

Helping Your Child With Extreme Picky Eating

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Tools To Help Your Children Learn Math: Strategies, Curiosities, And Stories To Make Math Fun For Parents And Children
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Emergencies: --when to call your child's physician immediately -what to do in case of burns, bites, stings, poisoning, choking, and injuries
Common Illnesses: -when it's safe to treat your child at home -step-by-step instructions on dealing with fever, infections, allergies, rashes, earaches, croup and other common ailments
Behavior Problems: -proven strategies for colic, sleep disturbances, toilet training problems, thumbsucking, and the video game craze -no-nonsense discipline techniques for biting, temper tantrums, sibling fighting, and school refusal
Health Promotion: From Birth Through Adolescence: -essential advice on newborn baby care, nutrition, cholesterol testing, immunizations, and sex education -ways of preventing spoiled children, picky eaters, overeating, tooth decay, accidents, and homework problems

Adventures in Veggieland

Why does your toddler get upset when his or her routine is disrupted? Why do they follow you from room to room and refuse to play on their own? Why are daily routines such as mealtimes, bath time, and bed time

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such a struggle? This accessible guide demystifies the difficult behaviors of anxious toddlers, offering tried-and-tested practical solutions to common parenting dilemmas. Each chapter begins with a real life example, clearly illustrating the behavior from the parent's and the toddler's perspective. Once the toddler's anxious behavior has been demystified and explained, new and effective parenting approaches are introduced to help parents tackle everyday difficulties and build up their child's resilience, independence, and coping mechanisms. Common difficulties with bath time, toileting, sleep, eating, transitions, social anxiety, separation anxiety, and sensory issues are solved, along with specific fears and phobias, and more extreme behaviors such as skin picking and hair pulling. A must-read for all parents of anxious toddlers, as well as for the professionals involved in supporting them.

How to Get Your Kid to Eat

Helps parents decide when a child's reluctance to leave them, and in particular a refusal to go to school, goes beyond normal separation anxiety, and suggests ways to help children develop the power to cope with the problem.

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Helping a Child Cope, when a Parent Has AIDS.

Offers different approaches for teaching ADD/ADHD children, including incorporating imaginative journeys, bodily-kinesthetic cues, posters, drama, and dances into the curriculum.

Positive Discipline

Provides information on medicines, rashes, illnesses, and behavior problems common to infants and children

Parenting a Child Who Has Intense Emotions

Most children are afraid of the dark. Some fear monsters under the bed. But at least ten percent of children have excessive fears and worries—phobias, separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder—that can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help. Now in its second edition, *Helping Your Anxious Child* has been expanded and updated to include

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the latest research and techniques for managing child anxiety. The book offers proven effective skills based in cognitive behavioral therapy (CBT) to aid you in helping your child overcome intense fears and worries. You'll also find out how to relieve your child's anxious feelings while parenting with compassion. Inside, you will learn to:

- Help your child practice “detective thinking” to recognize irrational worries
- What to do when your child becomes frightened
- How to gently and gradually expose your child to challenging situations
- Help your child learn important social skills

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit—an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Parenting Matters

Many children are naturally shy but extreme shyness and social anxiety can become a major childhood problem, leading to avoidance of school, difficulty in making friends and even developing into social anxiety

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in adulthood. In *Overcoming Your Child's Shyness and Social Anxiety*, child psychologists Lucy Willetts and Cathy Creswell explain how parents can help a shy child learn to challenge their thoughts and behaviour patterns and learn to participate confidently in every aspect of their lives. Based on clinically proven cognitive behavioural principles, the book explains what causes shyness, how to identify social anxiety in your child (sometimes masked by anger or stubbornness) and how to gradually help your child face their anxieties and develop problem-solving strategies. This book is a must for parents, teachers and anyone working with children.

Freeing Your Child from Anxiety

Answering a multitude of questions—such as What should a parent do with a child who wants to snack continuously? How should parents deal with a young teen who has declared herself a vegetarian and refuses to eat any type of meat? Or What can parents do with a child who claims he doesn't like what's been prepared, only to turn around and eat it at his friend's house?—this guide explores the relationship between parents, children, and food in a warm, friendly, and supportive way.

