

# **Get Free The Price Of Privilege How Parental Pressure And Material Advantage Are Creating A Generation Disconnected Unhappy Kids Madeline Levine Free Download Pdf**

*Parenting Without Pressure*

Oct 23 2019 Recommended by judges, therapists, social workers, ministers, and public school counselors, this book is a whole-family workbook that is designed to help replace daily battles with communication, respect, and unconditional love, providing parents with the tools necessary to bring peace and harmony into their homes.

*Calm Parents, Happy Kids* Aug 01 2020 Calm Parents, Happy Kids is the UK version of Dr Laura Markham's hugely

successful and ground-breaking book, *Peaceful Parent, Happy Kids*. Now adapted for UK audiences, this practical and inspiring book reveals a three step programme that will transform family life. Most parenting books focus on changing a child's behaviour, but the truth is that children only change when their relationship with their parents changes. In *Calm Parents, Happy Kids*, Dr Laura Markham introduces an approach to parenting that eliminates threats, power

struggles and manipulation, in favour of setting limits with empathy and communication. Bringing together the latest research in brain development with a focus on emotional awareness (for both parents and children), it will appeal to all parents who don't want to force their children into compliance and lose their temper, but want to keep calm and help their children want to behave.

Preparing for Peer Pressure

Aug 13 2021

### **A Parent's Guide to Balance and Getting More 'You' Time**

Sep 14 2021 Time

Management is not about time. It is about CHOICE and FOCUS. 'What do I want?' is an important question we don't often ask ourselves because we are often too busy dealing with what we're NOT getting. This book will help you to FOCUS on what you want and how to get it. 'Why aren't I already getting what I want?' is an equally important question because its answer unlocks the key to what is driving your CHOICES on how to currently

spend your time and how your thinking is stopping you from living the life that you want. A Parent's Guide to Balance and getting more YOU time is not like any other traditional time management book. This book approaches the issue of time management at a grass roots level first by addressing how you think about your time and a deeper understanding of what drives your priorities. Then it will teach you the practical tools required to organise your time and give you a plan of how to fit all of your hectic tasks into a schedule. By the end of this book you will feel that ALL areas of your life are getting adequate attention (including yourself) and that your schedule will align with what you want and what you consider as important to you.

Conquering the SAT Sep 21 2019 This insightful and practical guide for parents shows how we often undermine rather than encourage our teens' success on one of the most stressful standardized tests—the SAT—and what

strategies will remedy the problem. In recent years this test has taken on fearsome proportions, matched only by the growing competition for slots at major universities. Success is now as much a matter of navigating the maze of changing testing structures, crippling self-conceptions, and family dynamics as it is about memorizing vocabulary words. Tutors Ned Johnson and Emily Warner Eskelsen tackle the trials of the SAT head-on, revealing that the way our culture values this test is just as important as the answers teens fill in. Johnson and Eskelsen cover a wide range of topics including: \* Anxiety and ways to avoid "choking" on the test \* Best ways to prepare before the test - from exercise to nutrition to sleep \* Family communication \* What the SAT is actually testing \* How test-taking strategies will help teens in all walks of life \* Learning differences in teens and strategies for success

**Teach Your Children Well**  
Jan 18 2022 Psychologist  
Madeline Levine, author of the

New York Times bestseller *The Price of Privilege*, brings together cutting-edge research and thirty years of clinical experience to explode once and for all the myth that good grades, high test scores, and college acceptances should define the parenting endgame. Parents, educators, and the media wring their hands about the plight of America's children and teens—soaring rates of emotional problems, limited coping skills, disengagement from learning and yet there are ways to reverse these disheartening trends. *Teach Your Children Well* acknowledges that every parent wants successful children. However, until we are clearer about our core values and the parenting choices that are most likely to lead to authentic, and not superficial, success, we will continue to raise exhausted, externally driven, impaired children who believe they are only as good as their last performance. Real success is always an inside job, argues Levine, and is measured not by today's report card but

by the people our children become fifteen or twenty years down the line. Refusing to be diverted by manufactured controversies such as "tiger moms versus coddling moms," Levine confronts the real issues behind the way we push some of our kids to the breaking point while dismissing the talents and interests of many others. She shows us how to shift our focus from the excesses of hyperparenting and the unhealthy reliance on our children for status and meaning to a parenting style that concentrates on both enabling academic success as well as developing a sense of purpose, well-being, connection, and meaning in our children's lives. *Teach Your Children Well* is a call to action. And while it takes courage to make the changes we believe in, the time has come, says Levine, to return our overwrought families to a healthier and saner version of themselves.

