

Playful Approaches To Serious Problems Narrative Therapy With Children And Their Families Norton Professional Books

Use of letter-writing in family therapy.

As adults, we have more responsibilities than we could have ever imagined growing up. Learning the work of marriage. Navigating the bumpy terrain of parenting. Maintaining social relationships. Facing grave hardship. Finding contentment in our career. As the years pass by, we sense how the good things in life are so often eclipsed by stress. We find ourselves doing everything we can just to endure adulthood, all the while wondering whether we are actually enjoying it. This is exactly why Dr. Anthony T. DeBenedet decided to write *Playful Intelligence: The Power of Living Lightly in a Serious World*, to show readers how playfulness helps us counterbalance the seriousness of adulthood. “Five years ago, my life was becoming more intense and stressful,” DeBenedet says. “My relationships, clinical work as a physician, and basic interactions with the world were blurring into a frazzled mosaic. Going through the motions became my norm, and every day brought busyness and exhaustion. I thought about whether I was depressed. I didn’t think I was. Anxious? Sure, but aren’t we all anxious on some level? I also thought about the lifestyle factors that could be making me feel this way. Was I getting enough sleep? Was I exercising regularly? Was I eating healthy? Was I playing and remembering to be playful?” Today, we live in a taxing world. The endless pressure to keep up with our responsibilities and the daily headlines swarming around us can be overwhelming. DeBenedet’s work comes at a time when stress, uncertainty, and intensity levels are high. *Playful Intelligence* shows adults that there is a way to live lighter—and smarter—as we navigate the seriousness of adulthood. It’s not about taking life less seriously; it’s about taking ourselves less seriously. The book’s core chapters are devoted to exploring the effects and benefits of five playful qualities: imagination, sociability, humor, spontaneity, and wonder. By examining playfulness as a sum of its parts, readers will gain a working awareness of its power and be able to apply playful principles to their own lives, bringing the magic of childhood back into their day-to-day existence. The book also offers practical suggestions on how to make life more playful in nature.

This book vividly shows how creative arts and play therapy can help children recover from experiences of disrupted or insecure attachment. Leading practitioners explore the impact of early relationship difficulties on children's emotions and behavior. Rich case material brings to life a range of therapeutic approaches that utilize art, music, movement, drama, creative writing, and play. The volume covers ways to address attachment issues with individuals of different ages, as well as their caregivers. Chapters clearly explain the various techniques and present applications for specific populations, including complex trauma survivors. Thera-Build' is a LEGO®-based therapeutic approach for improving children's emotional well-being. Participation in Thera-Build groups can help to boost self-esteem, address common issues such as anxiety and anger, support social development and build positive attachments. This inspiring and user-friendly guide explores the power of play, introduces the basics of brain plasticity and

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attachment theory, and shows exactly how to set up and run an effective Thera-Build group. A wide range of imaginative games and activities is included.

Powerful Primary Geography: A Toolkit for 21st-Century Learning explores the need for children to understand the modern world and their place in it. Dedicated to helping teachers inspire children's love of place, nature and geographical adventures through facilitating children's voice and developing their agency, this book explores the way playful opportunities can be created for children to learn how to think geographically, to solve real-life problems and to apply their learning in meaningful ways to the world around them. Based on the very latest research, **Powerful Primary Geography** helps children understand change, conflict and contemporary issues influencing their current and future lives and covers topics such as: • Weather and climate change • Sustainability • Engaging in their local and global community • Graphicacy, map work and visual literacy • Understanding geography through the arts. Including several case studies from primary schools in Ireland, this book will help aid teachers, student teachers and education enthusiasts in preparing children for dealing with the complex nature of our contemporary world through artistic and thoughtful geography. Facilitating children's engagement as local, national and global citizens ensures geography can be taught in a powerful and meaningful manner.

The Pocket Book is for use by doctors nurses and other health workers who are responsible for the care of young children at the first level referral hospitals. This second edition is based on evidence from several WHO updated and published clinical guidelines. It is for use in both inpatient and outpatient care in small hospitals with basic laboratory facilities and essential medicines. In some settings these guidelines can be used in any facilities where sick children are admitted for inpatient care. The Pocket Book is one of a series of documents and tools that support the Integrated Managem.