Overcoming Your Child's Shyness and Social Anxiety

A leading clinical expert in the fields of child cognitive behavior therapy and anxiety disorders, Dr. Tamar Chansky frequently counsels children (and their parents) whose negative thinking creates chronic or occasional emotional hurdles and impedes optimism, flexibility, and happiness. Now, in the first book that specifically focuses on negative thinking in kids, *Freeing Your Child from Negative Thinking* provides parents, caregivers, and clinicians the same clear, concise, and compassionate guidance that Dr. Chansky employed in her previous guides to relieving children from anxiety and obsessive compulsive symptoms. Here she thoroughly covers the underlying causes of children's negative attitudes, as well as providing multiple strategies for managing negative thoughts, building optimism, and establishing emotional resilience.

ADD/ADHD Alternatives in the Classroom

An astonishing story that puts a human face on the ongoing debate about immigration reform in the United States, now updated with a new Epilogue and Afterword, photos of Enrique and his family, an author

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interview, and more—the definitive edition of a classic of contemporary America Based on the Los Angeles Times newspaper series that won two Pulitzer Prizes, one for feature writing and another for feature photography, this page-turner about the power of family is a popular text in classrooms and a touchstone for communities across the country to engage in meaningful discussions about this essential American subject. Enrique’s Journey recounts the unforgettable quest of a Honduran boy looking for his mother, eleven years after she is forced to leave her starving family to find work in the United States. Braving unimaginable peril, often clinging to the sides and tops of freight trains, Enrique travels through hostile worlds full of thugs, bandits, and corrupt cops. But he pushes forward, relying on his wit, courage, hope, and the kindness of strangers. As Isabel Allende writes: “This is a twenty-first-century Odyssey. If you are going to read only one nonfiction book this year, it has to be this one.” Praise for Enrique’s Journey “Magnificent . . . Enrique’s Journey is about love. It’s about family. It’s about home.”—The Washington Post Book World “[A] searing report from the immigration frontlines . . . as harrowing as it is heartbreaking.”—People (four stars) “Stunning . . . As an adventure narrative alone, Enrique’s Journey is a worthy read. . . . Nazario’s impressive piece of reporting [turns] the current immigration controversy from a political story into a personal

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one.”—Entertainment Weekly “Gripping and harrowing . . . a story begging to be told.”—The Christian Science Monitor “[A] prodigious feat of reporting . . . [Sonia Nazario is] amazingly thorough and intrepid.”—Newsday

How to Parent Your Anxious Toddler

Discover the Strategies That Helped the Most Extreme Picky Eaters and That Can Help Your Picky Eater, Too “Is this normal picky eating stuff, or is there more going on here?” It’s a question many parents worry about, and the same question one mom asked Jennifer Friedman in a session about her son Ryder, who struggled to eat more than chicken nuggets and french fries. In *Stories of Extreme Picky Eating*, Jennifer invites you into her nutritional therapy office to meet real kids struggling with serious food aversions, and learn the strategies that helped them come to eat a wider variety of nutritious foods with more ease. You’ll meet Jackson, an eight-year-old whose diet used to consist entirely of packaged fruit and veggie puree pouches, milk and crackers. You’ll meet Ruby, a bright and bubbly seven-year-old, who ate little more than sugar-laden baked goods and packaged snacks, and who struggled with an extremely sensitive gag reflex. And you’ll meet five more children whose stories are as fascinating to read as they

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are enlightening to reveal the root causes of picky eating. Backed by cutting-edge research—and including kid-friendly activities and intervention plans—this book will help you understand the complex issues that drive children's picky eating habits, and implement key strategies that can set them on the path to enjoying a more diverse, nutritious diet.