**The Impact of Parental Involvement, Parental Support and Family**

## **Education on Pupil Achievement and**

**Adjustment** Oct 15 2021

**The Overachievers** Nov 16

2021 The bestselling author of *Pledged* returns with a groundbreaking look at the pressure to achieve faced by America's teens In *Pledged*, Alexandra Robbins followed four college girls to produce a riveting narrative that read like fiction. Now, in *The Overachievers*, Robbins uses the same captivating style to explore how our high-stakes educational culture has spiraled out of control. During the year of her ten-year reunion, Robbins goes back to her high school, where she follows heart-tuggingly likeable students including "AP" Frank, who grapples with horrifying parental pressure to succeed; Audrey, whose panicked perfectionism overshadows her life; Sam, who worries his years of overachieving will be wasted if he doesn't attend a name-brand college; Taylor, whose ambition threatens her popular girl status; and The Stealth Overachiever, a

mystery junior who flies under the radar. Robbins tackles teen issues such as intense stress, the student and teacher cheating epidemic, sports rage, parental guilt, the black market for study drugs, and a college admissions process so cutthroat that students are driven to suicide and depression because of a B. With a compelling mix of fast-paced narrative and fascinating investigative journalism, *The Overachievers* aims both to calm the admissions frenzy and to expose its escalating dangers.

### **Performing Under Pressure**

Feb 19 2022 Nobody performs better under pressure. Regardless of the task, pressure ruthlessly diminishes our judgment, decision-making, attention, dexterity, and performance in every professional and personal arena. In *Performing Under Pressure*, Drs. Hendrie Weisinger and J.P. Pawliw-Fry introduce us to the concept of pressure management, offering empirically tested short term and long term solutions to help

us overcome the debilitating effects of pressure. *Performing Under Pressure* tackles the greatest obstacle to personal success, whether in a sales presentation, at home, on the golf course, interviewing for a job, or performing onstage at Carnegie Hall. Despite sports mythology, no one "rises to the occasion" under pressure and does better than they do in practice. The reality is pressure makes us do worse, and sometimes leads us to fail utterly. But there are things we can do to diminish its effects on our performance. *Performing Under Pressure* draws on research from over 12,000 people, and features the latest research from neuroscience and from the frontline experiences of Fortune 500 employees and managers, Navy SEALs, Olympic and other elite athletes, and others. It offers 22 specific strategies each of us can use to reduce pressure in our personal and professional lives and allow us to better excel in whatever we do. Whether you're a corporate manager, a basketball player,

or a student preparing for the SAT, *Performing Under Pressure* will help you to do your best when it matters most.

*Parent Burnout* Jun 23 2022  
Identifies common signs of stress in parents, offers a six week program to recover from burnout, and explains how to recapture the joys of parenting

**Under Pressure** Dec 17 2021  
Though anxiety has risen among young people overall, recent research studies confirm that it has skyrocketed in girls since the turn of the century. So what's to blame? And how can we help these girls? In the engaging, anecdotal style and reassuring tone that won over thousands of readers of her bestseller *Untangled*, clinical psychologist Lisa Damour examines the science of stress and anxiety and the many facets of girls' lives where stress hits them hard: - The parental expectations they face at home - Pressures at school - Social anxiety among their peers - Social pressures on social media Exploring the

multiple layers of girls' lives, Damour shows us the critical steps we can take to shield them from the toxic stress to which both our culture and also we, as their caregivers, subject them. Readers familiar with Damour's bestseller *Untangled* or from her New York Times journalism will need to read this important new contribution to understanding and supporting today's girls - and tomorrow's young women.

