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Awakening to Child Health is a resource for developing a sensitive understanding of children. It is a resource for childcare professionals and parents who wish to follow their own intuition and sensibility for children's health. The book addresses such questions as: How can we deepen our insights regarding children through personal experience?

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Freemium Media Library approach to parenting begins with an awareness of how our choices and actions are interconnected and how they impact our health well being and environment but being a holistic parent is not a race or a

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Awakening to Child Health is the fruit of lifelong research into the sources of children's well being. Raoul Goldberg offers a thoughtful, empathetic approach to children for doctors, therapists, carers, educators and parents. He starts by re-connecting with the wonder of childhood through evoking one's own experience as a child. This is a comprehensive resource about the physical, soul and spiritual development of children and adolescents.

This book enables parents and carers of 'really difficult' children to help their child succeed and flourish. The nurtured heart approach has helped thousands of families in America who previously felt their child was stuck. This new UK edition reflects parents' increasing need for effective ways of parenting their intense children without needing to turn to medication.

Connecting Children to the Wonder of Nature There's a whole world outdoors waiting to embrace young children--with their curiosity, imagination, and enthusiasm--and to impart its treasures. Experiencing Nature With Young Children invites you to explore this world with children from birth to age 8 in ways that will -
Awaken their enjoyment and appreciation of nature - Nurture their emotional development - Enhance their cognitive growth - Spark

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their creativity - Help them discover how we all--people, animals, plants--are connected - Engage families and communities in preserving nature Along the way, children will learn to love nature and its inhabitants. And in learning to love, they will learn to care--helping to ensure that our natural environment will be well looked-after by the next generation. Part ballad to nature, part irresistible invitation to teachers, this book will awaken and renew your own joy in nature--and move you to experience it with young children.

In *The Spiritual Child*, psychologist Lisa Miller presents the next big idea in psychology: the science and the power of spirituality. She explains the clear, scientific link between spirituality and health and shows that children who have a positive, active relationship to spirituality: * are 40% less likely to use and abuse substances * are 60% less likely to be depressed as teenagers * are 80% less likely to have dangerous or unprotected sex * have significantly more positive markers for thriving including an increased sense of meaning and purpose, and high levels of academic success. Combining cutting-edge research with broad anecdotal evidence from her work as a clinical psychologist to illustrate just how invaluable spirituality is to a child's mental and physical health, Miller translates these findings into practical advice for parents, giving them concrete ways to develop and encourage their children's—as well as their own—well-being. In this provocative, conversation-starting book, Dr. Miller presents us with a pioneering new way to think about parenting our modern youth.

Biamental Child Development: Perspectives on Psychology and Parenting provides the reader with a basic understanding of child, adolescent, and adult psychology, and applies it to the growth of the integrated body and mind of children, from infancy through childhood. It offers caregivers a roadmap and a philosophy for positive parenting.

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Advises how children can achieve full potential through at-home activities and offers suggestions for expanding a child's natural and often unrecognized ability.

Adopted children who have suffered trauma and neglect have structural brain change, as well as specific developmental and emotional needs. They need particular care to build attachment and overcome trauma. This book provides professionals with the knowledge and advice they need to help adoptive families build positive relationships and help children heal. It explains how neglect, trauma and prenatal exposure to drugs or alcohol affect brain and emotional development, and explains how to recognise these effects and attachment issues in children. It also provides ways to help children settle into new families and home and school approaches that encourage children to flourish. The book also includes practical resources such as checklists, questionnaires, assessments and tools for professionals including social workers, child welfare workers and mental health workers. This book will be an invaluable resource for professionals working with adoptive families and will support them in nurturing positive family relationships and resilient, happy children. It is ideal as a child welfare text or reference book and will also be of interest to parents.

Nurturing Attachments combines the experience and wisdom of parents and carers with that of professionals to provide support and practical guidance for foster and adoptive parents looking after children with insecure attachment relationships. It gives an overview of attachment theory and a step-by-step model of parenting which provides the reader with a tried-and-tested framework for developing resilience and emotional growth. Featuring throughout are the stories of Catherine, Zoe, Marcus and Luke, four fictional children in foster care or adoptive homes, who are used to illustrate the ideas and strategies described. The book

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offers sound advice and provides exercises for parents and their children, as well as useful tools that supervising social workers can use both in individual support of carers as well as in training exercises. This is an essential guide for adoptive and foster parents, professionals including health and social care practitioners, clinical psychologists, child care professionals, and lecturers and students in this field.

Have you ever longed to do something great for God, but lacked the ability to put "feet" to your longings? Have you tried to overcome your lack of passion for God or the things of God, but felt harnessed by spiritual lethargy? Do you want to impact your world for God? This book unveils the possibility that your own inner spirit may be slumbering—unfocused—even apathetic because of unresolved spiritual issues. It shows how this can affect your conscience, or hinder you from building and sustaining personal relationships, intimate communication, and devotional life. As you read this uniquely written book, you will find life-transforming principles for allowing the Holy Spirit to awaken your personal spirit and help you learn to walk confidently in the nature and image of Christ.

What if the purpose of living is to fulfill a vision or dream we brought with us into this life? Any parent or person working with children knows that each child, when nurtured and encouraged, develops according to his or her unique temperament and abilities. Nurture Your Child's Gift asks us to see our children's unique gifts and shows us how we can encourage their dreams. Nurture Your Child's Gift: Describes recent mind/body advances from medicine, sports, psychology, and education and shows how to apply them directly to developing children's self-esteem, empowerment, and wholeness Provides holistic applications of breathing, music, creative problem solving, self-dialogue, affirmation, and imagery Includes self-reflection exercises that enable parents to nurture their own gifts as they work to encourage their children's

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