Enrique's Journey

'[A] valuable addition to the literature on chronic paediatric illness The book provides an in depth understanding of the path through chronic illness, illustrating the obvious effects on the child, but also the parents, siblings and the family as a whole across the spectrum from the psychological and social to the physical There is much to be learnt from this book and it deserves careful reading.' - from the Foreword by Hilton Davis, Emeritus Professor of Child Health Psychology, King's College London Parents of children with chronic illnesses experience 'extreme parenting'. Parenting under extreme circumstances, like an extreme sport, challenges us to find our true strengths, to push ourselves physically and emotionally. This book is a guide and a source of support for parents of children with long-term illnesses. Sharon Dempsey argues that by helping parents to cope with

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their child's condition we are ultimately helping the child, and that parents are better able to live a full, enjoyable life if they have an awareness of strategies and knowledge to cope with the difficulties of dealing with their child with a chronic illness. The guide is packed with practical advice, models of exploration and lists of action points, and will empower parents to be good advocates for their children. It will also provide health professionals with invaluable insights into the demands of living with chronic illness.

Your Child's Health

A groundbreaking guide to raising responsible, capable, happy kids Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham's approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years.

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If you're tired of power struggles, tantrums, and searching for the right "consequence," look no further. You're about to discover the practical tools you need to transform your parenting in a positive, proven way.

Quirky Kids

Anxiety is the number one mental health problem facing young people today. Childhood should be a happy and carefree time, yet more and more children today are exhibiting symptoms of anxiety, from bedwetting and clinginess to frequent stomach aches, nightmares, and even refusing to go to school. Parents everywhere want to know: All children have fears, but how much is normal? How can you know when a stress has crossed over into a full-blown anxiety disorder? Most parents don't know how to recognize when there is a real problem and how to deal with it when there is. In *Freeing Your Child From Anxiety*, a childhood anxiety disorder specialist examines all manifestations of childhood fears, including social anxiety, Tourette's Syndrome, hair-pulling, and Obsessive Compulsive Disorder, and guides you through a proven program to help your child back to emotional safety. No child is immune from the effects of stress in today's media-saturated society. Fortunately, anxiety disorders are treatable. By following

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these simple solutions, parents can prevent their children from needlessly suffering today—and tomorrow. www.broadwaybooks.com From the Trade Paperback edition.

Fearless Feeding

A manual for parents of shy children or teens who avoid social situations or experience inordinate levels of stress or self-consciousness when speaking in groups covers such treatment options as exposure therapy, relaxation techniques, breathing exercises, and writing exercises designed to help children overcome social anxiety. By the authors of *Painfully Shy*. Reprint. 15,000 first printing.

Just Take a Bite

Initially developed by co-author Cheri Fraker in the course of treating an eleven-year-old who ate nothing but peanut butter, bread, and milk, Food Chaining is a breakthrough approach for dealing with picky eating and feeding problems at any age. Food Chaining emphasizes the relationship between foods in regard to taste, temperature, and texture. In Food Chaining, the internationally known feeding team

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behind this unique method shows how to help your child enjoy new and nutritious foods, no matter what the nature of his picky eating. The guide also includes information on common food allergies, improving eating skills, advice specific to special needs kids, and a pre-chaining program to help prevent food aversions before they develop. Food Chaining will help you raise a lifelong healthy eater.

Helping Your Child Overcome Separation Anxiety Or School Refusal

Temper tantrums in the supermarket. Tears that seem to come out of nowhere. Battles over homework that are more like wars. When your child has problems regulating his or her emotions, there's no hiding it. Children with intense emotions go from 0 to 100 in seconds and are prone to frequent emotional and behavioral outbursts that leave parents feeling bewildered and helpless. Other parents may have told you that it's just a phase or that your child needs discipline. In reality, your child may have emotion dysregulation, a tendency to react intensely to situations other children take in stride. Parenting a Child Who Has Intense Emotions is an effective guide to de-escalating your child's emotions and helping your child express

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feelings in productive ways. You'll learn strategies drawn from dialectical behavior therapy (DBT), including mindfulness and validation skills, and practice them when your child's emotions spin out of control. This well-researched method for managing emotions can help your child make dramatic emotional and behavioral changes that both of you will be proud of.

