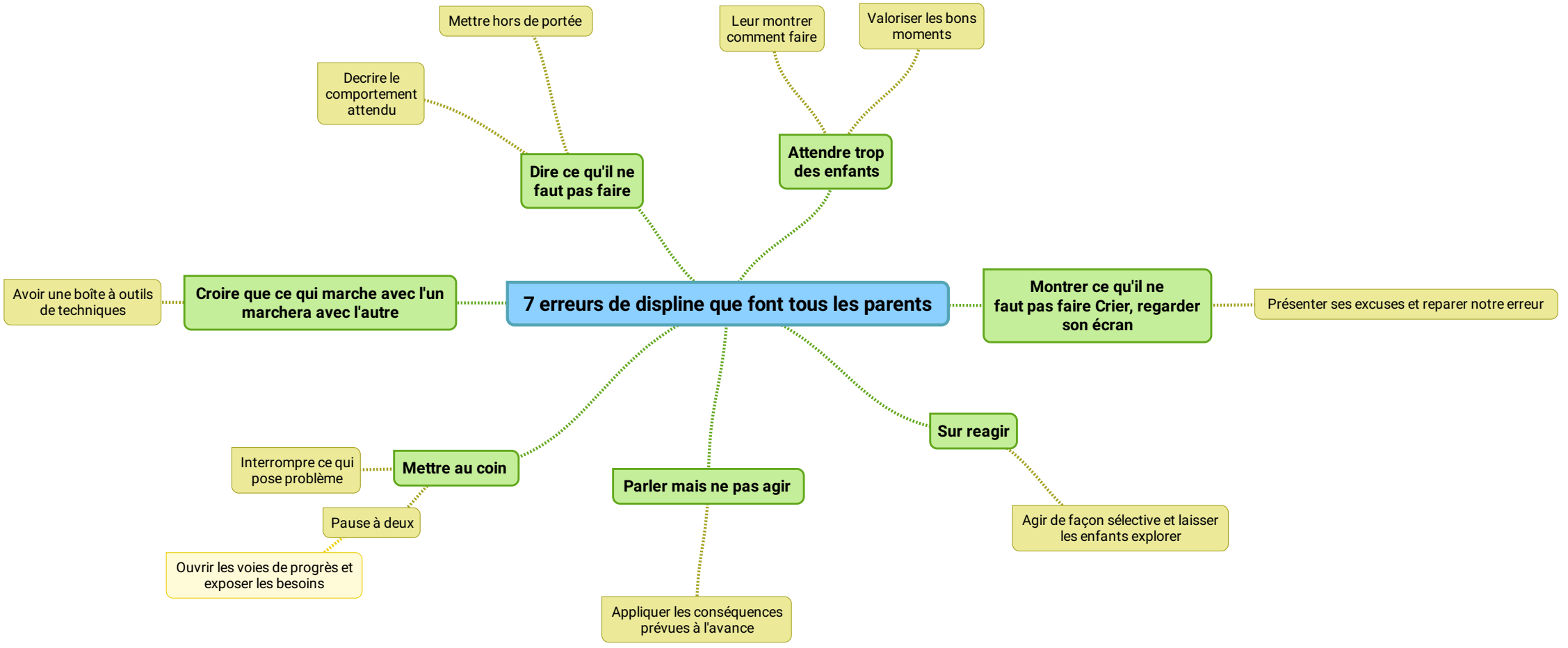https://actimomes.com/erreurs-parents/