Why technology is most transformative when it is playful, and innovative spatial design happens only when designers are both tinkerers and dreamers. In **Urban Play**, Fábio Duarte and Ricardo Álvarez argue that the merely functional aspects of technology may undermine its transformative power. Technology is powerful not when it becomes optimally functional, but while it is still playful and open to experimentation. It is through play--in the sense of acting for one's own enjoyment rather than to achieve a goal--that we explore new territories, create new devices and languages, and transform ourselves. Only then can innovative spatial design create resonant spaces that go beyond functionalism to evoke an emotional response in those who use them. The authors show how creativity emerges in moments of instability, when a new technology overthrows an established one, or when internal factors change a technology until it becomes a different technology. Exploring the role of fantasy in design, they examine Disney World and its outsize influence on design and on forms of social interaction beyond the entertainment world. They also consider Las Vegas and Dubai, desert cities that combine technology with fantasies of pleasure and wealth. Video games and interactive media, they show, infuse the design process with interactivity and participatory dynamics, leaving spaces open to variations depending on the users' behavior. Throughout, they pinpoint the critical moments when technology plays a key role in reshaping how we design and experience spaces.

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Many people would be surprised to hear that a playful attitude towards God and the world lies at the heart of Christian faith. Traditionally Christians have focused on the serious responsibilities of service, sacrifice, and commitment. But the prophets say that the future kingdom is full of people laughing and playing, which has implications for Christians who are called to live out the future kingdom in the present. Play is not trivial or secondary to work and service—only a playful way of living does justice to the seriousness of life! Play is the essential and ultimate form of relationship with God, which is why Jesus told people to learn from children. Indeed, a playful attitude is an important part of all significant relationships. This book explores grace, faith, love, worship, redemption, and the kingdom from the perspective of a playful attitude. It describes how to create a “play ethic” to match the “work ethic” and discusses play as a virtue, Aquinas’s warning against the sin of not playing enough, and Bonhoeffer’s claim that in a world of pain it is only the Christian who can truly play.

An expert on traumatic stress outlines an approach to healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others, and experience pleasure--

A new, interactive approach to storytime, *The Whole Book Approach* was developed in conjunction with the Eric Carle Museum of Picture Book Art and expert author Megan Dowd Lambert's graduate work in children's literature at Simmons College, offering a practical guide for reshaping storytime and getting kids to think with their eyes. Traditional storytime often offers a passive experience for kids, but the Whole Book approach asks the youngest of readers to ponder all aspects of a picture book and to use their critical thinking skills. Using classic examples, Megan asks kids to think about why the trim size of Ludwig Bemelman's *Madeline* is so generous, or why the typeset in David Wiesner's Caldecott winner, *The Three Pigs*, appears to twist around the page, or why books like Chris Van Allsburg's *The Polar Express* and Eric Carle's *The Very Hungry Caterpillar* are printed landscape instead of portrait. The dynamic discussions that result from this shared reading style range from the profound to the hilarious and will inspire adults to make children's responses to text, art, and design an essential part of storytime.

Parents have heard that play is a child's work—but play is not for kids only. As psychologist Lawrence J. Cohen, Ph.D., demonstrates in this delightful new book, play can be the basis for an innovative and rewarding approach to parenting. From eliciting a giggle during baby's first game of peek-a-boo to cracking jokes with a teenager while hanging out at the mall, *Playful Parenting* is a complete guide to using play to raise strong, confident children. Have you ever stepped back to watch what really goes on when your children play? As Dr. Cohen points out, play is children's complex and fluid way of exploring the world, communicating hard-to-express feelings, getting close to those they care about, working through stressful situations, and simply blowing off steam. That's why "playful parenting" is so important and so successful in building strong, close bonds between parents and children. Through play we join our kids in their world. We help them express and understand deep emotions, foster connection, aid the process of emotional healing--and have a great time ourselves while we're at it. Anyone can be a playful parent--all it takes is a sense of adventure and a willingness to let down your guard and try something new. After identifying why it can be hard for adults to play, Dr. Cohen discusses how to get down on the floor and join children on their own terms. He covers