The Difficult Child

"Just Take a Bite" takes parents and professionals step by step through the myths about eating to the complexity of eating itself, which leads to an understanding of physical, neurological and/or psychological reasons why children may not be eating as they should.

Emotional Agility

If you're a parent of one of the more than one million children in this country with obsessive-compulsive disorder, you know how confusing, even frightening, the symptoms of OCD can be. You're terrified of losing your child and angry about the havoc this disorder has wreaked in your family. More than anything, you want to be able to

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unlock the secrets of OCD, understand the cause of your child's bizarre symptoms, and help your child break free of these disruptive, relentless thoughts and actions. In her landmark book, *Freeing Your Child from Obsessive-Compulsive Disorder*, Dr. Tamar E. Chansky creates a clear road map to understanding and overcoming OCD based on her successful practice treating hundreds of children and teenagers with this disorder. In Part I, Dr. Chansky "cracks the code" of the peculiar rules and customs of OCD -- the handwashing, tapping, counting, and so forth. She explains how OCD is diagnosed, how to find the right therapist partner, and how to tailor treatment options to your child's needs. You'll learn how powerful behavioral modification can be and when medication can help. In Part II, you'll learn how not to be pulled in by your child's debilitating rituals at home or at school, how to talk to your child about the "brain tricks" OCD causes, and how to create an effective OCD battle plan that will empower your child to "boss back" the OCD monster. You'll also learn how to cope in moments of crisis. Part III offers specific advice for how to help your child handle the most common manifestations of OCD such as fears of contamination, checking, getting things "just right," intrusive thoughts, and more. Part IV is an indispensable guide to additional resources, including books, videos, organizations, and websites. Filled with Dr. Chansky's compassionate advice and inspiring words

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from the many children with OCD whom she has helped, this book will be your lifeline. Battling back from OCD is hard work, but with the comprehensive, proven guidance in this book, you can help your child reclaim a life free from its grip. From the Hardcover edition.

Tools To Help Your Children Learn Math: Strategies, Curiosities, And Stories To Make Math Fun For Parents And Children

"The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year"--

Freeing Your Child from Obsessive-Compulsive Disorder

An essential guide to understanding and improving any child's eating habits This comprehensive nutrition guide gives parents the tools for encouraging kids of any age on the path to healthy eating. Pediatric nutrition experts Castle and Jacobsen simplify nutrition information, describe how children's eating habits correspond to their stage of development, provide step-by-step feeding guidance, and show parents

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how to relax about feeding their kids and get healthy meals on the table fast. Prepares parents by explaining what to expect at different stages of growth, whether it be picky eating, growth spurts or poor body image Helps parents work through problems such as food allergies, nutrient deficiencies and weight management, and identifying if and when they need to seek professional help Empowers parents to take a whole-family approach to feeding including maximizing their own health and well-being Offers fun, easy recipes parents can make for, and with, kids Fearless Feeding translates complicated nutrition advice into simple feeding plans for every age and stage that take the fear out of feeding kids.

Stories of Extreme Picky Eating

Freeing Your Child from Negative Thinking

Most mental illnesses start to arise in the later teen years and early twenties, making college-age young adults a vulnerable population. Here, Marcia Morris looks at the most common mental health issues facing this age group and what parents can do to recognize symptoms,

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get treatment, and support their children through these challenging years.

Your Child's Weight

In *Helping Your Child with Extreme Picky Eating*, a family doctor specializing in childhood feeding joins forces with a speech pathologist to help you support your child's nutrition, healthy growth, and end meal-time anxiety (for your child and you) once and for all. Are you parenting a child with 'extreme' picky eating? Do you worry your child isn't getting the nutrition he or she needs? Are you tired of fighting over food, suspect that what you've tried may be making things worse, but don't know how to help? Having a child with 'extreme' picky eating is frustrating and sometimes scary. Children with feeding disorders, food aversions, or selective eating often experience anxiety around food, and the power struggles can negatively impact your relationship with your child. Children with extreme picky eating can also miss out on parties or camp because they can't find "safe" foods. But you don't have to choose between fighting over every bite and only serving a handful of safe foods for years on end. *Helping Your Child with Extreme Picky Eating* offers hope, even if your child has "failed" feeding therapies before. After gaining a

