



## Stress and Your Child

By Betty Youngs

Ballantine Books. Paperback. Book Condition: New. Paperback. 352 pages. Dimensions: 8.7in. x 5.5in. x 0.9in. **GIVE YOUR CHILDREN BACK THEIR CHILDHOOD.** We like to think of childhood as a carefree, relaxed time of life, but the truth is, children today experience more stress than ever before: parents fast-paced lifestyles, the frequent breakup of families, urban crime, schools in turmoil, and a host of other problems. However, according to Bettie B. Youngs, Ph. D. , Ed. D, one of Americas most admired experts on child psychology, children--by mastering skills of coping and self-awareness--can actually draw vitality from stress and channel it to promote health, fitness, and self-esteem. *Stress and Your Child* helps parents understand the pressures that their children face and explores the essential ways to reduce, manage, and prevent stress from birth to age twenty. Dr. Youngs leads parents through each stage of their child's emotional and social development and teaches them: -- How to recognize the physical and emotional signs of stress in children-- How to understand school-related stress, including social pressures, personal safety, and test-taking-- How parental stress affects children--and what parents can do to alleviate t-- How teaching kids self-esteem and emotional honesty can help them cope with...



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