



## Self Help Skills for Kids - Volume IV - Abridged: ABC's for Self Care

By Michele L Gaddis

Createspace, United States, 2014. Paperback. Book Condition: New. abridged edition. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.There are four volumes in the Keep Kids Safe Self-Help Skills Series. Each book has an expanded and abridged version. Expanded contains additional information and workbooks. This is an abridged version and does not contain the workbook. Volume 1 is about being physically and emotionally safe. Volume 2 is for self-awareness skills. Volume 3 addresses having healthy relationships and being of service to others. Volume 4 focuses on self-care for those who care about kids. These books are the only ones of their kind. They were put together with kids for kids. When I asked 160 of my students how to be a better parent and teacher, their answers became the foundation for these materials. They identified what they wanted to learn. They taught me by their example how to simplify important information, using their words. These books are not just for breaking cycles of addiction and abuse. When used as intended, they are also tools for prevention. Workbooks are included to provide suggested activities to use as a curriculum. These books teach leadership skills with...



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