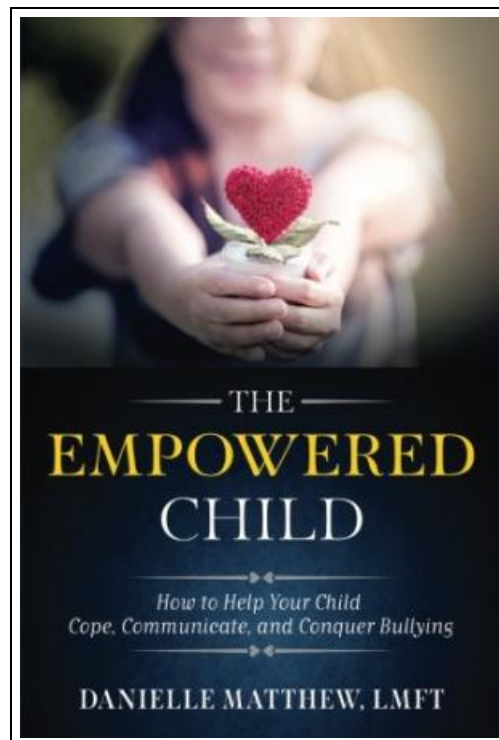


## The Empowered Child: How to Help Your Child Cope, Communicate, and Conquer Bullying (Paperback)



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Danielle Matthew, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. The Empowered Child provides a framework for communicating better with our children both in conversations about bullying and in the process of strengthening parent-child general communication. Your go-to guide for helping your child overcoming bullying, The Empowered Child introduces simple, effective therapy techniques to start a healthy conversation with your child, create an action plan to stop bullying, bring in support from your school, and stay sane throughout the process. It's one thing to read about the rise in the bullying epidemic that's all over the news. It's another to see your child come home from school, quiet, withdrawn, and upset. What do you do, as a parent? How do you talk about the bullying without making your child more distressed? What's the best way to get help from the school and teachers? And how do you handle all of your own emotions? The Empowered Child will be your go-to guide for walking with your child through finally overcoming the bullying, together. You'll learn how to use simple, effective therapy techniques to start a healthy conversation with your child, create an action plan to stop the bullying, bring in the support you need from the school, and stay sane and centered throughout the process. Whether your child is the victim of cyberbullying, verbal bullying, relational bullying, or physical bullying, this book will give you a framework to create a safe support system for your child to find true self-confidence, thrive in school, and know that you were there as a loving support, all the way through.



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