Parenting Stress Oct 27 2022  
All parents experience stress as they attempt to meet the challenges of caring for their children. This comprehensive book examines the causes and consequences of parenting distress, drawing on a wide array of findings in current empirical research. Kirby Deater-Deckard explores normal and pathological parenting stress, the influences of parents on their children as well as children on their parents, and the effects of biological and environmental factors. Beginning with an overview of theories of stress and coping, Deater-Deckard

goes on to describe how parenting stress is linked with problems in adult and child health (emotional problems, developmental disorders, illness); parental behaviors (warmth, harsh discipline); and factors outside the family (marital quality, work roles, cultural influences). The book concludes with a useful review of coping strategies and interventions that have been demonstrated to alleviate parenting stress.

**Parental Stress and Early Child Development** Jul 24 2022 This book examines the complex impact of parenting stress and the effects of its transmission on young children's development and well-being (e.g., emotion self-regulation; executive functioning; maltreatment; future parenting practices). It analyzes current findings on acute and chronic psychological and socioeconomic stressors affecting parents, including those associated with poverty and cultural disparities, pregnancy and motherhood,

and caring for children with developmental disabilities. Contributors explore how parental stress affects cognitive, affective, behavioral, and neurological development in children while pinpointing core adaptation, resilience, and coping skills parents need to reduce abusive and other negative behaviors and promote optimal outcomes in their children. These nuanced bidirectional perspectives on parent/child dynamics aim to inform clinical strategies and future research targeting parental stress and its cyclical impact on subsequent generations. Included in the coverage: Parental stress and child temperament. How social structure and culture shape parental strain and the well-being of parents and children. The stress of parenting children with developmental disabilities. Consequences and mechanisms of child maltreatment and the implications for parenting. How being mothered affects the development of mothering. Prenatal maternal stress and

psychobiological development during childhood. Parenting Stress and Early Child Development is an essential resource for researchers, clinicians and related professionals, and graduate students in infancy and early childhood development, developmental psychology, pediatrics, family studies, and developmental neuroscience. *Stress and Your Child* May 22 2022 GIVE YOUR CHILDREN BACK THEIR CHILDHOOD. We like to think of childhood as a carefree, relaxed time of life, but the truth is, children today experience more stress than ever before: parents' fast-paced lifestyles, the frequent breakup of families, urban crime, schools in turmoil, and a host of other problems. However, according to Bettie B. Youngs, Ph.D., Ed.D, one of America's most admired experts on child psychology, children--by mastering skills of coping and self-awareness--can actually draw vitality from stress and channel it to promote health, fitness, and self-esteem. *Stress and Your Child* helps parents

understand the pressures that their children face and explores the essential ways to reduce, manage, and prevent stress from birth to age twenty. Dr. Youngs leads parents through each stage of their child's emotional and social development and teaches them: -- How to recognize the physical and emotional signs of stress in children -- How to understand school-related stress, including social pressures, personal safety, and test-taking -- How parental stress affects children--and what parents can do to alleviate t -- How teaching kids self-esteem and emotional honesty can help them cope with stress -- How diet, physical activity, and realistic schedules can help to minimize stress in children *Stress and Your Child* is an invaluable parenting guide. No family can afford to be without it!

**New Developments in Diagnosing, Assessing, and Treating ADHD** Feb 07 2021

It seems as though each day more children are diagnosed with attention-



deficit/hyperactivity disorder (ADHD). ADHD causes challenges not only for the patient but also for their parents, siblings, teachers, and other significant people in their lives. They have an increased vulnerability to addiction and crime. Controversially, stimulants are the primary choice for treatment of ADHD in medical management, and the side effects of this long-term pharmacological management has raised many questions. Psychosocial management including parent training, behavior therapy, and educational inputs are also major components of treatment and should not be ignored. Thus, it is vital to explore the latest best practices for the diagnosis, assessment, and management of ADHD. *New Developments in Diagnosing, Assessing, and Treating ADHD* is a collection of research on innovations in the management of ADHD. While highlighting topics including adolescent care, neurological disorders, and mental health, this book is ideally designed for

academicians, clinicians (especially psychiatrists, clinical psychologists, and pediatricians), social workers, psychiatric nurses, rehabilitation centers, researchers, and students interested in the handling of this disorder and the long-term effects and social risk factors associated with treatment.