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foundation of understanding of your child's challenges and the dynamics at play, you'll be ready for the 5 steps (built around the clinically proven STEPS+ approach—Supportive Treatment of Eating in PartnershipS) that transform feeding and meals so your child can learn to enjoy a variety of foods in the right amounts for healthy growth. You'll discover specific strategies for dealing with anxiety, low appetite, sensory challenges, autism spectrum-related feeding issues, oral motor delay, and medically-based feeding problems. Tips and exercises reinforce what you've learned, and dozens of "scripts" help you respond to your child in the heat of the moment, as well as to others in your child's life (grandparents or your child's teacher) as you help them support your family on this journey. This book will prove an invaluable guide to restore peace to your dinner table and help you raise a healthy eater.

Food Chaining

As much about parenting as feeding, this latest release from renowned childhood feeding expert Ellyn Satter considers the overweight child issue in a new way. Combining scientific research with inspiring anecdotes from her decades of clinical practice, Satter challenges the conventional belief that parents must get overweight children to eat

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less and exercise more. In the long run, she says, making them go hungry and forcing them to be active makes children preoccupied with food, prone to overeating, turned off to activity, and likely to gain too much weight. Trust is a central theme here: children must be able to trust parents to provide as much food as they need to satisfy their appetites; parents must trust children to eat only as much as they need. Satter provides compelling evidence that, if parents do their jobs with respect to feeding, children are remarkably capable of knowing how much to eat.

Conquer Picky Eating for Teens and Adults

Provides a step-by-step guide for improving children's self-esteem. Practical and hands-on, with clear and concise instructions, shows parents how to identify healthy and low self-esteem behaviors in their children. Parents will also learn how to overcome and correct unproductive habits that limit their child's performance. From developing a series of ideas for empowering children toward self-responsibility and awareness, parents will get the information needed to activate their child's potential for maximum success. Parents will learn how self-esteem manifests in children, how children with healthy and low self-esteem communicate, and how healthy and low self-esteem

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characteristics affect parenting skills.

Extreme Parenting

Parents need to take an ever-increasing role in their child's learning experience. However, what to do and how to do it is often not prescribed to the parents. This book offers a wide variety of aspects related to the parent's role as a support to their child's learning of mathematics, and above all appreciation for the subject. The uniqueness of this book is that we provide the parent the information they need about how mathematics is taught in today's early grades. We then provide a plethora of ideas that can motivate children with information beyond that which is taught in the classroom.

Helping Your Anxious Child

"Grounded in science and made real with the often heartbreaking and inspiring words of parents who have been there, Dr. Rowell helps readers understand and overcome feeding challenges, from simple picky eating to entrenched food obsession, oral motor and developmental delays, "feeding clinic failures," and more" --Cover, p. 4.

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The Explosive Child

Your kids can learn to love vegetables—and have fun doing it! So long to scary vegetables; hello to friendly new textures, colors, and flavors! Here is a foolproof plan for getting your kids to love their vegetables. Just follow the “Three E’s”: Expose your child to new vegetables with sensory, hands-on, educational activities: Create Beet Tattoos and play Cabbage Bingo! Explore the characteristics of each veggie (texture, taste, temperature, and more) with delectable but oh-so-easy recipes: Try Parsnip-Carrot Mac’n’Cheese and Pepper Shish Kebabs! Expand your family’s repertoire with more inventive vegetable dishes—including a “sweet treat” in every chapter: Enjoy Pears and Parsnips in Puff Pastry and Tropical Carrot Confetti Cookies! With 100 kid-tested activities and delicious recipes, plus expert advice on parenting in the kitchen, *Adventures in Veggieland* will get you and your kids working (and playing!) together in the kitchen, setting even your pickiest eater up for a lifetime of healthy eating.