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games, activities, and playful interactions that parents can enjoy with children of all ages, whether it's gazing deep into a baby's eyes, playing chase with a toddler, fantasy play with a grade schooler, or reducing a totally cool teenager to helpless laughter. Playful Parenting also includes illuminating chapters on how to use play to build a child's confidence and self-esteem, how to play through sibling rivalry, and how play can become a part of loving discipline. Written with love and humor, brimming with good advice and revealing anecdotes, and grounded in the latest research, Playful Parenting will make you laugh even as it makes you wise in the ways of being a happy, effective, enthusiastic parent.

Recognizing the power of children's imaginations in narrative therapy. Therapists may marvel at children's imaginative triumphs, but how often do they recognize such talents as vital to the therapy hour? Should therapists reserve a space for make-believe only when nothing is at stake, or might it be precisely those moments when something truly matters that imagination is most urgently needed? This book offers an alternative to therapeutic perspectives that treat children as vulnerable and helpless. It invites readers to consider how the imaginative gifts and knowledge of children, when supported by the therapist and family, can bring about dramatic change. The book begins with an account of the foundations of narrative theory. It explains how such elements as language, characterization, and suspense contribute to the coherence of a story and bring young people into focus. Each subsequent chapter provides specific suggestions for the practice of narrative therapy. Examples of the difficulties children face are offered, along with narrative interventions and tips for overcoming common barriers that can arise along the way. Readers will learn a variety of ready-to-implement strategies, including how to personify problems, compose letters to affirm children's identities, summon fairies to lend a helping hand, and many more. Sample dialogues between the authors, children, and their parents bring the application of each practice to life, illuminating how even the most stubborn problem can be outwitted, sometimes by mischievous means. With robust professional insight, Narrative Therapy in Wonderland will aid any practitioner in calling on children's imaginative know-how. How often can a young person be spotted diving headlong into a world of fantasy? This book explores the extraordinary fact that these young people may, upon arrival in Wonderland, be far better equipped to take on even dire challenges than when they remain "up above."

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In early childhood education, children find in their own body and movement the main way to get in touch with the reality that surrounds them and, therefore, acquire knowledge about the environment in which they grow and develop. Undoubtedly, the progressive discovery of the body itself as a source of feelings and sensations, as well as exploring the different possibilities of action and bodily functions, constitutes necessary experiences on which children's thinking is built. Furthermore, the affective relationships established in psychomotor education situations, and particularly through play, are essential for the emotional development of children. Physical Education Initiatives for Early Childhood Learners offers globalized educational practices, didactic approaches, and proposals for intervention around motor development in the children ages 0-6 years. The book specifically explores laterality, coordination, relaxation, rhythm, etc. and how these are achieved through games, music, and motor

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stories. This book is ideal for early childhood educators, physical education teachers, administrators, daycares, preschools, early childhood learning centers, researchers, academicians, and students interested in physical education's role in early child development.

A must-have resource for anyone who lives or works with young kids, with an introduction by Adele Faber, coauthor of *How to Talk So Kids Will Listen & Listen So Kids Will Talk*, the international mega-bestseller *The Boston Globe* dubbed "The Parenting Bible." For over thirty-five years, parents have turned to *How to Talk So Kids Will Listen & Listen So Kids Will Talk* for its respectful and effective solutions to the unending challenges of raising children. Now, in response to growing demand, Adele's daughter, Joanna Faber, along with Julie King, tailor *How to Talk's* powerful communication skills to children ages two to seven. Faber and King, each a parenting expert in her own right, share their wisdom accumulated over years of conducting *How To Talk* workshops with parents and a broad variety of professionals. With a lively combination of storytelling, cartoons, and fly-on-the-wall discussions from their workshops, they provide concrete tools and tips that will transform your relationship with the young kids in your life. What do you do with a little kid who...won't brush her teeth...screams in his car seat...pinches the baby...refuses to eat vegetables...throws books in the library...runs rampant in the supermarket? Organized according to common challenges and conflicts, this book is an essential emergency first-aid manual of communication strategies, including a chapter that addresses the special needs of children with sensory processing and autism spectrum disorders. This user-friendly guide will empower parents and caregivers of young children to forge rewarding, joyful relationships with terrible two-year-olds, truculent three-year-olds, ferocious four-year-olds, foolhardy five-year-olds, self-centered six-year-olds, and the occasional semi-civilized seven-year-old. And, it will help little kids grow into self-reliant big kids who are cooperative and connected to their parents, teachers, siblings, and peers.

