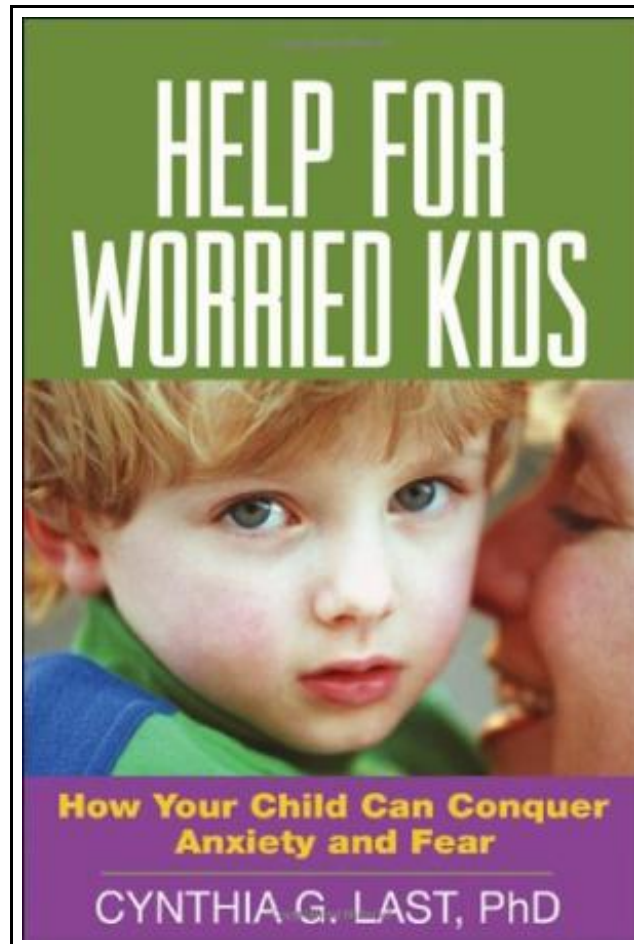


Help for Worried Kids: How Your Child Can Conquer Anxiety and Fear



Filesize: 2.37 MB

Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

HELP FOR WORRIED KIDS: HOW YOUR CHILD CAN CONQUER ANXIETY AND FEAR



Guilford Publications. Paperback. Book Condition: new. BRAND NEW, Help for Worried Kids: How Your Child Can Conquer Anxiety and Fear, Cynthia G. Last, If your son begs to stay home from school to avoid speaking in front of the class, should you be worried? If your daughter insists on crossing the street whenever she sees a dog, what should you do? A simple evaluation devised by renowned psychologist Dr. Cynthia G. Last can help you determine if you have reason to be concerned. If so, you can use Dr. Last's checklists and examples to figure out the type and severity of your child's anxiety, identify contributing factors, and tackle the problem head on. Strategies tailored for different kinds of anxiety will guide you in preventing new episodes, calming your child when a problem arises, and keeping anxieties in check as your son or daughter matures. Dr. Last delivers powerful advice and insightful information gleaned from 25 years of experience working with worried kids and their families, including coping and relaxation skills your child can use to reduce stress and worry, and tips for encouraging kids to approach--not avoid--their fears. Whether your son or daughter can't go on sleepovers, gets nervous around peers, or just plain worries about "everything," this reassuring and compassionate book will teach you how to soothe your child's immediate fears and instill lasting confidence.



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