

The Emotional Life Of The Toddler

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The Educated Parent - Joseph D. Sclafani 2004

With all of the conflicting advice aimed at parents, it is difficult to determine which sources of child development literature are the best ones to follow.

Our Diversity Makes Us Stronger - Elizabeth Cole 2021-10-06

If you want to teach your child to accept himself and others as they are, then this picture book about diversity will be your best assistant. It will help your little ones to respect all the differences that make us unique. In this kids' book, our little hero named Nick will show your children that we all are different in many ways, and everyone is unique-which is great! Nicky is afraid that his friends will not accept him because of his new reading glasses. By talking to his peers on the way to school, he discovers the beauty of diversity and realizes that our diversity is actually our strength. This children's book contains lovely hand-drawn illustrations and charming rhymes. With an extra coloring page inside, this book will help your children: to accept and celebrate diversity to be kind to those who are different to love themselves the way they are to boost self-confidence □□□Awards & Recognition□□□ This social emotional book for kids is a continuation of Nick's adventures from the "World of Kids' Emotions" series. Previously released books of the series became Amazon Bestsellers. "This diversity book is one of the best 1st grade reading books I have ever practiced with my 6-year-old girl and 7-year-

old boy. This book teaches that it's okay to be different and helps to cope with the lack of self-confidence." - Samantha "This preschool book turned out to be perfect for my 4 and 5 years old kindergarten students who simply adore it. It explains the meaning of diversity very well and is a wonderful tool for my teaching activities." - Susan *** Even if you have tried everything, this adorable picture book will surely encourage your child to be kinder and more confident. It is perfectly suited for toddlers, preschool kids ages 3-5, as well as older ones ages 6-10. So, don't wait, add this amazing book to your cart now and ENJOY!

Psychotherapy with Infants and Young Children - Alicia F. Lieberman 2011-03-14

"Filled with detailed, evocative examples, the volume offers both a comprehensive theoretical framework and practical therapeutic guidelines. It takes the reader step by step through assessing clients and combining play, developmental guidance, trauma-focused interventions, and concrete assistance with problems of living. Clear-cut yet flexible strategies are presented for helping parents resolve their own painful past experiences, gain insight into their child's developmental stage and unique psychological makeup, respond more effectively to his or her emotional needs, and create a safer family environment."--BOOK JACKET.

Impulsive Ninja - Mary Nhin 2021-07-28

Do you have a child who acts or talks impulsively? Children who exhibit impulsive behavior are often labeled unruly. Even though children can be calm, their positive qualities can be often overlooked by their poor impulse control. Children without impulse control act or talk before they think, often unable to control their initial response to a situation. The ability to self-regulate is absent and they don't pause to think about future consequences. Impulsivity is related to acting without thought. As a result, children do things like take unnecessary risks, blurt things out, don't wait their turn, or interrupt conversations. Impulsive Ninja learns how to use an underused superpower to respond to frustration, anger, and criticism. Find out what happens in this SEL book about impulsiveness. Life is tough. But so are you! The new children's book series, Ninja Life Hacks, was developed to help children learn valuable life skills. Fun, pint-size characters in comedic books easy enough for young readers, yet witty enough for adults. The Ninja Life Hacks book series is geared to kids 3-11. Perfect for boys, girls, early readers, primary school students, or toddlers. Excellent resource for counselors, parents, and teachers alike. Collect all the Ninja Life Hacks books and visit the author's profile for fun freebies!

ParentWise - Loren Buckner Lcsw 2010-03

Parents often lament the fact that kids don't come through the birth canal with instructions securely fastened to their big toes. In the quiet solitude of night they wonder, why didn't anybody tell me what this was really going to be like? With the knowledge and skill of a seasoned psychotherapist, the wisdom that comes with thirty years of marriage, and raising two kids to adulthood, Loren Buckner adds a uniquely qualified voice to the parenting discussion. An intimate conversation about the emotional turmoil of parenting. Parents learn why their own life histories are important. Chapters on guilt, worry, sadness, disappointment, and anger will help parents accept their darker emotions, ones they haven't known how to talk about. Parents will not only find comfort in what Loren has to say, they'll discover a better parent within themselves. -- Back cover.