A playful and practical approach to solving difficulties faced by children. The Kids' Skills method views all problems as skills that need to be developed. Involves 15 simple steps to convert problems into skills.

How to help--and cope with--the difficult child Expanded and completely revised, the classic and definitive work on parenting hard-to-raise children with new sections on ADHD and the latest medications for childhood disorders. Temperamentally difficult children can confuse and upset even experienced parents and teachers. They often act defiant, stubborn, loud, aggressive, or hyperactive. They can also be clingy, shy, whiny, picky, and impossible at bedtime, mealtimes, and in public places. This landmark book has been completely revised to include the latest information on ADHD, medications, and a reassuring approach to all aspects of childhood behavioral disorders. In this parenting classic, Dr. Stanley Turecki, one of the nation's most respected experts on children and discipline--and himself the father of a once difficult child--offers compassionate and practical advice to parents of hard-to-raise children. Based on his experience with thousands of families in the highly successful Difficult Children Program he developed for Beth Israel Medical Center in New York City, his step-by-step approach shows you how to: Identify your child's temperament using a ten-point test to pinpoint specific difficulties Manage common--often "uncontrollable"--conflict situations

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expertly and gently Make discipline more effective and get better results with less punishment Get support from schools, doctors, professionals, and support groups Understand ADHD and other common diagnoses, and decide if medication is right for your child Make the most of the tremendous potential and creativity that many "difficult" children have Drawing on his experience with thousands of families in his highly successful Difficult Child Program, Dr. Turecki shows parents how to: Identify their child's difficult temperament using a ten-point test to pinpoint specific difficulties Manage typical conflict situations expertly and kindly Make discipline more effective and get better results with less punishment Get support from schools, doctors, and others Understand ADHD and other common diagnoses, and decide whether medication is right for their child Make the most of the child's creativity and potential -->

As *The Giving Tree* turns fifty, this timeless classic is available for the first time ever in ebook format. This digital edition allows young readers and lifelong fans to continue the legacy and love of a household classic that will now reach an even wider audience. Never before have Shel Silverstein's children's books appeared in a format other than hardcover. Since it was first published fifty years ago, Shel Silverstein's poignant picture book for readers of all ages has offered a touching interpretation of the gift of giving and a serene acceptance of another's capacity to love in return. Shel Silverstein's incomparable career as a bestselling children's book author and illustrator began with *Lafcadio, the Lion Who Shot Back*. He is also the creator of picture books including *A Giraffe and a Half*, *Who Wants a Cheap Rhinoceros?*, *The Missing Piece*, *The Missing Piece Meets the Big O*, and the perennial favorite *The Giving Tree*, and of classic poetry collections such as *Where the Sidewalk Ends*, *A Light in the Attic*, *Falling Up*, *Every Thing On It*, *Don't Bump the Glump!*, and *Runny Babbit*. And don't miss these other Shel Silverstein ebooks, *Where the Sidewalk Ends*, and *A Light in the Attic*!

Michael and Alice share stories from their work with children and their families, and the ideas behind this work - including detailed explanations of externalising practices, scaffolding conversations, and ways of inviting others to act as an audience to consultations with children. Just some of questions taken up in this thoughtful and practical book are: When there is conflict between parents and children, how can therapists create a context for collaboration? How can counsellors respond to children who have experienced trauma? When a therapy session is going 'nowhere', what might be helpful to reflect upon? If you work with children, this easy-to-read and rigorous book will be a treasured companion.