### **Asian Education Miracles**

Sep 26 2022 With a focus on Asian contexts, this book brings together knowledge on how values and practices, embedded and practised in the classroom, school, family, and the society at large, can influence students' motivation, engagement and psychological well-being. The book synthesizes research on students and systems from culturally diverse Asian countries and economies, including Cambodia, Hong Kong-China, Indonesia, Japan, Korea, the Philippines, Singapore, Chinese Taipei, Thailand, the United Arab Emirates, and beyond. The book takes special interest in applying the insights gained

from understanding students' motivation, engagement, and well-being within their sociocultural contexts. Importantly, chapters in the book are grounded on thorough theoretical reviews and sound empirical findings, which together inform practical applications to enhance the motivation, engagement, and well-being of students in the Asian region. Taken together, this book will serve as a comprehensive and authoritative source for scholars, researchers, and practitioners (teachers, school policy makers, and educators in general) who are interested in examining and enhancing student motivation, engagement, and well-being from Asian perspectives.

### **Little Things Long**

**Remembered** Dec 25 2019  
Presents five hundred simple and inexpensive ideas for strengthening family ties and fostering lasting traditions  
The Work/Parent Switch Jul 12 2021  
You can still work and be a great parent! Most modern parents work. And we have

limited time, limited energy, limited patience and too much to do. We are seldom at our best at the end of a long working day when the parenting shift kicks in. We want to do the right thing but, in the thick of it, with no time to think and no energy to spare, it's easy to miss the small changes that could make a big difference to our child's (and our own) well-being. The Work/Parent Switch is essential reading for every working parent. Written by an expert in child development and psychology who has worked with thousands of stressed out working parents, it will walk you through an approach to parenting that will transform family life and can be fitted into modern working patterns. Covering all the key challenges such getting everyone out of the house on time in the morning, managing difficult behaviour when you're tired at the end of the day, controlling tech time and avoiding Sunday night homework battles, The Parent/Work Switch will help you to stop feeling guilty about

being at work and give you the tools to create the family life you want to come home to.

*The Price of Privilege* Dec 29 2022 In this ground-breaking book on the children of affluence, a well-known clinical psychologist exposes the epidemic of emotional problems that are disabling America's privileged youth, thanks, in large part, to normalized, intrusive parenting that stunts the crucial development of the self. In recent years, numerous studies have shown that bright, charming, seemingly confident and socially skilled teenagers from affluent, loving families are experiencing epidemic rates of depression, substance abuse, and anxiety disorders—rates higher than in any other socioeconomic group of American adolescents. Materialism, pressure to achieve, perfectionism, and disconnection are combining to create a perfect storm that is devastating children of privilege and their parents alike. In this eye-opening, provocative, and essential

book, clinical psychologist Madeline Levine explodes one child-rearing myth after another. With empathy and candor, she identifies toxic cultural influences and well-intentioned, but misguided, parenting practices that are detrimental to a child's healthy self-development. Her thoughtful, practical advice provides solutions that will enable parents to help their emotionally troubled "star" child cultivate an authentic sense of self.

**'Salem's Lot** Jan 26 2020 With a stunning new cover look, King's chilling classic of a small New England town about to be engulfed in terror. Turn off the television - in fact, why don't you turn off all the lights except for the one over your favourite chair? - and we'll talk about vampires here in the dim. I think I can make you believe in them. Stephen King, from the Introduction. 'Salem's Lot is a small New England town with the usual quota of gossips, drinkers, weirdos and respectable folk. Of course there are tales of strange

happenings - but not more than in any other town its size. Ben Mears, a moderately successful writer, returns to the Lot to write a novel based on his early years, and to exorcise the terrors that have haunted him since childhood. The event he witnessed in the house now rented by a new resident. A newcomer with a strange allure. A man who causes Ben some unease as things start to happen: a child disappears, a dog is brutally killed - nothing unusual, except the list starts to grow. Soon surprise will turn to bewilderment, bewilderment to confusion and finally to terror . . .

