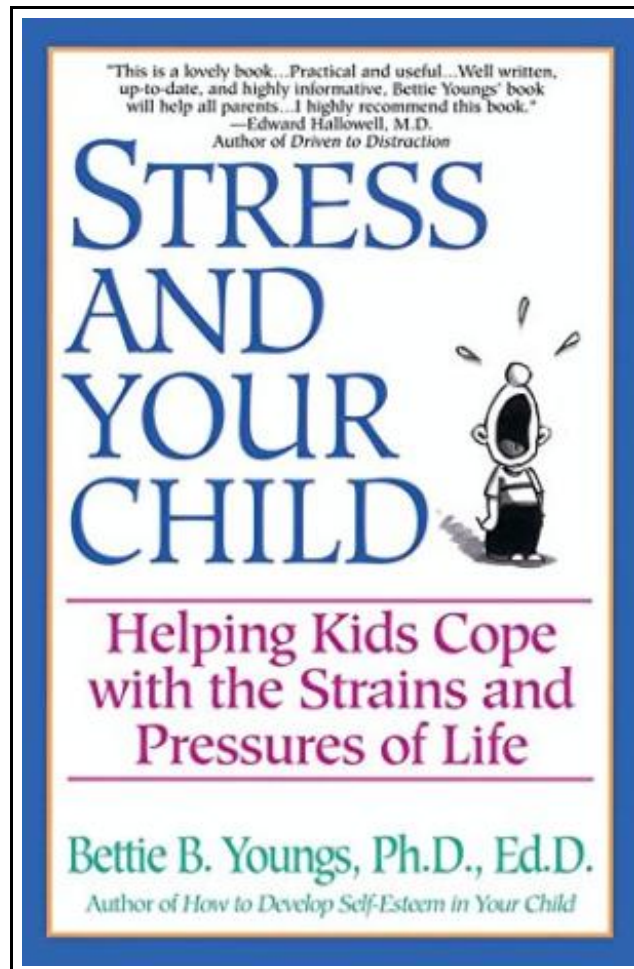


Stress and Your Child



Filesize: 6 MB

Reviews

This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.
(Alfreda Bradtke)

STRESS AND YOUR CHILD



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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 childs 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 wth stress-- How diet, physical activity, and realistic schedules can help to minimize stress in children**Stress and Your Child** is an invaluable parenting guide. No family can afford to be without it! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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