Your Two-Year-Old - Louise Bates Ames 2012-01-18

Are two-year-olds really so terrible, or does the world have a slightly skewed view of this sometimes difficult, sometimes adorable lot? Drs. Ames and Ilg, recognized worldwide as authorities on child behavior and development, offer parents practical advice and enlightening psychological insights on children this age. What are two-year-old girls and boys thinking and feeling? How do they see others around them? With humor and compassion, the authors describe the general characteristics of these complex toddlers: their physical growth trends, their emotional and psychological maturation. Also included are insights into how two-year-olds behave with family and other children, and advice on how to handle them, as well as things to avoid. Included in this book: • A two-year-old's view of the world—and himself • Bath and dressing routines • Sex differences • Stories from real life • A list of age-appropriate toys and books • A bibliography for parents “Louise Bates Ames and her colleagues synthesize a lifetime of observation of children, consultation, and discussion with parents. These books will help parents to better understand their children and will guide them through the fascinating and sometimes trying experiences of modern parenthood.”—Donald J. Cohen, M.D., Director, Yale Child Study Center, Irving B. Harris Professor of Child Psychiatry, Pediatrics, and Psychology, Yale School of Medicine

The Emotions Book - Liz Fletcher 2021-01-03

The Emotional Life of the Toddler - Alicia F. Lieberman 2017-12-12
Now updated with new material throughout, Alicia F. Lieberman's *The Emotional Life of the Toddler* is the, detailed look into the varied and intense emotional life of children aged one to three. Anyone who has followed an active toddler around for a day knows that a child of this age is a whirlwind of explosive, contradictory, and ever-changing emotions. Alicia F. Lieberman offers an in-depth examination of toddlers' emotional development and illuminates how to optimize this crucial stage so that toddlers can develop into emotionally healthy children and adults. Drawing on her lifelong research, Dr. Lieberman addresses commonly asked questions and issues. Why, for example, is “no” often the favorite

response of the toddler? How should parents deal with the anger they might feel when their toddler is being aggressively stubborn? Why does a crying toddler run to his mother for a hug only to push himself vigorously away as soon as she begins to embrace him? This updated edition also addresses 21st-century concerns such as how to handle screen time on devices and parenting in a post-internet world. Hailed as “groundbreaking” by The Boston Globe after its initial publication, the new edition includes the latest research on this crucial stage of development. With the help of numerous examples and vivid cases, Lieberman answers these and other questions, providing, in the process, a rich, insightful profile of the roller coaster emotional world of the toddler.

Emotional Intensity in Gifted Students - Christine Fonseca
2021-09-03

Teaching children how to manage their intense emotions is one of the most difficult aspects of parenting or educating gifted children. *Emotional Intensity in Gifted Students: Helping Kids Cope With Explosive Feelings* provides a much-needed resource for parents and educators for understanding of why gifted children are so extreme in their behavior and how to manage the highs and lows that accompany emotional intensity. Presented in an easy-to-read, conversational style, this revised and updated second edition contains additional chapters addressing temperament and personality development, as well as expanded role-plays and strategies designed to show parents and teachers how to interact and guide gifted children in a way that teaches them how to recognize, monitor, and adjust their behavior. Updated resources and worksheets make this practical resource a must-read for anyone wishing to make a positive and lasting impact on the lives of gifted children.

Authentic Happiness - Martin Seligman 2011-01-11

In this important, entertaining book, one of the world's most celebrated psychologists, Martin Seligman, asserts that happiness can be learned and cultivated, and that everyone has the power to inject real joy into their lives. In *Authentic Happiness*, he describes the 24 strengths and

virtues unique to the human psyche. Each of us, it seems, has at least five of these attributes, and can build on them to identify and develop to our maximum potential. By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, enthusiasm and generosity -- into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. *Authentic Happiness* provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of authentic contentment and joy.

The Way I Feel - 2005

Illustrations and rhyming text portray children experiencing a range of emotions, including frustration, shyness, jealousy, and pride.

Fiona Flamingo - Rachael Chu 2019-06-20

Follow Fiona through her emotion and multi-color feather filled day as she learns to accept being different from the rest of her flamingo flock.

