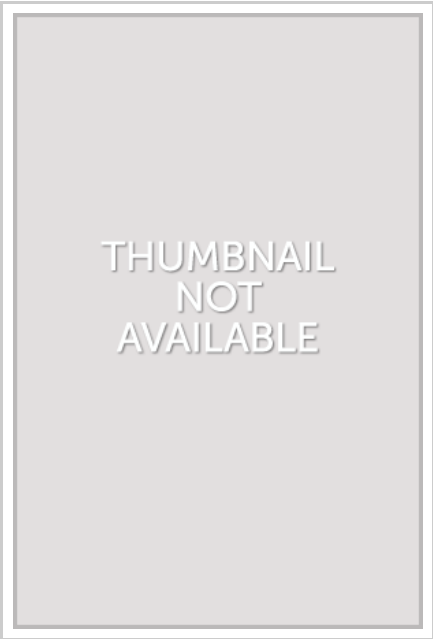


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The Conscious Parent's Guide to Childhood Anxiety: A Mindful Approach for Helping Your Child Become Calm, Resilient, and Secure

By Sherianna Boyle

Adams Media Corporation. Paperback / softback. Book Condition: new. BRAND NEW, The Conscious Parent's Guide to Childhood Anxiety: A Mindful Approach for Helping Your Child Become Calm, Resilient, and Secure, Sherianna Boyle, Help your child feel confident and capable!If your child has been given a diagnosis of anxiety, you may be feeling overwhelmed and unsure of what to do next. With "The Conscious Parent's Guide to Childhood Anxiety," you will learn how to take a relationship-centered approach to parenting that engages your child and ensures that he succeeds behaviorally, socially, and cognitively. Conscious parenting is about being present with your child and taking the time to understand how to help him flourish. By practicing this mindful method, you can support your child emotionally and help nurture his development.This easy-to-use guide helps you to: Communicate openly with your child about anxietyBuild a supportive home environmentDetermine your child's anxiety triggersLearn strategies that will help your child release anxiety and feel calmTeach your child long-term coping skillsDiscipline your child without increasing his anxietyEducate and work with teachers and school officialsWith "The Conscious Parent's Guide to Childhood Anxiety," you will learn to create a calm and mindful atmosphere for the whole family, while helping...

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