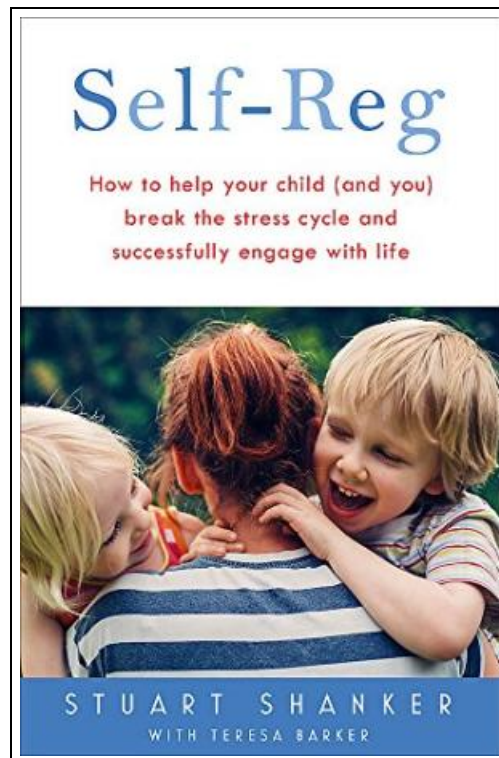


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

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Hodder Stoughton General Division, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. Self-Reg is a groundbreaking book that presents a new understanding of your child's emotions and behaviour. Leading child psychologist Dr Stuart Shanker, translates his decades of research, along with his years experience in working with children, to present a practical guide for parents to help their kids engage calmly and successfully in learning and life. We are seeing a generation of children and teens with excessively high levels of stress and, as a result, an explosion of emotional, social, learning, behavioural and physical health problems in young people today. But few parents recognise the hidden stressors that their children are struggling with: these can be physiological as well as social and emotional. Self-regulation refers to how effectively we deal with stress and then recover. Mastering the art of self-regulation can dramatically improve a child's mood, attention, and concentration. It can help children to feel empathy and to develop the sorts of virtues that every parent knows are vital for their child's long-term wellbeing. Self-Reg offers parents practical, prescriptive advice on identifying potential stressors, as well as concrete ways to develop their own self-regulation skills and teach their children how to do the same for optimal learning, social and emotional growth. Brilliant. I recommend Self-Reg to any parent, educator, or mental health professional who wants to understand children at the deepest levels, and who wants a practical technique for helping a stressed-out child feel safe and engaged. Michael Thompson, author of Raising Cain: Protecting the Emotional Life of Boys.

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