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Thinking Parent, Thinking Child: How to Turn Your Most Challenging Everyday Problems into Solutions

By Myrna B. Shure

Research Press Inc., U.S. Paperback. Book Condition: new. BRAND NEW, Thinking Parent, Thinking Child: How to Turn Your Most Challenging Everyday Problems into Solutions, Myrna B. Shure, In this book, internationally acclaimed author Dr. Myrna B. Shure shows how to apply "I Can Problem Solve" techniques to the top concerns of parents and children from preschoolers through preteens. The important lessons presented in this book go far beyond how to control specific problems. Instead, the goal is to help children find their own best solutions to problems--from getting homework done to test anxiety to being teased to peer pressure. Grouped into four parts, the 18 chapters in this book provide sound advice on the following topics: Part 1: Dealing with Feelings: Anger, frustration and disappointment, stress, worries, fears, and trauma, coping with loss, caring and empathy, self-esteem and sense of control Part 2: Handling and Preventing Problems: Bedtime, procrastination, interrupting, and impatience, possessiveness, defiance, tattling, and lying, physical aggression, bullies, and victims Part 3: Nurturing Relationships: Family ties, sibling rivalry, peers Part 4: Building Life Skills: Listening, responsibility, school, homework, and learning.



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