*Parents Under Pressure* Mar 08 2021 One in six American children live in poverty. One in six struggle with a developmental disability. An estimated 70 percent of American adults have experienced a traumatic event. Despite the overwhelming prevalence of these circumstances, societal expectations and the country's fragmented, under-resourced service systems make it nearly

impossible for families experiencing hardship to keep up. In many cases, the system makes their situation worse. In her book, Zilberstein, Clinical Director of the Northampton, Massachusetts chapter of A Home Within, provides a candid look at how parents contending with poverty, illness, disability, or other constraints are expected to do so much with so little-and the price they and society pay. Through the unforgettable portraits of six overburdened families, *Parents Under Pressure* shows how health crises can quickly devolve into the loss of jobs and homes, how public perceptions of poor people hamper the chances for a better life, and the ways in which race and income affect access to assistance. Judged by family, friends and professionals who question their abilities and choices, parents feel inadequate and drained, rather than supported. [A Secure Base](#) Nov 23 2019 As Bowlby himself points out in his introduction to this seminal childcare book, to be a

successful parent means a lot of very hard work. Giving time and attention to children means sacrificing other interests and activities, but for many people today these are unwelcome truths. Bowlby's work showed that the early interactions between infant and caregiver have a profound impact on an infant's social, emotional, and intellectual growth. Controversial yet powerfully influential to this day, this classic collection of Bowlby's lectures offers important guidelines for child rearing based on the crucial role of early relationships. Parenting Matters Apr 21 2022

Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest

years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger.

Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by

technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

*Irreversible Damage* Aug 21

2019 NAMED A BOOK OF THE YEAR BY THE ECONOMIST AND ONE OF THE BEST BOOKS OF 2021 BY THE TIMES AND THE SUNDAY TIMES "Irreversible Damage . . . has caused a storm. Abigail Shrier, a Wall Street Journal writer, does something simple yet devastating: she rigorously lays out the facts." —Janice Turner, The Times of London Until just a few years ago, gender dysphoria—severe discomfort in one's biological sex—was vanishingly rare. It was typically found in less than .01 percent of the population, emerged in early childhood, and afflicted males almost exclusively. But today whole groups of female friends in colleges, high schools, and even middle schools across the country are coming out as "transgender." These are girls who had never experienced any discomfort in their biological sex until they heard a coming-out story from a speaker at a school assembly or discovered the internet community of trans "influencers."

Unsuspecting parents are

awakening to find their daughters in thrall to hip trans YouTube stars and “gender-affirming” educators and therapists who push life-changing interventions on young girls—including medically unnecessary double mastectomies and puberty blockers that can cause permanent infertility. Abigail Shrier, a writer for the Wall Street Journal, has dug deep into the trans epidemic, talking to the girls, their agonized parents, and the counselors and doctors who enable gender transitions, as well as to “detransitioners”—young women who bitterly regret what they have done to themselves. Coming out as transgender immediately boosts these girls’ social status, Shrier finds, but once they take the first steps of transition, it is not easy to walk back. She offers urgently needed advice about how parents can protect their daughters. A generation of girls is at risk. Abigail Shrier’s essential book will help you understand what the trans craze is and how you can

inoculate your child against it—or how to retrieve her from this dangerous path.

**Unfolding Lives** Jun 11 2021

The process of becoming an adult in contemporary times is fragmented and unequal, shaped by chance, choice and timing. "Unfolding lives" presents a unique approach to understanding the changing face of youth transitions, addressing the question of how gender identities are constituted in late modern culture. The book follows individual lives over time, enabling the reader to witness gender identities in the making and breathing new life into static analytic models. At the heart of the book are vivid in-depth accounts of four young lives, emblematic of broader biographical trends. They reveal how inequalities and privileges are made in new and unexpected ways, through practices such as falling in love, coming out, acting out and religious conversion. A focus on temporal processes and changing meanings captures what it feels like to be

young and shows the creative ways that young people navigate the conflicting and changing demands of personal relationships, schooling, work and play. "Unfolding lives" is also a demonstration of a method-in-practice, describing how longitudinal material can be analysed and animated to realise the relationship between personal and social change. Written in an accessible style that breaks the conventional academic mould, "Unfolding lives" is a compelling and provocative read. The book will be an essential text for students and academics involved in youth and gender studies as well as those interested in new directions in qualitative research methods and writing.