Nurturing the Shy Child

Is your child an extremely picky eater? Do you worry that he or she

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might not be getting the nutrients they need? In *Helping Your Child with Extreme Picky Eating*, a family doctor offers a clinically proven program to help you support healthy and balanced eating habits in your child, maintain their healthy weight, and end meal-time anxiety once and for all. Having a child with extreme picky eating habits can be both frustrating and worrisome—especially if you are concerned your child isn't getting the nutrition they need to grow, stay healthy and strong, and thrive. And if your child has a feeding or selective eating disorder (SED), they may simply refuse to eat a number of foods altogether. To make matters worse, children with feeding disorders often experience anxiety, anger, and may be suspicious or untrusting of adults who pressure, trick, and even force them to eat. This book provides a clinically proven program called STEPS (Supportive Treatment of Eating in Preschoolers) that will help you get your child's feeding disorder or SED under control. In addition, you'll find a number of practical strategies you can use for dealing with food aversion, low appetite, sensory challenges, autism spectrum-related food disorders, super-tasters, oral motor delay, acid reflux, and food allergies. If your child has a feeding or selective eating disorder, you need powerful solutions you can use right now. This book will prove an invaluable guide to help restore peace to your dinner table.

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Peaceful Parent, Happy Kids

Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by

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technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Helping Your Child with Extreme Picky Eating

How to help--and cope with--the difficult child Expanded and completely revised, the classic and definitive work on parenting hard-to-raise children with new sections on ADHD and the latest medications for childhood disorders. Temperamentally difficult children can confuse and upset even experienced parents and teachers. They often

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act defiant, stubborn, loud, aggressive, or hyperactive. They can also be clingy, shy, whiny, picky, and impossible at bedtime, mealtimes, and in public places. This landmark book has been completely revised to include the latest information on ADHD, medications, and a reassuring approach to all aspects of childhood behavioral disorders. In this parenting classic, Dr. Stanley Turecki, one of the nation's most respected experts on children and discipline--and himself the father of a once difficult child--offers compassionate and practical advice to parents of hard-to-raise children. Based on his experience with thousands of families in the highly successful Difficult Children Program he developed for Beth Israel Medical Center in New York City, his step-by-step approach shows you how to: Identify your child's temperament using a ten-point test to pinpoint specific difficulties Manage common--often "uncontrollable"--conflict situations expertly and gently Make discipline more effective and get better results with less punishment Get support from schools, doctors, professionals, and support groups Understand ADHD and other common diagnoses, and decide if medication is right for your child Make the most of the tremendous potential and creativity that many "difficult" children have Drawing on his experience with thousands of families in his highly successful Difficult Child Program, Dr. Turecki shows parents how to: Identify their child's difficult temperament using a ten-point test to pinpoint

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specific difficulties Manage typical conflict situations expertly and kindly Make discipline more effective and get better results with less punishment Get support from schools, doctors, and others Understand ADHD and other common diagnoses, and decide whether medication is right for their child Make the most of the child's creativity and potential --> From the Trade Paperback edition.

The Campus Cure

“This book is filled with validating, healing and empowering information about how to navigate one of the most important roles of our lives while being highly sensitive. It changed my life in the most healing and empowering ways.” –Alanis Morissette, artist, activist, teacher Parenting is the most valuable and rewarding job in the world, and also one of the most challenging. This is especially true for highly sensitive people. Highly sensitive parents are unusually attuned to their children. They think deeply about every issue affecting their kids and have strong emotions, both positive and negative, in response. For highly sensitive people, parenting offers unique stresses—but the good news is that sensitivity can also be a parent’s most valuable asset, leading to increased personal joy and a closer, happier relationship with their child. Dr. Elaine Aron, world-

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renowned author of the classic *The Highly Sensitive Person* and other bestselling books on the trait of high sensitivity, has written an indispensable guide for these parents. Drawing on extensive research and her own experience, she helps highly sensitive parents identify and address the implications of their heightened sensitivity, offering:

- A self-examination test to help parents identify their level of sensitivity
- Tools to cope with overstimulation
- Advice on dealing with the negative feelings that can surround parenting
- Ways to manage the increased social stimulation and interaction that comes with having a child
- Techniques to deal with shyness around other parents
- Insight into the five big problems that face highly sensitive parents in relationships—and how to work through them

Highly sensitive people have the potential to be not just good parents, but great ones. Practical yet warm and positive, this groundbreaking guide will show parents how to build confidence, awareness, and essential coping skills so that they—and their child—can thrive on every stage of the parenting journey.

