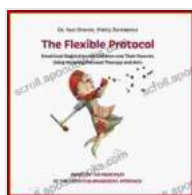


Emotional Regulation for Children and Their Parents: Using Meaning Focused

Emotional regulation is a key skill for children to learn. It helps them to manage their emotions in healthy ways, which can lead to better behavior, relationships, and academic achievement. This book provides parents with the tools they need to help their children develop strong emotional regulation skills.



The Flexible Protocol: Emotional Regulation for Children and Their Parents Using Meaning-Focused Therapy and Arts based on the cognitive-behavioral approach by Deborah Lynn Porter

★★★★☆ 4.6 out of 5

Language : English

File size : 3492 KB

Screen Reader : Supported

Print length : 305 pages



The book is written by a team of experts in child development and emotional regulation. They provide a comprehensive overview of the topic, including the latest research on how children develop emotional regulation skills. The book also includes practical tips and strategies that parents can use to help their children learn how to manage their emotions.

The book is divided into four parts:

- 1. Understanding Emotional Regulation**
- 2. Helping Children Develop Emotional Regulation Skills**
- 3. Common Challenges to Emotional Regulation**
- 4. Resources for Parents**

The first part of the book provides an overview of emotional regulation. The authors discuss the different components of emotional regulation, such as identifying emotions, understanding the causes of emotions, and managing emotions in healthy ways. They also discuss the importance of emotional regulation for children's development.

The second part of the book provides practical tips and strategies that parents can use to help their children develop emotional regulation skills. The authors provide guidance on how to talk to children about emotions, how to help children understand the causes of their emotions, and how to help children manage their emotions in healthy ways.

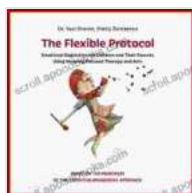
The third part of the book discusses common challenges to emotional regulation. The authors discuss the different factors that can interfere with children's emotional regulation, such as trauma, ADHD, and anxiety. They also provide tips on how to help children overcome these challenges.

The fourth part of the book provides resources for parents. The authors provide a list of books, websites, and other resources that parents can use to learn more about emotional regulation. They also provide a list of organizations that can provide support to parents of children with emotional regulation challenges.

Emotional Regulation for Children and Their Parents is a valuable resource for parents who want to help their children develop strong emotional regulation skills. The book provides a comprehensive overview of the topic, including the latest research on how children develop emotional regulation skills. The book also includes practical tips and strategies that parents can use to help their children learn how to manage their emotions.

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