**My New Best Friend** May 10 2021 My new best friend comforts me when I feel sad, encourages me when I feel frustrated, and is happy for me when I'm having fun. When people we care about are having a hard time, we usually treat them with kindness and understanding—yet when we

are the ones having a hard time, we are often quick to be unkind. We may get angry and impatient with ourselves, even calling ourselves nasty names. My New Best Friend invites children to break free of this pattern of "inner bullying," helping them treat themselves with kindness and understanding—laying the groundwork for emotional resilience, self-compassion, and positive self-esteem. "This is an absolutely delightful book that perfectly delivers the message of self-compassion in a way that is fun and easy to understand for kids. Parents who buy this book for their children will be giving them a gift to last a lifetime!" —Kristin Neff, Ph.D, author of *Self-Compassion: The Proven Power of Being Kind to Yourself*

[Prescribing under Pressure](#) Jun 30 2020 Antibiotics will soon no longer be able to cure common illnesses such as strep throat, sinusitis and middle ear infections as they have done for the last 60 years. Antibiotic-resistant bacteria are increasing at a much faster



rate than new antibiotics to treat them are being developed. The prescription of antibiotics for viral illnesses is a key cause of increasing bacterial resistance. Despite this fact, many children continue to receive antibiotics unnecessarily for the treatment of viral upper respiratory tract infections. Why do American physicians continue to prescribe inappropriately given the high social stakes of this action? The answer appears to lie in the fundamentally social nature of medical practice: physicians do not prescribe as the result of a clinical algorithm but prescribe in the context of a conversation with a parent and a child. Thus, physicians have a classic social dilemma which pits individual parents and children against a greater social good. This book examines parent-physician conversations in detail, showing how parents put pressure on doctors in largely covert ways, for instance in specific communication practices for explaining why they have brought their child to

the doctor or answering a history-taking question. This book also shows how physicians yield to this seemingly subtle pressure evidencing that apparently small differences in wording have important consequences for diagnosis and treatment recommendations. Following parents use of these interactional practices, physicians are more likely to make concessions, alter their diagnosis or alter their treatment recommendation. This book also shows how small changes in the way physicians present their findings and recommendations can decrease parent pressure for antibiotics. This book carefully documents the important and observable link between micro social interaction and macro public health domains.

All Joy and No Fun Apr 28 2020  
Award-winning journalist Jennifer Senior tries to tackle the issue of the effects of children on their parents, isolating and analyzing the many ways in which children reshape their parents' lives,

whether it's their marriages, their jobs, their habits, their hobbies, their friendships, or their internal senses of self. She argues that changes in the last half-century have radically altered the roles of today's mothers and fathers, making their mandates at once more complex and far less clear. Recruiting from a wide variety of sources - in history, sociology, economics, psychology, philosophy, and anthropology - she dissects both the timeless strains of parenting and the ones that are brand new, and then brings her research to life in the homes of ordinary parents around the country. The result is an unforgettable series of family portraits, starting with parents of young children and progressing to parents of teens. Through lively and accessible storytelling, Senior follows these mothers and fathers as they wrestle with some of parenthood's deepest vexations - and luxuriate in some of its finest rewards. All Joy and No Fun makes us reconsider some of our

culture's most basic beliefs about parenthood, all while illuminating the profound ways children deepen and add purpose to our lives. All Joy and No Fun is original and essential reading for mothers and fathers of today - and tomorrow.

### **Parenting Under Pressure**

Mar 28 2020 This book strives to break new ground by giving an insight into what it means to be a parent with learning difficulties. Very little is known about the lives and struggles of these parents. By looking at the common threads in their lives, the authors aim to produce personal accounts that are true to the experience of parents themselves. Using the life-story approach to give pride of place to the views of mothers and fathers, this study serves as a counterweight to research in which the parents as people make no appearance. The authors try to harness their work to practical ends by drawing out its lessons for professionals. As well as offering a parents' view of parenting, the book also

presents a challenge to our thinking about the rights and responsibilities of people with learning difficulties.