Raising Cain - Dan Kindlon, Ph.D. 2009-08-05

The stunning success of *Reviving Ophelia*, Mary Pipher’s landmark book, showed a true and pressing need to address the emotional lives of girls. Now, finally, here is the book that answers our equally timely and critical need to understand our boys. In *Raising Cain*, Dan Kindlon, Ph.D., and Michael Thompson, Ph.D., two of the country’s leading child psychologists, share what they have learned in more than thirty-five years of combined experience working with boys and their families. They reveal a nation of boys who are hurting—sad, afraid, angry, and silent. Statistics point to an alarming number of young boys at high risk for suicide, alcohol and drug abuse, violence and loneliness. Kindlon and Thompson set out to answer this basic, crucial question: What do boys need that they’re not getting? They illuminate the forces that threaten our boys, teaching them to believe that “cool” equals macho strength and stoicism. Cutting through outdated theories of “mother blame,” “boy biology,” and “testosterone,” Kindlon and Thompson shed light on the destructive emotional training our boys receive—the emotional

miseducation of boys. Through moving case studies and cutting-edge research, *Raising Cain* paints a portrait of boys systematically steered away from their emotional lives by adults and the peer “culture of cruelty”—boys who receive little encouragement to develop qualities such as compassion, sensitivity, and warmth. The good news is that this doesn't have to happen. There is much we can do to prevent it. Kindlon and Thompson make a compelling case that emotional literacy is the most valuable gift we can offer our sons, urging parents to recognize the price boys pay when we hold them to an impossible standard of manhood. They identify the social and emotional challenges that boys encounter in school and show how parents can help boys cultivate emotional awareness and empathy—giving them the vital connections and support they need to navigate the social pressures of youth. Powerfully written and deeply felt, *Raising Cain* will forever change the way we see our sons and will transform the way we help them to become happy and fulfilled young men.

Fair Play - Eve Rodsky 2021-01-05

AN INSTANT NEW YORK TIMES BESTSELLER A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the “shefault” parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family--and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is *Fair Play*: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, *Fair Play* helps you prioritize what's important

to your family and who should take the lead on every chore, from laundry to homework to dinner. “Winning” this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space--the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try *Fair Play*? Let's deal you in.

Tiger Days - M. H. Clark 2019-03-15

“From tiger fierce to snail slow, there are lots of ways to feel and be. A walk through the menagerie of *Tiger Days* helps young readers see all the feelings they have and the ways those feelings change. Through playful rhymes and colorful illustrations, this spirited book gives children new tools to understand the range of their emotions and express themselves to family, teachers, friends, and themselves. *Tiger Days* was written by M.H. Clark, bestselling author of *You Belong Here* and *Tiny, Perfect Things*.”

Elevating Child Care: A Guide to Respectful Parenting - Janet Lansbury 2014-05-01

Janet Lansbury's advice on respectful parenting is quoted and shared by millions of readers worldwide. Inspired by the pioneering parenting philosophy of her friend and mentor, Magda Gerber, Janet's influential voice encourages parents and child care professionals to perceive babies as unique, capable human beings with natural abilities to learn without being taught; to develop motor and cognitive skills; communicate; face age appropriate struggles; initiate and direct independent play for extended periods; and much more. Once we are able to view our children in this light, even the most common daily parenting experiences become stimulating opportunities to learn, discover, and to connect with our child. “*Elevating Child Care*” is a collection of 30 popular and widely read articles from Janet's website that focus on some of the most common infant/toddler issues: eating, sleeping, diaper changes, communication, separation, focus and attention span, creativity, boundaries, and more. Eschewing the quick-fix ‘tips and tricks’ of popular parenting culture, Janet's insightful philosophy lays the

foundation for a closer, more fulfilling parent/child relationship, and children who grow up to be authentic, confident, successful adults.

Being There - Erica Komisar 2017-04-11

A powerful look at the importance of a mother's presence in the first years of life **Featured in The Wall Street Journal, and seen on Good Morning America, Fox & Friends, and CBS New York** In this important and empowering book, veteran psychoanalyst Erica Komisar explains why a mother's emotional and physical presence in her child's life--especially during the first three years--gives the child a greater chance of growing up emotionally healthy, happy, secure, and resilient. In other words, when it comes to connecting with your baby or toddler, more is more. Compassionate and balanced, and focusing on the emotional health of children and moms alike, this book shows parents how to give their little ones the best chance for developing into healthy and loving adults. Based on more than two decades of clinical work, established psychoanalytic theory, and the most cutting-edge neurobiological research on caregiving, attachment, and brain development, *Being There* explains:

- How to establish emotional connection with a newborn or young child--regardless of whether you're able to work part-time or stay home
- How to ease transitions to minimize stress for your baby or toddler
- How to select and train quality childcare
- What's true and false about widely held beliefs like "I'm not good with babies" and "I'll make up for it when he's older"
- How to recognize and combat feelings of postpartum depression or boredom
- Why three months of maternity leave is not long enough--and how parents can take control of their choices to provide for their family's emotional needs in the first three years

Being a new mom isn't easy. But with support, emotional awareness, and coping skills, it can be the most magical—and essential—work we'll ever do.