Building Your Child's Self-Esteem

"Instead of trusting kids with choices . . . many parents insist on micromanaging everything from homework to friendships. For these

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parents, Stixrud and Johnson have a simple message: Stop." --NPR "This humane, thoughtful book turns the latest brain science into valuable practical advice for parents." --Paul Tough, New York Times bestselling author of *How Children Succeed* A few years ago, Bill Stixrud and Ned Johnson started noticing the same problem from different angles: Even high-performing kids were coming to them acutely stressed and lacking motivation. Many complained they had no control over their lives. Some stumbled in high school or hit college and unraveled. Bill is a clinical neuropsychologist who helps kids gripped by anxiety or struggling to learn. Ned is a motivational coach who runs an elite tutoring service. Together they discovered that the best antidote to stress is to give kids more of a sense of control over their lives. But this doesn't mean giving up your authority as a parent. In this groundbreaking book they reveal how you can actively help your child to sculpt a brain that is resilient, and ready to take on new challenges. *The Self-Driven Child* offers a combination of cutting-edge brain science, the latest discoveries in behavioral therapy, and case studies drawn from the thousands of kids and teens Bill and Ned have helped over the years to teach you how to set your child on the real road to success. As parents, we can only drive our kids so far. At some point, they will have to take the wheel and map out their own path. But there is a lot you can do before then to help

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them tackle the road ahead with resilience and imagination.

The Self-Driven Child

It's never too late to make peace with food. Are you tired of eating the same 15 foods, ordering off the kids' menu, or feeling anxious or embarrassed about what you eat? You are not alone, and it can get better. Written by a speech pathologist specializing in feeding and a family doctor specializing in relational feeding, this workbook shares tips and strategies to help you get unstuck. It's a no-pressure, how-to guide filled with ideas and activities to explore at your own pace. Understand why you eat the way you do and take control of your path forward. Reclaim your place at the table—and restore your health and wellbeing. "These wise authors cover everything from the mechanics of trying/learning to like new foods to recovering from the shame of not being adventurous with eating. I will recommend this book to many, many clients." -Elizabeth Jackson, MS, RDN, LDN "A long overdue, step-by-step guide that actually helps teens and adults make peace with food." -Skye Van Zetten, founder of Mealtime Hostage blog and online parent-peer support group

The Highly Sensitive Parent

In *Helping Your Child with Extreme Picky Eating*, a family doctor specializing in childhood feeding joins forces with a speech pathologist to help you support your child's nutrition, healthy growth, and end meal-time anxiety (for your child and you) once and for all. Are you parenting a child with 'extreme' picky eating? Do you worry your child isn't getting the nutrition he or she needs? Are you tired of fighting over food, suspect that what you've tried may be making things worse, but don't know how to help? Having a child with 'extreme' picky eating is frustrating and sometimes scary. Children with feeding disorders, food aversions, or selective eating often experience anxiety around food, and the power struggles can negatively impact your relationship with your child. Children with extreme picky eating can also miss out on parties or camp because they can't find "safe" foods. But you don't have to choose between fighting over every bite and only serving a handful of safe foods for years on end. *Helping Your Child with Extreme Picky Eating* offers hope, even if your child has "failed" feeding therapies before. After gaining a foundation of understanding of your child's challenges and the dynamics at play, you'll be ready for the 5 steps (built around the clinically proven STEPS+ approach—Supportive Treatment of Eating in

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PartnershipS) that transform feeding and meals so your child can learn to enjoy a variety of foods in the right amounts for healthy growth. You'll discover specific strategies for dealing with anxiety, low appetite, sensory challenges, autism spectrum-related feeding issues, oral motor delay, and medically-based feeding problems. Tips and exercises reinforce what you've learned, and dozens of "scripts" help you respond to your child in the heat of the moment, as well as to others in your child's life (grandparents or your child's teacher) as you help them support your family on this journey. This book will prove an invaluable guide to restore peace to your dinner table and help you raise a healthy eater.

