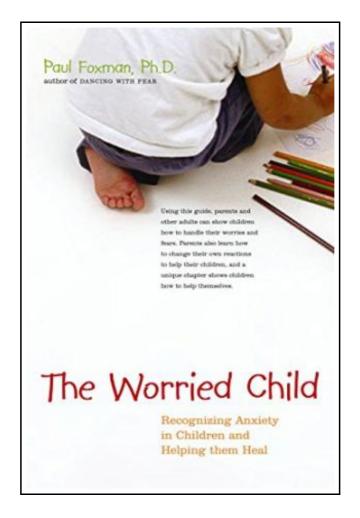
The Worried Child: Recognizing Anxiety in Children and Helping Them Heal (Hardback)



Filesize: 4.04 MB

Reviews

A whole new e book with a brand new standpoint. I have read through and i also am certain that i am going to planning to read again yet again later on. I found out this book from my i and dad advised this pdf to learn.

(Audrey Lowe I)

THE WORRIED CHILD: RECOGNIZING ANXIETY IN CHILDREN AND HELPING THEM HEAL (HARDBACK)



Hunter House Publishers, United States, 2004. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Anxiety in children diminishes their intellectual, emotional and social development, as well as physical health. Author Paul Foxman believes there are three interacting ingredients that contribute to anxiety in children -- biological sensitivity, personality, and stress overload. The Worried Child shows that anxiety is preventable or can at least be minimized by raising children s self confidence, increasing social and self-control skills, and teaching them how to play, relax, and communicate their feelings and needs. Written for parents and teachers and anyone dealing with children, the guide covers the importance of adequate rest, sleep, and exercise and provides detailed lists, skill exercises, sample dialogues, and case studies. It also presents extensive information on the various types and symptoms of anxiety disorders. Advice for educators, health care professionals, childcare workers and psychotherapists is included along with a chapter and tutorial written specifically for children. The Worried Child is a highly accessible self-help guide for anyone dealing with a child who is or may become anxious.

- Read The Worried Child: Recognizing Anxiety in Children and Helping Them Heal (Hardback) Online
- Download PDF The Worried Child: Recognizing Anxiety in Children and Helping Them Heal (Hardback)

Other Books



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. From a certified teacher and founder of an online tutoring website-a simple and...

Save ePub »



No Friends?: How to Make Friends Fast and Keep Them

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do You Have NO Friends? Are you tired of not having any...

Save ePub »



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Getting Your FREE Bonus Download this book, read it to the end and...

Save ePub »



How to Make a Free Website for Kids

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter...

Save ePub »



Jack Drummond s Christmas Present: Adventure Series for Children Ages 9-12

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. A very warm welcome to Jack Drummond s Christmas Present, the sixth book...

Save ePub »