



Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life (Paperback)

By Dr Stuart Shanker

Penguin Books, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. There s no such thing as a bad kid. That s what a lifetime of experience has taught Dr. Stuart Shanker. No matter how difficult, out of control, distracted, or exhausted a child might seem, there s a way forward: self-regulation. Overturning decades of conventional wisdom, this radical new technique allows children and the adults who care for them to regain their composure and peace of mind. Self-Reg is a groundbreaking book that presents an entirely new understanding of your child s emotions and behavior and a practical guide for parents to help their kids engage calmly and successfully in learning and life. Grounded in decades of research and working with children and parents by Dr. Shanker, Self-Reg realigns the power of the parent-child relationship for positive change. Self-regulation is the nervous system s way of responding to stress. 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, behavior, and physical health problems. But few parents recognize the hidden stressors that their children are struggling with: physiological as well as social...



READ ONLINE
[1.61 MB]

Reviews

Undoubtedly, this is the best function by any writer. This really is for those who statte there was not a really worth reading. Its been written in an exceptionally basic way which is merely right after i finished reading through this book by which really transformed me, change the way i really believe.

-- **Dr. Deonte Hammes DDS**

It is really an amazing pdf which i have possibly go through. Indeed, it really is play, nevertheless an amazing and interesting literature. I am just very happy to let you know that this is the best ebook i have got study in my very own life and might be he very best ebook for actually.

-- **Evan Sporer**

Other eBooks



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



Baby Whale s Long Swim: Level 1

Sterling Publishing Co Inc, United States, 2012. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. When spring comes, a baby calf gray whale and his mother head north to find food-all the way from Mexico to...



13 Things Rich People Won t Tell You: 325+ Tried-And-True Secrets to Building Your Fortune No Matter What Your Salary (Hardback)

Reader s Digest Association, United States, 2013. Hardback. Book Condition: New. 231 x 160 mm. Language: English . Brand New Book. Did you read about the janitor who donated million dollars to his local library? Do you ever watch in amazement...



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...