



No tengas miedo a decir no: 31 (Edu.com) (Spanish Edition)

Oswaldo Poli

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El bien de los hijos exige que apliquemos con firmeza nuestros principios educativos, pero sin olvidar que la exigencia hay que combinarla con el amor y con el cariño.

Educar supone muchas veces poner límites y saber decir no a los hijos. No es tarea fácil, pues podemos encontrarnos con numerosos obstáculos: miedo a hacerles sufrir, chantajes emocionales del tipo "ya no te quiero", inseguridad de si las normas que ponemos son oportunas...

En educación, la firmeza es una virtud cada vez más necesaria. Para crecer y madurar, los hijos han de atravesar por la experiencia de la renuncia, del esfuerzo y del sacrificio. Y para ello no hay que tener miedo a ejercer la autoridad y a decir no cuando lo exija su bien. En esto somos insustituibles. Hay que saber aplicar esta firmeza en cuanto a los principios, junto con el cariño en cuanto a la forma de practicarla. Los modelos autoritarios nunca han sido los mejores en educación y sí los que combinan exigencia con amor.

El autor nos presenta en estas páginas los principales miedos y debilidades afectivas que sufren los padres y que pueden llegar a actuar como verdaderos "virus", extendiéndose sin freno y contagiando otras facetas de nuestra labor educativa.

Oswaldo Poli es un psicólogo y psicoterapeuta italiano que vive y trabaja en Castel Goffredo (Mantua). Se ocupa, principalmente, de la formación de los padres y de los matrimonios, colaborando con diversos grupos, instituciones y revistas. Mediante diversos encuentros formativos y su labor orientadora intenta promover y animar la capacidad educativa de los padres. Es su primer libro traducido al castellano; otros títulos suyos: *Il genitore equilibrato* (1999), *Andare d'accordo: la collaborazione fra marito e moglie nell'educazione dei figli* (2000), *Fratelli e sorelle* (2000), *Cuore di papà* (2006) y *Né asino né re* (2008).

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