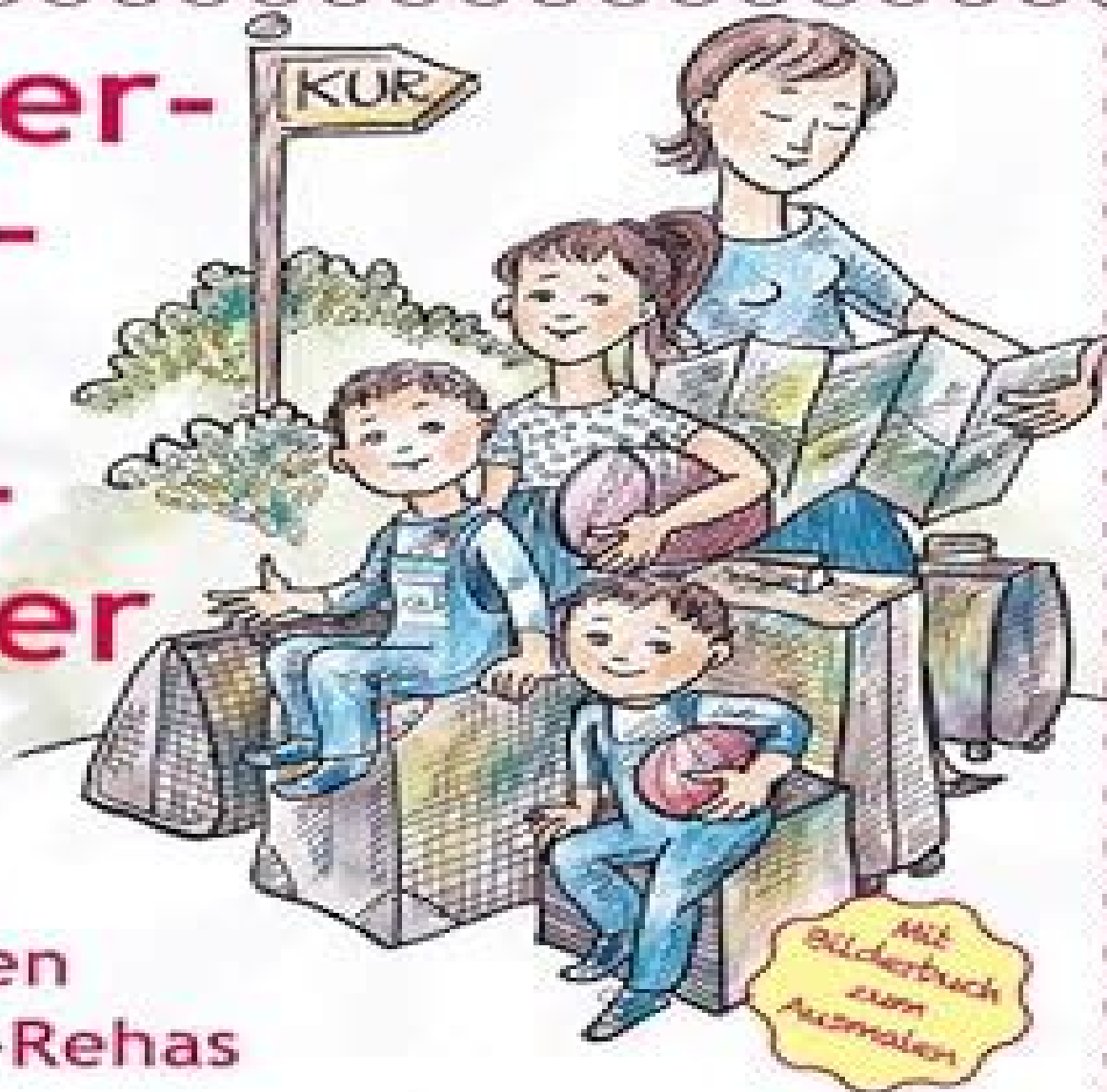


Mutter- Kind- Kur- Weg- weiser

Auch für
Vaterkuren
& Kinder-Rehas



Mit
Bilderbuch
zum
Ausmalen



Edition Kirchweihthal

Christiane Seeger & Gisela Otto

Mutter Kind Kur Wegweiser Auch F R Vaterkuren Kinder Rehas

Marion von Gratkowski



Mutter Kind Kur Wegweiser Auch F R Vaterkuren Kinder Rehas:

Zwillinge - das Magazin 2019 Marion von Gratkowski, 2020-01-13 In diesem Buch ist ein ganzer Jahrgang der Zeitschrift Zwillinge das Magazin zusammengefasst Die Themen reichen von Schwangerschaft Geburt bis das Stillen von Zwillingen das Essenlernen das Schlafen das Ausfahren die Beziehung der Zwillinge untereinander von Kindergartenthemen bis Schulthemen es geht aber auch um die Zwillingeltern und deren Probleme Natürlich kommen auch die Freuden nicht zu kurz und so runden Tipps für familienfreundliche Urlaub die Themenvielfalt ab Das Jahrbuch setzt sich aus Themen zusammen die in den einzelnen Heften des Zeitschriftenjahrgangs 2019 behandelt wurden Die Beiträge wurden meist von den Leserinnen und Lesern der Zeitschrift geschrieben also mitten aus dem Leben so das Konzept der Zeitschrift Und selbstverständlich richtet sich das Jahrbuch 2019 auch an Drillingseltern und deren Nachwuchs Die Jahrbücher 2017 und 2018 sind ebenfalls erschienen **Zwillinge - das Magazin Nov./Dez. 2019** Marion von Gratkowski, 2019-11-19 Auch dieses Heft

ZWILLINGE ist eine bunte Mischung an Themen aus dem Alltag von Zwillingen und Drillingen und deren Eltern Es geht um Schwangerschaft und Geburt Kaiserschnitt es geht um Trennung im Kindergarten praktische Ideen das gemeinsame Spielen von Zwillingen um Streit unter Zwillingen und um Ideen für Weihnachtsgeschenke Und es geht um die Eltern von Mehrlingen wie sie die Anforderungen gemeinsam meistern können und was hilft wenn der Burnout kommt Natürlich gibt es auch einen Urlaubstipp Mallorca Zwillinge - das Magazin Marion von Gratkowski, 2019 *Mutter-Vater-Kind(er)-Kuren - hier geht's lang* Gisela Otto, Christiane Seeger, 2015

Mutter-Kind-Kuren als Behandlungsmöglichkeit für erschöpfte Mütter Tina Liebetrau, 2009-12-09 Inhaltsangabe Einleitung Ich fühle mich unglücklich und bin unzufrieden weil ich zu wenig Zeit für meine Familie habe Taglich stehe ich morgens bis abends unter Dauerdruck durch die Doppelbelastung Familie und Beruf Ich habe keine Zeit für mich selbst und reagiere teilweise aggressiv auf meinen Sohn und meinen Mann Mutter eines 4-jährigen Kindes verheiratet 35 Jahre alt berufstätig im Ausendienst 40 Stunden Woche Dieses Zitat spiegelt Aussagen von vielen anderen Müttern wider die heute unter ungünstigen und belastenden sozialen Bedingungen leben Sie bewältigen die verschiedensten Anforderungen des Alltags die mit Kindern Ehe Beruf Haushalt oder häufig auch der Pflege und Versorgung kranker Angehöriger verbunden sind Diese Mehrfachbelastungen führen oft zur Gefährdung oder Störung der eigenen Gesundheit und viele Mütter leiden unter Erschöpfung körperlichen Beschwerden und oder anderen psychischen Belastungen Aber zu sinnvollen möglichen Behandlungsmöglichkeiten wird ihnen der Zugang erschwert oder nicht ermöglicht Diese Erfahrungen die während eines praktischen Semesters im Rahmen des Studiums in einer Mutter Kind Klinik gewonnen wurden stellen den Hintergrund der Themenwahl für diese Diplomarbeit dar Eine wissenschaftliche Auseinandersetzung mit diesem Thema liegt nach den Recherchen der Autorin in Deutschland weniger vor Mit dieser Arbeit soll demzufolge versucht werden eine bisher notwendige Präsenz dieses Themas in der Gesellschaft hervorzurufen und die gesundheitlichen Beschwerden und Belastungen und die damit verbundene Notwendigkeit an Hilfsangeboten für Mütter zu verdeutlichen Daher

erfolgt die Bearbeitung des Themas unter folgenden Fragestellungen Unter welchen sozialen und gesundheitlichen Belastungen leiden Mütter in unserer Gesellschaft Was ist eine Mutter Kind Kur Stellt sie eine ad quate Behandlungsmöglichkeit für erschöpfte Mütter dar Welche Aufgaben Möglichkeiten und Grenzen hat die Soziale Arbeit in diesem Arbeitsfeld Methodik Die vorliegende Arbeit stützt sich auf die statistischen Daten die durch eine quantitative Befragung in einer Mutter Kind Klinik erhoben wurden Der Bitte des Ausfüllens dieses Fragebogens kamen 126 Mütter nach während sie in der Zeit vom 04 Februar bis 08 April 2009 an einer Vorsorge oder Rehabilitationsmaßnahme nach § 24 Abs 1 SGB V in der Mutter Kind Klinik der AWO Sano gGmbH Rerik des Bundeslandes Mecklenburg Vorpommern teilnahmen Untersucht wurden dabei

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