



Calming Your Anxious Child: Words to Say and Things to Do (Hardback)

By Kathleen Trainor

JOHNS HOPKINS UNIVERSITY PRESS, United States, 2016. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Ten million children in the United States-two million of them preschoolers-suffer from anxiety. Anxious children may be afraid to be out of their parents sight; they may refuse to talk except to specific people or under specific circumstances; they may insist on performing tasks such as brushing teeth or getting ready for bed in a rigidly specific way. For many children these difficulties interfere with doing well in school and making friends as well as with daily activities like sleeping, eating, and bathing. Untreated anxiety can have a devastating effect on a child s future emotional, social, academic, and work life. And since most kids don t naturally outgrow anxiety, parents need to know how to help. In Calming Your Anxious Child, Dr. Kathleen Trainor builds on cognitive behavioral therapy to provide practical steps for guiding parents through the process of helping their children manage their anxieties and gain control over their worrybased behaviors. Dr. Trainor s method involves identifying the anxieties and the behaviors, rating them, agreeing on what behaviors to work on changing, identifying strategies for changing...



Reviews

The ideal ebook i actually study. It usually does not expense too much. You wont really feel monotony at at any time of your own time (that's what catalogs are for relating to should you request me).

-- Mrs. Jacklyn Simonis

Very good eBook and beneficial one. It generally is not going to price a lot of. I discovered this ebook from my i and dad advised this book to learn.

-- Tyrel Bartell

Relevant Kindle Books



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



Jack Drummond s Christmas Present: Adventure Series for Children Ages 9-12 (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. A very warm welcome to Jack Drummond s Christmas Present, the sixth book in the series for children ages 9-12....



Tales of Knights for Kids: Eight Short Fairy Stories about Knights for Children (Paperback)

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Eight short stories about knights are selected from several books of fairy tales for children. These tales are designed to...



Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



How to Make a Free Website for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...