**Misery** Feb 25 2020 After an almost fatal car crash, novelist Paul Sheldon finds himself being nursed by a deranged fan who holds him captive.

### **Parenting for a Digital**

**Future** May 30 2020 "In the decades it takes to bring up a child, parents face challenges that are both helped and hindered by the fact that they are living through a period of unprecedented digital innovation. Drawing on extensive research with diverse parents, this book reveals how digital technologies give personal and political parenting struggles a distinctive character, as parents determine how to forge new territory with little precedent, or support. The book reveals the pincer movement of parenting in late modernity. Parents are both more burdened with responsibilities and charged with respecting the agency of their child-leaving much to

negotiate in today's "democratic" families. The book charts how parents now often enact authority and values through digital technologies-as "screen time," games, or social media become ways of both being together and setting boundaries. The authors show how digital technologies introduce both valued opportunities and new sources of risk. To light their way, parents comb through the hazy memories of their own childhoods and look toward varied imagined futures. This results in deeply diverse parenting in the present, as parents move between embracing, resisting, or balancing the role of technology in their own and their children's lives. This book moves beyond the panicky headlines to offer a deeply researched exploration of what it means to parent in a period of significant social and technological change. Drawing on qualitative and quantitative research in the United Kingdom, the book offers conclusions and insights

relevant to parents, policymakers, educators, and researchers everywhere"--  
*Mindful Parenting* Nov 04 2020  
Despite its inherent joys, the challenges of parenting can produce considerable stress. These challenges multiply—and the quality of parenting suffers—when a parent or child has mental health issues, or when parents are in conflict. Even under optimal circumstances, the constant changes as children develop can tax parents' inner resources, often undoing the best intentions and parenting courses. *Mindful Parenting: A Guide for Mental Health Practitioners* offers an evidence-based, eight week structured mindfulness training program for parents with lasting benefits for parents and their children. Designed for use in mental health contexts, its methods are effective whether parents or children have behavioral or emotional issues. The program's eight sessions focus on mindfulness-oriented skills for parents, such as responding to (as opposed to

reacting to) parenting stress, handling conflict with children or partners, fostering empathy, and setting limits. The book dovetails with other clinical mindfulness approaches, and is written clearly and accessibly so that professionals can learn the material easily and impart it to clients. Featured in the text: Detailed theoretical, clinical, and empirical foundations of the program. The complete *Mindful Parenting* manual with guidelines for eight sessions and a follow-up. Handouts and assignments for each session. Findings from clinical trials of the *Mindful Parenting* program. Perspectives from parents who have finished the course. Its clinical focus and empirical support make *Mindful Parenting* an invaluable tool for practitioners and clinicians in child, school, and family psychology, psychotherapy/counseling, psychiatry, social work, and developmental psychology.  
**High-Pressure Youth Sports**  
Dec 05 2020 Discusses the issues surrounding children in

sports, including parental pressure, bullying by coaches, and sexual abuse.

*The Book of No* Jan 06 2021 An updated edition of the bestselling guide! Do you have problems saying "No?" Do people always turn to you for a favor? Wonder how you get roped into things you really don't want to do--with friends or family, at work or even with pushy salespeople? Refusing someone is rarely easy. Often, it's downright uncomfortable. But constantly saying "yes" causes anxiety, anger, stress, regret, and feelings of powerlessness. Social psychologist and author Dr. Susan Newman empowers you to break your debilitating yes habit with her simple techniques and insights. This new, enhanced edition is filled with research and timely scenarios that offer more ways to say "no" without feeling guilty or damaging your relationships. You'll discover how to: Recognize when someone is manipulating you into "yes" Be ready with the words you need to refuse Avoid

being overcommitted, overworked and overwhelmed Put an end to feelings of resentment or frustration Make quality time for things you want to do Establish and keep your boundaries strong Harness the power of "No" and take back your life.

