

Truly good solutions for parents and children



Andrea Kästle, Mathias Voelchert

I'm Not Going Hiking!

[Ich geh aber nicht mit zum Wandern!]

The 50 most common family conflicts and how to deal with them

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Andrea Kästle has been an editor for 30 years, including for the newspaper *Abendzeitung*, where for seven years she managed the weekly Family section.

Mathias Voelchert is founder and manager of familylab.de, the family workshop in Germany. With a degree in business administration, he has been active as an instructor, a practical supervisor, a coach in systemic training and continuing education, an author, and for the past 30 years an independent entrepreneur.

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How to react when your son pushes his plate back and says, "This tastes disgusting"? What to do when the daughter absolutely wants to go to kindergarten in a summer dress in the middle of winter?

Mathias Voelchert, in cooperation with Jesper Juul, is founder and director of the family workshop familylab.de. With Andrea Kästle, he minutely analyzes the typical conflicts from birth to puberty that are of special concern to parents. Instead of abstract pedagogical maxims, the discussions of the two authors produce concrete suggestions on how to arrive at solutions that are meaningful for both parents and their children.

- 50 common everyday situations
- Putting into practice such values as equality, authenticity, and relationship orientation