From Neurons to Neighborhoods - National Research Council 2000-11-13

How we raise young children is one of today's most highly personalized and sharply politicized issues, in part because each of us can claim some level of "expertise." The debate has intensified as discoveries about our development--in the womb and in the first months and years--have reached

the popular media. How can we use our burgeoning knowledge to assure the well-being of all young children, for their own sake as well as for the sake of our nation? Drawing from new findings, this book presents important conclusions about nature-versus-nurture, the impact of being born into a working family, the effect of politics on programs for children, the costs and benefits of intervention, and other issues. The committee issues a series of challenges to decision makers regarding the quality of child care, issues of racial and ethnic diversity, the integration of children's cognitive and emotional development, and more.

Authoritative yet accessible, *From Neurons to Neighborhoods* presents the evidence about "brain wiring" and how kids learn to speak, think, and regulate their behavior. It examines the effect of the climate-family, child care, community--within which the child grows.

My Body Sends a Signal - Natalia Maguire 2020-09-10

How to teach kids about emotions and feelings? Like teaching them everything else - using clear words, familiar situations, exciting pictures and a lot of hands-on activities (games, puzzles, coloring pages, etc.) One can, of course, spend time and find various resources online. Or one can get just one book. This book is an excellent educational source that has it all. The book includes a cute story that kids can relate to, beautiful illustrations that capture children's attention, calming-down activities for kids, instructions to adults on the follow-up activities, emotions cards, feelings cards, coloring pages and related short stories to teach kids empathy.

How Toddlers Thrive - Tovah P Klein 2015-02-24

Klein argues that adult success is often established in the developmental preschool years. She shares advice for parents on how to promote such success-driving positive attributes as resilience, self-regulation, and empathy.

Zen Pig - Mark Brown 2020-06

Today, Zen Pig helps his niece understand, accept, and welcome her feelings. "Anger too will pay a visit as you continue to journey on...but know that its stay is short and soon it will be gone."

Siblings Without Rivalry: How to Help Your Children Live

Together So You Can Live Too - Adele Faber 2012-04-09

The #1 New York Times best-selling guide to reducing hostility and generating goodwill between siblings. Already best-selling authors with *How to Talk So Kids Will Listen & Listen So Kids Will Talk*, Adele Faber and Elaine Mazlish turned their minds to the battle of the siblings. Parents themselves, they were determined to figure out how to help their children get along. The result was *Siblings Without Rivalry*. This wise, groundbreaking book gives parents the practical tools they need to cope with conflict, encourage cooperation, reduce competition, and make it possible for children to experience the joys of their special relationship. With humor and understanding—much gained from raising their own children—Faber and Mazlish explain how and when to intervene in fights, provide suggestions on how to help children channel their hostility into creative outlets, and demonstrate how to treat children unequally and still be fair. Updated to incorporate fresh thoughts after years of conducting workshops for parents and professionals, this edition also includes a new afterword.

Handbook of Infant Mental Health, Fourth Edition - Charles H. Zeanah 2018-10-09

This completely revised and updated edition reflects tremendous advances in theory, research and practice that have taken place over the past decade. Grounded in a relational view of infancy, the volume offers a broad interdisciplinary analysis of the developmental, clinical and social aspects of mental health from birth to age three.

You Weren't With Me - Chandra Ghosh Ippen 2019-02-14

Little Rabbit and Big Rabbit are together after a difficult separation, but Little Rabbit is not yet ready to cuddle up and receive Big Rabbit's love. Little Rabbit needs Big Rabbit to understand what it felt like when they were apart. This story was designed to help parents and children who have experienced difficult separations.