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

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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.

Every early years practitioner should be able to captivate and maintain the interest of young children in their setting, through the provision of a playful learning experience. Covering age ranges 3-8 years, this textbook explores the importance of infusing playfulness throughout the entire early years day, and includes chapters that: establish the core principles underpinning playful teaching and learning help students and practitioners understand how playfulness can be applied to all aspects of the early years curriculum including mathematics, literacy, outdoor environments, science & technology, and ICT explore core issues in early years provision including observing, planning & assessment, and how they relate to playful learning emphasise the role and qualities of the playful professional. This is a fantastic resource for any student or practitioner looking to enrich the lives of young children through meaningful playful learning experiences.

Theraplay?a pioneering application of attachment theory to clinical work—helps parents learn and practice how to provide the playful engagement, empathic responsiveness, and clear guidance that lead to secure attachment and lifelong mental health in their children. This third edition of the groundbreaking book *Theraplay* shows how to use play to engage children in interactions that lead to competence, self-regulation, self-esteem, and trust. Theraplay's relationship-based approach is uniquely designed to help families facing today's busy and often chaotic lifestyle challenges form joyful, loving relationships.

A developmental psychologist argues that children who are freed to follow their own interests through self-directed play will become better learners and achievers than the way they learn in modern school, which he says shows them that learning is work and not fun. 15,000 first printing.

Tells how to help children use play activities to gain perspective on their difficulties

"The articles in this collection emphasize the importance of play--from infancy through the primary grades, how to support and scaffold children's play, and how to connect play to learning. Also included is a professional development guide with questions and activities"---Publisher's Web site.

Michael White, one of the founders of narrative therapy, is back with his first major publication since the seminal *Narrative Means to Therapeutic Ends*, which Norton published in 1990.

After a frustrating day at school causes Penny to arrive home very angry, her Aunt Rose offers positive ways to resolve problems, including the creation of an "anger chart."

Highly practical, instructive, and authoritative, this book vividly describes how to conduct child-centered play therapy. The authors are master clinicians who explain core therapeutic principles and techniques, using rich case material to illustrate treatment of a wide range of difficulties. The focus is on nondirective interventions that allow children to freely express

their feelings and take the lead in solving their own problems. Flexible yet systematic guidelines are provided for setting up a playroom; structuring sessions; understanding and responding empathically to children's play themes, including how to handle challenging behaviors; and collaborating effectively with parents.

Everywhere you look, physical play—what some might call “roughhousing”—is being marginalized. Gym classes are getting shorter. Recess periods are being eliminated. Some new schools don't even have playgrounds. Is it any wonder children retreat to “virtual horseplay” via video games? But Drs. Anthony T. DeBenedet and Lawrence J. Cohen are here to shake things up—literally! With *The Art of Roughhousing*, they show how rough-and-tumble play can nurture close connections, solve behavior problems, boost confidence, and more. Drawing inspiration from gymnastics, martial arts, ballet, traditional sports, and even animal behavior, the authors present dozens of illustrated activities for children and parents to enjoy together—everything from the “Sumo Dead Lift” to the “Rogue Dumbo.” These delightful games are fun, free, and contain many surprising health benefits for parents. So put down those electronic games and get ready to rumble!

This book, 'ADD to ABC' will help students, especially children, to engage with their language learning, through a playful approach of storytelling and creativity. By engaging and appealing to both the 'Analytical' Left and 'Creative' right sides of the brain the Play Institute makes the learning process more fun, immersive and memorable experience.

In the digital age, the integration of technology has become a ubiquitous aspect of modern society. These advancements have significantly enhanced the field of education, allowing students to receive a better learning experience. The *Handbook of Research on Educational Design and Cloud Computing in Modern Classroom Settings* is a pivotal reference source for the latest research findings on the strategic role of cloud computing in education, teaching, and the learning process. Featuring extensive coverage on relevant areas such as personal learning environment, cloud-based learning, and educational models, this publication is an ideal resource for educators, professionals, school administrators, researchers, and practitioners in the field of education.

