



Helping
Your

Anxious Child

— SECOND EDITION —

A Step-by-Step
Guide for Parents

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Helping Your Anxious Child: A Step-by-Step Guide for Parents



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If your child suffers from any of these types of anxiety, the program in this book offers practical, scientifically proven equipment that will help. Some fear monsters under the bed. But at least 10 % of children have extreme fears and concerns?phobias, separation anxiety, anxiety attacks, social panic, or obsessive-compulsive disorder?that can hold them back and keep them from completely enjoying childhood. Most kids fear so much the dark. Now in its second edition, Helping Your Anxious Child offers been expanded and updated to include the latest research and approaches for managing kid anxiety. You'll also see how to relieve your son or daughter's anxious emotions while parenting with compassion. The publication offers proven effective abilities located in cognitive behavioral therapy (CBT) to aid you in helping your child overcome extreme fears and concerns. Inside, you will learn to: Help your child practice "detective considering" to recognize irrational worries What to accomplish when your kid becomes frightened How to gently and steadily expose your child to challenging situations Help your son or daughter learn important public skills This reserve offers been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit?an award bestowed on excellent self-help books that are in keeping with cognitive behavioral therapy (CBT) concepts and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books give powerful tools readers may use to jump-start changes in their lives.



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Great help for parents of anxious kids I am a therapist and this publication helps parents of anxious children. Offers a clear, meaningful plan that makes complete sense to parents as well as a free of charge downloadable workbook for children. Great reserve and helped us a lot. Our first methods of reassurance, expectation placing, and other suggestions gleaned from internet analysis never helped; however it only took reading this first chapter of the book to get several simple suggestions that made a huge difference. In fact we haven't browse the rest of the reserve because using these pointers (especially the "worry mind" drowning out the "relaxed brain" concept) we were able to help our child manage her anxiety. A month ago she clung to us each morning when we had taken her to her first grade classroom and had to be taken off us by the instructor, sometimes in tears. Today she waltzes ideal in and I must remind her to provide me a kiss goodbye.. We might have only read part of this reserve but it was money well spent. Being therefore young it was difficult for him to express his emotions (frustration and fears) and it would bubble right into a tantrum. After a scheduled appointment with a behavioral pediatrician, he is gifted and high anxiety which caused the tantrums. Very helpful My grandson is 4 and was having main temper tantrums. By modifying a few of the methods in the reserve for his age, we've seen a difference. book perfect great for parents with anxious babies parents borrowed rather than returned my original copy.! Since my girl is 3, this book doesn't have very much in it I can use to help me right now.I'll keep it and wish I will not need it later on! You need to follow the system, not just read the book. offers work book and homework for parents and kid. last week we'd a great chat about how people talk about anxiety as "worries . She still gets shy in new groups, but the paralyzing fear is fully gone and we've tools to deal with it if it arrives.. Once we started having family meetings to understand about anxiety and perform the exercises once/week, my daughter started talking more and more at those meetings and at additional times about what's happening for her internally. Five Stars AS a therapist I highly recommend this book! I actually haven't finished the publication yet, but this is the very first thing we've tried which has really helped my 10 yo girl. I think the topics we cover in the meetings are helping normalize her knowledge, and frame it less as a "problem" and more as "life management". this is perfect. Working the exercises has helped us open up some family members discussions of things beyond the book, too. For instance, last week we had a great chat about how people discuss anxiety as "concerns and fears", but occasionally we'll state we're anxious when we're more overwhelmed than fearful or concerned. Is that still stress and anxiety? And do you control it the same way? I'm so happy we're finally finding a way to talk about these things jointly, rather than having my daughter withdraw whenever the topic comes up. Excellent, practical resource! I have several copies and I lend them out to parents which actually makes my job easier. My child enjoys it therefore do I! Five Stars Great book! Because the adults in his lifestyle we have learned very much of the responsibility of his tantrums lied on the way we managed his feelings. Her anxieties aren't all the type that are explicitly covered in the publication, but we're obtaining it possible to increase the ideas to her stuff, with just a little creativity. Must buy! Book aimed at school age children I'm sure that is an excellent book - I thought I browse the description but I goofed because that is for older kids - college age kids.! Concise guidance produced quick results Our six year old daughter has always been painfully shy in brand-new situations to the point that it can prevent her from engaging in activities.



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