Peaceful Parent, Happy Kids - Laura Markham 2012-11-27

A groundbreaking guide to raising responsible, capable, happy kids. Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham's approach is as simple as

it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years. If you're tired of power struggles, tantrums, and searching for the right “consequence,” look no further. You're about to discover the practical tools you need to transform your parenting in a positive, proven way.

The Cambridge Handbook of Infant Development - Jeffrey J. Lockman 2020-07-31

This multidisciplinary volume features many of the world's leading experts of infant development, who synthesize their research on infant learning and behaviour, while integrating perspectives across neuroscience, socio-cultural context, and policy. It offers an unparalleled overview of infant development across foundational areas such as prenatal development, brain development, epigenetics, physical growth, nutrition, cognition, language, attachment, and risk. The chapters present theoretical and empirical depth and rigor across specific domains of development, while highlighting reciprocal connections among brain, behavior, and social-cultural context. The handbook simultaneously educates, enriches, and encourages. It educates through detailed reviews of innovative methods and empirical foundations and enriches by considering the contexts of brain, culture, and policy. This cutting-edge volume establishes an agenda for future research and policy, and highlights research findings and application for advanced students, researchers, practitioners, and policy-makers with interests in understanding and promoting infant development.

Don't Hit My Mommy! a Manual for Child-Parent Psychotherapy with Young Witnesses of Family Violence (2nd Edition) - Alicia F. Lieberman 2015-12-03

This bestseller has been updated and revised to address the behavioral

and mental health problems of young children whose most intimate relationships are disrupted by the experience of violence. Practitioners from a variety of disciplines will gain an understanding of the impact of violence and will discover concrete intervention strategies to address the consequences of this experience for young children. New features in the second edition: - A "How-To" Section with Real World Examples - The Latest Advancements in Child-Parent Psychotherapy - Trauma-Informed Assessment and Treatment Planning - New Fidelity Instruments that Provide Guidance on Adherence to Child-Parent Psychotherapy Principles

Make Room for Baby - Alicia F. Lieberman 2020-06-12

This state-of-the-art clinician's guide describes Perinatal Child-Parent Psychotherapy (P-CPP), a treatment for pregnant women and their partners whose readiness to nurture a baby is compromised by traumatic stress and adverse life experiences. An application to pregnancy of the widely disseminated, evidence-based Child-Parent Psychotherapy, P-CPP spans the prenatal period through the first 6 months of life. Extended cases illustrate ways to help mothers and fathers understand how trauma has affected them, navigate the physical and emotional challenges of becoming parents, build essential caregiving competencies, and ensure the safety of their babies and themselves. Cultural considerations in working with diverse families are addressed through specific intervention examples.

Zen Parenting - Cathy Cassani Adams 2022-02-01

The host of the top ranked Zen Parenting podcast and mother of three reveals a calmer, more self-aware parenting approach for parents to effectively teach and support their children: say less, but listen more. We can't always plan for what's next—that's been made more and more clear in the past few years. The truth is that life is never predictable, especially as parents. What is possible is your unlimited capacity for compassion, and caring—for yourself and for your children. As you navigate the uncertainty with openness and humility, you find the clarity, connection and community that is Zen Parenting. Using the seven chakras, therapist Cathy Cassani Adams discusses parenting issues such

as school pressure, self-care, emotional intelligence, mental health, sexuality and gender, and more, while offering concrete examples and strategies to help you wake up to your life as a parent: Chakra One—The Right to Be: Establish your physical, emotional, and mental foundation Chakra Two—The Right to Feel: Practice creativity and how to access your emotions Chakra Three—The Right to Act: Establish a sense of self for yourself and your kids Chakra Four—The Right to Love and Be Loved: Experience openheartedness, empathy, and compassion Chakra Five—The Right to Speak and Hear Truth: Discover genuine and meaningful communication Chakra Six—The Right to See: Explore mindfulness, meditation, and your own intuition Chakra Seven—The Right to Know: Connect to something greater than yourself “This book is my new favorite guide for parenting, to be sure. But it's also a master class in a life well-lived.” —Dr. John Duffy, author of Parenting the New Teen in the Age of Anxiety and The Available Parent

Laughter and Tears - Elisabeth Bing 1997-01-15

In the year after giving birth, women experience a vast array of emotions. They may struggle with postpartum depression while simultaneously being enraptured by the new baby. Colman and Bing help identify the blues and depression that are normal during profound life change and consider all the complex forces influencing the modern mother.

