

The Panicosaurus



Kay Al-Ghani

The Panicosaurus: Managing Anxiety in Children Including Those with Asperger Syndrome (K.I. Al-Ghani children's colour story books)



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This fun, easy-to-read and fully illustrated storybook will inspire children who experience anxiety, and encourage them to banish their very own Panicosauruses with help from Mabel's strategies. That could be the Panicosaurus developing to play... Sometimes the Panicosaurus tricks Mabel's brain into panicking about specific challenges, such as for example walking past a big doggie on the road or when her favourite teacher is not at college. Parents and carers will like the helpful intro, explaining anxiety in children, and the list of techniques for lessening anxiety at the end of the book. Have you ever felt a feeling of dread and be concerned creeping over you? By using Smartosaurus, who lets her understand there is really nothing to hesitate of, Mabel discovers various ways to manage Panicosaurus, and defeat the issues he creates for her.



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I'd planned to utilize this book to help my 5-year-old grandson deal with anxiety. The first part is particularly useful, utilizing the analogy of a dinosaur for the amygdala, and describing it as a part of the mind that was useful for getting away from danger previously, however now gets bored and tells us that there surely is danger when there is not. The resources in the trunk are useful as well. . In my own particular case, I've been telling my son for a long time that his brain just works differently (amazing in some ways, difficult in others) therefore reading about the parts of the brain was really, really helpful. I in fact wish that they had a Panicosaurus doll that kids could squeeze when feeling anxious or hide to "conceal away their concerns." The tale of the tiny girl was not ideal in my case, nonetheless it was great for my child to learn that other kids (not just him) battle to "keep it together" in college.. by our psychologist to get this book and incredibly glad we did Suggested by the psychologist to get this book and very glad we did :) The first part is particularly useful, using the analogy of a dinosaur for the . Fingers crossed that it in fact carries over. I love the strategies and simply browse the relevant parts to my child..This book isn't perfect but is a really helpful resource to have when you have children with anxiety or in case you are working with anxious children. I'm very disappointed!Some great parts, others need modification I'm an ASD mother and an occupational therapist with over 20 years experience working with children on the autism spectrum. Now, I'll have to rewrite the info to get it right down to his level! Plenty of good information. This book had not been at all what I expected, but this is a good surprise. It really is filled with good information. I concur that the first section of this reserve is most ideal for kids, especially the part where the fight or trip response is described... I simply modified what I read to him and he appeared to like it a lot! It was best for suggesting ideas for soothing children's stress in a classroom placing though.. I like this reserve since so many of my kiddos (including my own) love/obsess over dinosaurs.The story about the little girl was helpful but not quite so highly relevant to the boys I use.. I'm still not sure what I believe about the reliance on other children to deal with the main personality. It had been nice modelling for children becoming kind and supportive, but sometimes having additional children consider responsibility for another child's issues could cause problems later. I think that it takes a skilled teacher to control that situation. Not really written well for children This book is informational for parents,but the author did NOT learn how to write for children. I'd utilize it as a springboard for conversation. You are not likely to go through this book to a child and magically cure their stress and anxiety. It is a good start to make sense of the nervousness and developing approaches for overcoming it though. It's a match manufactured in heaven!



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