A practical book for teachers consisting of 10 YC and TYC articles on the importance of integrating rich content-based, teacher-guided instruction with meaningful child-centered play to nurture children's emerging capabilities and skills. The emphasis is on teachers' active, intentional role in children's play to guide learning. Two sections: four general articles that discuss the topic, followed by six content-area articles on math, literacy, drama, art, STEM, and outdoor learning. Marie wrote the introduction as well as other material. Note: This book will not be part of the Spotlight series; articles will appear as chapters in a book (along the lines of Big Questions, with chapters from different authors but having a cohesive look).

"Alison Gopnik, a ... developmental psychologist, [examines] the paradoxes of parenthood from a scientific perspective"--
"The most helpful book on childhood anxiety I have ever read."—Michael Thompson, Ph.D. Whether it's the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents increasingly frustrated about how to help. Now Lawrence J. Cohen, Ph.D., the author of *Playful Parenting*, provides a special set of tools to handle childhood anxiety. Offering simple, effective strategies that build connection through fun, play, and empathy, Dr. Cohen helps parents • start from a place of warmth, compassion, and understanding • teach children the basics of the body's "security system": alert, alarm, assessment, and all clear. • promote tolerance of uncertainty and discomfort by finding the balance between outright avoidance and "white-knuckling" through a fear • find lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale • tackle their own anxieties so they can stay calm when a child is distressed • bring children out of their anxious thoughts and into their bodies by using relaxation, breathing, writing, drawing, and playful roughhousing With this insightful resource of easy-to-implement solutions and strategies, you and your child can experience the opposite of worry, anxiety, and fear and embrace connection, trust, and joy. Praise for *The Opposite of Worry* "The Opposite of Worry is an informative resource for parents and other family members. The book is easy to read, comprehensive and notable for its many practical suggestions."—New England Psychologist "Good advice for parents making daily calls to the pediatrician . . . Anxiety is a full-body sport, and Cohen's main advice is not to treat it with words but with actions. . . . Physicality is about living in the present, and for anxious people, the present is a powerful place of healing. Intended for parents of children ages 3 to 15, this book offers anecdotes and fun anti-anxiety games."—Publishers Weekly "Here's the help parents of anxious children have been looking for! Dr. Cohen's genius is in the warm and generous spirit of the strategies he outlines for parents. He grounds his playful approach in a sound explanation of how anxiety affects children, and how they heal. Parents will come away with plenty of ideas to help them develop their children's confidence. While reading, I found myself thinking, 'I'd like to try that for myself!'"—Patty Wipfler, founder and program director, *Hand in Hand Parenting* "If you want to understand your child's anxiety—and your own parental worries—you must read Larry Cohen's brilliant book, *The Opposite of Worry*. Dr. Cohen is one of the most imaginative and thoughtful psychologists you will ever encounter. He explains how and why children become anxious and then shows how we can use empathy and play to help them escape from the terrifying dark corners of childhood."—Michael Thompson, Ph.D. "The Opposite of Worry offers a treasure trove of ideas to help children feel confident and secure. Lawrence Cohen has written a book that will help every parent of an anxious child."—Aletha Solter, Ph.D., founder, *Aware Parenting*, and author of *Attachment Play*

The author of *Punished by Rewards* and *The School Our Children Deserve* builds on his parenting theories of working with children rather than trying to control them, argues against practices that teach children that they must earn a parent's approval, and presents techniques that promote desired child qualities through unconditional support. Reprint. 30,000 first printing.

