

Recommend books for Parents

	<p>A Volcano in my Tummy by Elaine Whitehouse & Warwick Pudney</p> <p>A Volcano in My Tummy: Helping Children to Handle Anger presents a clear and effective approach to helping children and adults alike understand and deal constructively with children's anger. Using easy to understand yet rarely taught skills for anger management, including how to teach communication of emotions, A Volcano in My Tummy offers engaging, well-organized activities which help to overcome the fear of children's anger which many adult care-givers experience.</p>
	<p>When My Worries Get Too Big by Kari Dunn Buron</p> <p>Anxiety is the leading childhood mental health diagnosis. This book teaches young children about their anxiety (worries) and how to relax their bodies. The book is filled with wonderfully goofy illustrations that communicate how to recognize stress and moods before they spin out of control.</p> <p>The direct teaching approach puts the power in the hands of the children themselves. The book also includes a wealth of information for parents, therapists and teachers about how to put the story and other calming exercises into practice</p>
	<p>What To Do When You Worry Too Much by Dawn Huebner</p> <p>What to Do When You Worry Too Much is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change.</p>
	<p>Think Good – Feel Good by Paul Stallard</p> <p>This new edition continues the work started by clinical psychologist Paul Stallard and provides a range of flexible and highly appealing materials that can be used to structure and facilitate work with young people. In addition to covering the core elements used in CBT programmes, it incorporates ideas from the third wave CBT therapies of mindfulness, compassion focused therapy and acceptance and commitment therapy. It also includes a practical series of exercises and worksheets that introduce specific concepts and techniques.</p>