



## Parenting Under Stress (Paperback)

By Ph D Dr Maha Broum

Trafford Publishing, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is intended to raise parents awareness of stress they and their children go through as they face the pressures of modern life. When parents become aware of these pressures they can deal with them, model a positive attitude to their children, and help children express and manage their emotions in order to ensure a healthier development of children and a better relationship in the family. The book is divided into four chapters: Chapter 1 explores sources of stress in modern life while Chapter 2 demonstrates how stress impacts parenting through the elements: academic pressure, extracurricular activities, and toys. Chapter 3 lays out the intellectual, emotional, physical and social symptoms suffered by children of stressed-out parents. Ways out of the rat race are portrayed in Chapter 4.



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