A look inside the minds of young children shows how we can better nurture their abilities to think and grow. Adults easily recognize children's imagination at work as they play. Yet most of us know little about what really goes on inside their heads as they encounter the problems and complexities of the world around them. In *The Intellectual Lives of Children*, Susan Engel brings together an extraordinary body of research to explain how toddlers, preschoolers, and elementary-aged children think. By understanding the science behind how children observe their world, explain new phenomena, and solve problems, parents and teachers will be better equipped to guide the next generation to become perceptive and insightful thinkers. The activities that engross kids can seem frivolous, but they can teach us a great deal about cognitive development. A young girl's bug collection reveals important lessons about how children ask questions and organize information. Watching a young boy scoop mud can illuminate the process of invention. When a child ponders the mystery of death, we witness how children build ideas. But adults shouldn't just stand around watching. When parents are creative, it can rub off on their children. Engel shows how parents and teachers can stimulate children's curiosity by presenting them with mysteries to solve. Unfortunately, in our homes and schools, we too often train children to behave rather than nurture their rich and active minds. This focus is misguided, since it is with their first inquiries and inventions—and the adult world's response to them—that children lay the foundation for a lifetime of learning and good thinking. Engel offers readers a scientifically based approach that will encourage children's intellectual growth and set them on the path of inquiry, invention, and ideas.

In this groundbreaking book, parenting expert and acclaimed author of the bestselling book *Simplicity Parenting* Kim John Payne, M.Ed., flips the script on children's challenging or defiant behavior and lays out an elegantly simple plan to support parents in establishing loving, age-sensitive boundaries that help children feel safe and settled. In short: What looks like misbehavior is actually your children's signal that they're feeling lost, that they are trying to find direction and looking to you to guide them back on course. Payne gives parents heartwarming help and encouragement by combining astute observations with sensitive and often funny stories from his long career as a parent educator and a school and family counselor. In accessible language, he explains the relevance of current brain- and child-development studies to day-to-day parenting. Breaking the continuum of childhood into three stages, Payne says that parents need to play three different roles, each corresponding to one of those stages, to help steer children through their emotional growth and

inevitable challenging times: * The Governor, who is comfortably and firmly in charge--setting limits and making decisions for the early years up to around the age of eight * The Gardener, who watches for emotional growth and makes decisions based on careful listening, assisting tweens in making plans that take the whole family's needs into account * The Guide, who is both a sounding board and moral compass for emerging adults, helping teens build a sense of their life's direction as a way to influence healthy decision making Practical and rooted in common sense, *The Soul of Discipline* gives parents permission to be warm and nurturing but also calm and firm (not overreactive). It gives clear, doable strategies to get things back on track for parents who sense that their children's behavior has fallen into a troubling pattern. And best of all, it provides healthy direction to the entire family so parents can spend less time and energy on outmoded, punitive discipline and more on connecting with and enjoying their kids. Advance praise for *The Soul of Discipline* "The Soul of Discipline offers practical tools for helping parents implement discipline that's respectful and effective, but the book is so much more. Kim John Payne offers a framework to guide parents in making decisions about why, when, and how to hold tighter reins as we build skills in our children, and why, when, and how to loosen the reins as we scaffold freedom."--Tina Payne Bryson, Ph.D., co-author of *No-Drama Discipline* "This book gets deep inside the challenge of getting along with children and teens and thinks deeply about what they need from us to become strong and self-managing. It elevates discipline to what it should be--a caring process of helping kids orient to the world and live in it happily and well."--Steve Biddulph, author of *The New Manhood* "Kim Payne provides a useful model for choosing our parenting stance--Governor, Gardener, or Guide--depending on the situation. Most powerfully, Payne begins with the radical view that children are not disobedient but rather disoriented. The upshot of this shift in perspective is that discipline is about helping children orient themselves effectively, not about controlling or chastising."--Lawrence J. Cohen, Ph.D., author of *Playful Parenting*

Solution-Focused Therapy with Children and Adolescents offers mental health professionals an integration of creative and playful approaches and solution-focused therapy. The author presents developmentally appropriate and expressive alternatives to oral communication including sandtray, writing, puppetry, drawing and coloring, photography, and music. The text presents an overview of strength-based and creative approaches with a focused examination of the philosophy and process of solution-focused therapy, then divides chapters into specific stages of therapy—beginnings, searching for treasure, setting goals, and ending the session—with creative techniques offered in each section. The final chapter addresses working with children and adolescents in solution-focused groups, including how to set up groups and progress through different group stages, presenting specific techniques and activities focused on each stage of the group process.

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