadas por muchos padres, pero es posible que desconozcan otras que constituyen una forma más de reafirmarles a nuestros hijos que nos importan y que los queremos. Este libro de la especialista argentina Deborah Silberstein incluye consejos, actitudes, herramientas y actividades que permitirán apuntalar la confianza de los niños. Algunos de ellos referirán a ellos de manera específica, tal como ofrecerles un contexto de límites seguros; otros, en cambio, actuarán sobre los pequeños de manera indirecta, tal como ofrecerles una imagen de coherencia, armonía y respeto entre la pareja parental. En definitiva, un conjunto de cosas para hacer en pos de reforzar un bien fundamental: la autoestima de nuestros hijos.

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