Love Me, Feed Me

Explains why children misbehave; discusses class and family meetings, mutual respect, and responsibility; and tells how parents and teachers can be more understanding and supportive

What Your Explosive Child Is Trying to Tell You

The toddler whose tantrums scare all the other kids on the playground

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. . . The three-year-old who ignores all his toys but seems passionately attached to the vacuum cleaner . . . The fourth-grade girl who never gets invited to a birthday party because classmates think she's "weird" . . . The geek who is terrific at math, but is failing every other subject. Quirky children are different from other kids in ways that they-and their parents and teachers-have a hard time understanding or explaining. Straddling the line between eccentric and developmentally impaired, quirky children present challenges that standard parenting books fail to address. Now, in *Quirky Kids*, nationally known writer/pediatrician Perri Klass and her colleague Eileen Costello, a seasoned pediatrician with a special interest in child development, finally provide the expert guidance and in-depth research that families with quirky children so desperately need. A generation ago, such children were called odd ducks or worse. But nowadays, they are often assigned medical, psychiatric, or neurological diagnoses. The diagnoses often overlap or shift, but the labels can be frightening. Klass and Costello illuminate the confusing list of terms applied to quirky children these days-nonverbal learning disability, sensory integration disorder, obsessive-compulsive behavior, autistic spectrum disorder, pervasive developmental disorder, Asperger's syndrome-and explain how to assess what exactly each diagnosis means and how to use it to help a child most

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effectively. Quirky Kids takes you through the stages of a child's life, helping to smooth the way at home, at school, even on the playground. How do you make it through mealtime, when emotions often erupt? How do you help the child's siblings understand what's going on? Is it better to "mainstream" the child or seek a special education program? How can you make a school more welcoming and flexible for a quirky child? How do you help your child deal with social exclusion, name-calling, and bullying? Choosing the right therapy for quirky children is especially difficult, because their problems fall outside traditional medical categories. Coping strategies might include martial arts or horseback riding, or speech and occupational therapies. Klass and Costello cover all the options, as well as offer a thorough consideration of the available medications, how they work, and whether medication is the best choice for your child. Drs. Klass and Costello firmly believe that the ideal way to help our quirky kids is to understand and embrace the qualities that make them exceptionally interesting and lovable. Written with upbeat clarity and informed insight, their book is a comprehensive guide to loving, living with, and enjoying these wonderful if challenging children. From the Hardcover edition.

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From the author of the groundbreaking *The Defiant Child* comes the first book to connect explosive behavior—when kids go from Jekyll to Hyde and back in the blink of an eye—with its underlying causes. Does your hitting, kicking, screaming child explode with so little provocation that you can't help but wonder if he's possessed? Are his extreme tantrums becoming the stuff of playground legend? And are you about to lose your job because his daycare or school repeatedly asks you to pick him up early? Dr. Douglas Riley's ear-to-the-ground insights will give much-needed help to desperate parents who have one overriding question: Why does my child act like this? This compassionate yet no-nonsense therapist explains that explosive behavior is the mere tip of the iceberg. Instead of using a one-size-fits-all strategy, Dr. Riley identifies the eleven most common causes of explosions and accordingly tailors his treatment strategies to address the underlying cause of the behavior. *What Your Explosive Child Is Trying to Tell You* is a lifeline for parents who are at their wits' end. DR. DOUGLAS RILEY is a clinical psychologist whose practice focuses on children and adolescents who are explosive, oppositional, depressed, or have difficulties with concentration and learning. He is the author of *The Defiant Child: A Parent's Guide to Oppositional Defiant Disorder* as well as *The Depressed Child: A Parent's Guide for*

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Rescuing Kids.

Helping Your Child with Extreme Picky Eating

Offers techniques for helping chronically inflexible children, shows how brain-based deficits contribute to these problems, and suggests ways to calm things down.

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