The Emotional Life of the Toddler - Alicia F. Lieberman 2017-12-12

Now updated with new material throughout, Alicia F. Lieberman's The Emotional Life of the Toddler is the seminal, detailed look into the varied and intense emotional life of children aged one to three. Hailed as “groundbreaking” by The Boston Globe after its initial publication, the new edition includes the latest research on this crucial stage of development. Anyone who has followed an active toddler around for a day knows that a child of this age is a whirlwind of explosive, contradictory, and ever-changing emotions. Alicia F. Lieberman offers an in-depth examination of toddlers' emotional development, and illuminates how to optimize this crucial stage so that toddlers can develop into emotionally healthy children and adults. Drawing on her

lifelong research, Dr. Lieberman addresses commonly asked questions and issues. Why, for example, is “no” often the favorite response of the toddler? How should parents deal with the anger they might feel when their toddler is being aggressively stubborn? Why does a crying toddler run to his mother for a hug only to push himself vigorously away as soon as she begins to embrace him? This updated edition also addresses twenty-first century concerns such as how to handle screen time on devices and parenting in a post-internet world. With the help of numerous examples and vivid cases, Lieberman answers these and other questions, providing, in the process, a rich, insightful profile of the roller coaster emotional world of the toddler.

In My Heart - Jo Witek 2014-10-14

A young girl explores what different emotions feel like, such as happiness which makes her want to twirl, or sadness which feels as heavy as an elephant.

[Making Faces](#) - Abrams Appleseed 2017-05-30

This baby is happy. Can you make a happy face? Find the happy baby! This bold, beautiful board book features six essential facial expressions: happy, sad, angry, surprised, silly, and sleepy. The idea is simple: Show a large, establishing image of a baby’s face, then children making the same face, then ask the reader to find that baby among several other faces. The very last spread includes all of the baby faces and a mirror so babies can watch themselves make every face imaginable.

Raising An Emotionally Intelligent Child - John Gottman 2011-09-20

Intelligence That Comes from the Heart Every parent knows the importance of equipping children with the intellectual skills they need to succeed in school and life. But children also need to master their emotions. Raising an Emotionally Intelligent Child is a guide to teaching children to understand and regulate their emotional world. And as acclaimed psychologist and researcher John Gottman shows, once they master this important life skill, emotionally intelligent children will enjoy increased self-confidence, greater physical health, better performance in school, and healthier social relationships. Raising an Emotionally Intelligent Child will equip parents with a five-step "emotion coaching"

process that teaches how to: * Be aware of a child's emotions * Recognize emotional expression as an opportunity for intimacy and teaching * Listen empathetically and validate a child's feelings * Label emotions in words a child can understand * Help a child come up with an appropriate way to solve a problem or deal with an upsetting issue or situation Written for parents of children of all ages, Raising an Emotionally Intelligent Child will enrich the bonds between parent and child and contribute immeasurably to the development of a generation of emotionally healthy adults.

Finding Your Way with Your Baby - Dilys Daws 2015-02-11

Finding Your Way with Your Baby explores the emotional experience of the baby in the first year, and that of the mother, father and other significant adults. It does so in a way that is deeply informed by psychoanalytic understandings, infant observation, developmental science and decades of clinical experience. Combining the wisdom of many years' work with the freshness of up-to-date knowledge, Dilys Daws and Alexandra de Rementería engage with the most difficult emotional experiences that are often glossed over in parenting books – such as pregnancy, through birth into bonding, ambivalence about the baby, depression, and the emotional turmoil so often brought to the surface by being a new parent. Acknowledgement and understanding about this darker side of family life offers a sense of relief that can allow parents to harness the power of knowing, owning and sharing feelings to transform situations and break negative cycles and old ways of relating. With real-life examples, references to current thinking and a calm and simple writing style they also provide new insights into the more commonly covered issues such as weaning, sleeping and crying. Finding Your Way with Your Baby is primarily aimed at parents but it will be a helpful resource for all those working with parents and babies including health visitors, midwives, social workers, GPs, paediatricians and childcare workers. It will appeal to parents and professionals who are interested in ideas from psychoanalytic clinical practice and the latest research in developmental psychology and neuroscience.

