

TRAUMA- PROOFING YOUR KIDS



**A Parents' Guide
for Instilling Confidence, Joy
and Resilience**

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Trauma-Proofing Your Kids: A Parents' Guide for Instilling Confidence, Joy and Resilience



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The amount of anxious, depressed, hyperactive and withdrawn children is staggering—but still growing! ordeals such as terrifying medical procedures, accidents, reduction and divorce. Levine and Maggie Kline present an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them.ordinary” Millions have observed bullying, violence (true or in the press), abuse or sexual molestation. Trauma-Proofing YOUR CHILDREN sends a lifeline to parents who wonder how they are able to help their concerned and troubled children today. It offers simple but powerful equipment to keep children safe from danger and to help them “bounce back” after feeling scared and overwhelmed. Peter A.s influence on a child’In addition to arming parents with priceless protective strategies, best-selling authors Dr. No more will kids need to be passive prey to predators or the innocent victims of life’ Many other kids have been traumatized from even more “ Trauma-Proofing YOUR CHILDREN is definitely a treasure trove of simple-to-follow “ boundary-setting, sensory/motor-awareness actions that counteract trauma’s stress-busting,”s situations.s body, brain and spirit. Including a chapter on how to navigate the inevitable difficulties that arise during the various age groups and stages of advancement, this ground-breaking book simplifies an frequently mystifying and complex subject matter, empowering parents to raise truly self-confident and joyful children despite nerve-racking and turbulent times.



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They should go through it and apply what they learn from it. Lots of specific concepts for common scenarios: surgical procedure and emergencies, divorce, loss of life, natural disasters, "everyday" traumas in addition to more apparent and shocking traumas. Infants and small children can and do encounter trauma, typically with little if any verbal storage of the function (based on the age of the event). Not probably the most "scientific" or carefully worded reserve, some random bold pronouncements that produced me scratch my head, but the lax approach also makes it simple to read and understand for the average busy parent. We have been designed as mammals to naturally freeze, tremble, breathe deeply, reorient and resume our time. Great chapter to help kids with grief and loss which includes separation and divorce.. Facing challenges with this kids Great for so many problems with our children. Our TBRI adoption/ trauma counsellor recommended this for us for our youngest in regards to planning her for anxious situations. Recommend! It covers trauma associated with: Medical Trauma Divorce Grief Mishaps Feeling unsafe (could be an abusive scenario/ foster kids from bio mother or father trauma)Very relevant for parents facing situations making use of their kids where they are "trapped" from a trauma. Even then, focusing on body sensations starts to unwind the body memory space of the shock.Sarah Chana RadcliffeAuthor, INCREASE YOUR Children without Raising Your Voice Everyone should have this book Every parent, every teacher, every grandparent, everyone who deals with children must have a copy of this book. It is going to help us in finding your way through school this year and discussing felt security. I am in the midst of reading it today and will up day when I finish. Five Stars Great condition. This provides parents with a clue as to the many types of trauma that may evolve within their kids. It heightens awareness that is an ever increasing deterrent in this field! Reading Trauma Proofing Your Kids will change your daily life! This publication is written with much respect for parents and kids, and gives suggestions for when to get professional help. I am pleased that Peter Levine offers written a manual that is so obvious and accurate describing the way the impact of trauma can be effectively treated in the aftermath of organic disasters worldwide. PTSD can be treated successfully once the body is permitted to discharge the experience of shock naturally. People need not shut down, go into deep depression, numb out, lash out or action out if your body's ability to balance itself is evoked. Concentrating on the tale of what happened maintains one in the traumatic thoughts. The trauma is held in the body memory. Overall it is pretty much cited and supported, and suggests great books for additional reading on specific topics. "Trauma Proofing YOUR CHILDREN," by Peter A. We turn off as our thoughts overwhelm us. We brood silently and withdraw. And building resiliency with this children to empower them because they face hard situations. I bought this book to read for myself and to talk about i with others. It functions. I know from personal experience. This is a book parents should examine as soon as possible - so they'll be prepared for when they need the information included within its extraordinarily smart pages. Every one associated with children should personal this book. Essential Reading for each and every Parent! Peter Levine has written the initial publication for parents on supporting their child deal with shocking, traumatizing and in any other case overwhelming events. I was run over by an eighteen wheeler twenty years ago. This inspiring book teaches readers to empower their children and encourage their success in a modern society. Trauma-Proofing YOUR CHILDREN shows parents how exactly to take care of THEMSELVES in order to actually help their children handle overwhelming situations without going through traumatic after-effects. The publication is detailed and useful - a truly helpful lead for parents. It offers good tools to make use of as you team up and process with your children in a therapeutic and playful circumstance.Great intro to somatic trauma for parents and kid caregivers Solid stand-alone intro to Somatic Experiencing ideas, and a great resource for anybody who handles children and babies. I am a trauma therapist and I have given a

copy of it to everyone in my own family who has children along with recommending it to clients with children. It is the consummate book to help create a happier and healthier era. Trauma will occur regardless of what and when a kid is taught ways to keep their anxious program regulated and running smoothly they will become less likely to develop long term trauma related illnesses. Highly recommend for anybody involved with children. Here is a way to make the world an improved place, starting at home and letting it spread. If you are using this book with your children and you turn into a grandparent, you can be sure that your children raise their own resilient children. Superb guide for parents, caregivers and experts. Great actions for sensory skills, resilience using play, artwork and Rymes. Chock full of easily applied tips and tricks. Good chapter on reducing dangers and detecting sexual trauma. Peter Levine's team helped and trained me. I felt like it had good equipment for processing with our children but its not just an adoption book. peter Levin is brilliant. The sensations change as the body does what it is designed to perform. Peter Levine can be a top notch researcher, practitioner, writer. I also heard his presentations aswell.. Kids anxiety is actual and needs to be validated and processed actually if as parents we think its surface or silly. There is so much trauma on the planet and I you haven't noticed often it really is in your personal back yard as wll. I wish to do everything I could to aid my grandchildren as they grow and face the many challenges on earth in front of them. Will review even more later. A must-read A must-read for all parents and experts who use parents. Dr. Levine's insights are based on years of encounter and refining of his techniques. Extremely readable. But 'the body keeps the rating' and Dr. Levine really acknowledges that. This is an extremely valuable book in my own practice. "Trauma Proofing Your Kids, " by Peter A. .. Strongly suggested! People get trapped in the story, going over and over what occurred and what they will have lost or seen. Levine and Maggie Kline, gives readers simple and obvious insights on how parents and caregivers can insure their children are kept safe and resilient. You under no circumstances know when your child will encounter a potentially traumatizing scenario - you only understand that life is full of them: emergency medical procedures, amusement park encounters, assault, dental procedures, loss of life of a family member, divorce, functions of terrorism and all the rest. I include "Trauma Proofing Your Children" in the recommended reading portion of Chapter 13: Optimizing Your Children's Wellness in my book, Awareness Enhancer for Your Children's Well Being A necessity for parents in this modern day saturated by media and social media and ever expanding function models that trauma is frequently not identifies. Five Stars As described Best for young new parents Good for young brand-new parents, as an initial step introduction, however, not an elevated book. Practical for exercises, but not majorly innovative. Five Stars Great book, quick delivery, as described



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