

The handbook on the thoughts of Jesper Juul



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Families Live

[Familien leben]

How children and parents grow
together

A book of fundamentals

Kösel Sach-/Fachbuch

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35 colour illustrations

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Hannsjörg Bachmann, born in 1943, had been the medical director of a children's clinic in Bremen for 20 years. Together with his wife and other experts, he founded the Family Workshop in the District of Verden e.V., a prevention project for families-to-be. He went through training with Jesper Juul and Karl-Heinz Brisch. He has been married for 50 years and has three adult children and five grandchildren.

Eva-Mareile Bachmann, born in 1977, has a PhD in psychology and is a psychotherapist in her own practice. For her doctorate she looked into the effectiveness of out-patient therapies for mental disorders in childhood and adolescence.

Even before the birth of their child, parents often set important guidelines for their family life without really knowing what is to come. This book offers an overview of the important topics and of basic questions young parents have.

Everything essential for the first years of life is summarised and explored in depth, oriented on the latest findings from the relevant areas (attachment research, psychology, neurosciences, pedagogy, and family therapy). For each topic there are practical tips, real-life examples, and dialogues about how theoretical knowledge can be implemented in everyday family life. In-depth questions will stimulate couples to find ways of staying in contact with each other during this stressful time and to look after their own needs.

The authors – a paediatrician and father, as well as a psychologist and mother – bring with them their knowledge from years of experience in all aspects of family medicine.

- Based on the core fundamentals of Jesper Juul's familylab®
- Everything about child-raising, family, and partnership