Emotional Life of the Toddler - Alicia F. Lieberman 1995-05-01

Although a number of books discuss the physical and cognitive abilities of the toddler, Alicia F. Lieberman's is the first to examine the varied and intense emotional life of children from ages one to three in *Emotional Life of the Toddler*. Any parent who has followed an active toddler around for a day knows that a child of this age is a whirlwind of explosive, contradictory, and ever-changing emotions. Although there are any number of books that cover the physical and cognitive abilities of the toddler, Lieberman's is the first to offer an in-depth examination of the varied and intense emotional life of children from ages one to three. Drawing on her lifelong research, Dr. Lieberman addresses commonly asked questions and issues. Why, for example, is "no" often the favorite response of the toddler? How should parents deal with the anger they sometimes feel in the face of their toddler's unflagging obstinacy? Why does a crying toddler run to his mother for a hug only to push himself vigorously away as soon as she begins to embrace him? With the help of numerous examples and vivid cases, Lieberman answers these and other questions, giving us, in the process, a rich, insightful profile of the roller coaster emotional world of the toddler.

Parenting Matters - National Academies of Sciences, Engineering, and Medicine 2016-11-21

Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger.

Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. *Parenting Matters* identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Infant Observation and Research - Cathy Urwin 2012

This book explores how infant observation can be used as a research methodology and discusses the strengths and limitations from a methodological and philosophical point of view.

Emotional Agility - Susan David 2016-09-06

#1 Wall Street Journal Best Seller USA Today Best Seller Amazon Best Book of the Year TED Talk sensation - over 3 million views! The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year. The path to personal and professional fulfillment is rarely straight. Ask anyone who has achieved his or her biggest goals or whose relationships thrive and you'll hear stories of many unexpected detours along the way. What separates those who master these challenges and those who get derailed? The answer is agility—emotional agility. Emotional agility is a revolutionary, science-based approach that allows us to navigate life's

twists and turns with self-acceptance, clear-sightedness, and an open mind. Renowned psychologist Susan David developed this concept after studying emotions, happiness, and achievement for more than twenty years. She found that no matter how intelligent or creative people are, or what type of personality they have, it is how they navigate their inner world—their thoughts, feelings, and self-talk—that ultimately determines how successful they will become. The way we respond to these internal experiences drives our actions, careers, relationships, happiness, health—everything that matters in our lives. As humans, we are all prone to common hooks—things like self-doubt, shame, sadness, fear, or anger—that can too easily steer us in the wrong direction. Emotionally agile people are not immune to stresses and setbacks. The key difference is that they know how to adapt, aligning their actions with their values and making small but powerful changes that lead to a lifetime of growth. Emotional agility is not about ignoring difficult emotions and thoughts; it's about holding them loosely, facing them courageously and compassionately, and then moving past them to bring the best of yourself forward. Drawing on her deep research, decades of international consulting, and her own experience overcoming adversity after losing her father at a young age, David shows how anyone can thrive in an uncertain world by becoming more emotionally agile. To guide us, she shares four key concepts that allow us to acknowledge uncomfortable experiences while simultaneously detaching from them, thereby allowing

us to embrace our core values and adjust our actions so they can move us where we truly want to go. Written with authority, wit, and empathy, Emotional Agility serves as a road map for real behavioral change—a new way of acting that will help you reach your full potential, whoever you are and whatever you face.

The Big Umbrella - Amy June Bates 2018-02-06

“A subtle, deceptively simple book about inclusion, hospitality, and welcoming the ‘other.’” —Kirkus Reviews “A boundlessly inclusive spirit...This open-ended picture book creates a natural springboard for discussion.” —Booklist “This sweet extended metaphor uses an umbrella to demonstrate how kindness and inclusion work...A lovely addition to any library collection, for classroom use or for sharing at home.” —School Library Journal In the tradition of Alison McGhee’s *Someday*, beloved illustrator Amy June Bates makes her authorial debut alongside her eleven-year-old daughter with this timely and timeless picture book about acceptance. By the door there is an umbrella. It is big. It is so big that when it starts to rain there is room for everyone underneath. It doesn’t matter if you are tall. Or plaid. Or hairy. It doesn’t matter how many legs you have. Don’t worry that there won’t be enough room under the umbrella. Because there will always be room. Lush illustrations and simple, lyrical text subtly address themes of inclusion and tolerance in this sweet story that accomplished illustrator Amy June Bates cowrote with her daughter, Juniper, while walking to school together in the rain.