### **How to Talk When Kids**

**Won't Listen** Oct 03 2020 An all-new guide from the mega-bestselling How To Talk series applies trusted and effective communication strategies to the toughest challenges of raising children. For forty years, readers have turned to Adele Faber and Elaine Mazlish's How To Talk So Kids Will Listen & Listen So Kids Will Talk, the book The Boston Globe called, "the parenting Bible," for a respectful and practical approach to communication with children. Expanding upon this work, Adele's daughter, Joanna Faber, along with Julie King, coauthored the bestselling book, How To Talk So Little Kids Will Listen. Now, Faber and King have tailored How To Talk's tried and trusted

communication strategies to some of the most challenging childhood moments. From tantrums to technology to talking to kids about tough topics, *How To Talk When Kids Won't Listen* offers concrete strategies for these and many more difficult situations. Part One introduces readers to the *How To Talk* "toolbox," with whimsical cartoons demonstrating the basic communication skills that will transform readers' relationships with children in their lives. In Part Two, Joanna and Julie answer specific questions and share relatable stories, offering practical tools for addressing issues such as homework hassles, sibling battles, digital dilemmas, problems with punishment, and more. Readers can turn directly to any topic of interest and find the help they need, with handy "reminder pages." Through the combination of lively stories from real parents and teachers, humorous illustrations, and entertaining exercises, *How To Talk When Kids Won't Listen* offers real

solutions to struggles familiar to every parent, grandparent, teacher, and anyone else who lives or works with children. [Ready Or Not](#) Apr 09 2021 The New York Times bestselling author of *The Price of Privilege* and *Teach Your Children Well* explores how today's parenting techniques and our myopic educational system are failing to prepare children for their certain-to-be-uncertain future-- and how we can reverse course to ensure their lasting adaptability, resilience, health and happiness. In *The Price of Privilege*, respected clinician, Madeline Levine was the first to correctly identify the deficits created by parents giving kids of privilege too much of the wrong things and not enough of the right things. Continuing to address the mistaken notions about what children need to thrive in *Teach Your Children Well*, Levine tore down the myth that good grades, high test scores, and college acceptances should define the parenting endgame. In *Ready or Not*, she continues the discussion, showing how

these same parenting practices, combined with a desperate need to shelter children from discomfort and anxiety, are setting future generations up to fail spectacularly. Increasingly, the world we know has become disturbing, unfamiliar, and even threatening. In the wake of uncertainty and rapid change, adults are doubling-down on the pressure-filled parenting style that pushes children to excel. Yet these daunting expectations, combined with the stress parents feel and unwittingly project onto their children, are leading to a generation of young people who are overwhelmed, exhausted, distressed--and unprepared for the future that awaits them. While these damaging effects are known, the world into which these children are coming of age is not. And continuing to focus primarily on grades and performance are leaving kids more ill-prepared than ever to navigate the challenges to come. But there is hope. Using the latest

developments in neuroscience and epigenetics (the intersection of genetics and environment), as well as extensive research gleaned from captains of industry, entrepreneurs, military leaders, scientists, academics, and futurists, Levine identifies the skills that children need to succeed in a tumultuous future: adaptability, mental agility, curiosity, collaboration, tolerance for failure, resilience, and optimism. Most important, Levine offers day-to-day solutions parents can use to raise kids who are prepared, enthusiastic, and ready to face an unknown future with confidence and optimism.

*The Unlikely Art of Parental Pressure* Nov 28 2022 The Right Kind of Parental Pressure Puts Kids on a Path to Success. The Wrong Kind Can Be Disastrous. Level up your parenting with this positive approach to pushing your child to be their best self. Parents instinctively push their kids to succeed. Yet well-meaning parents can put soul-crushing pressure on kids, leading to

under-performance and serious mental health problems instead of social, emotional, and academic success. So where are they going astray? According to Drs. Chris Thurber and Hendrie Weisinger, it all comes down to asking the right question. Instead of “How much pressure?”, you should be thinking “How do I apply pressure?” *The Unlikely Art of Parental Pressure* addresses the biggest parenting dilemma of all time: how to push kids to succeed and find happiness in a challenging world without pushing them too far. The solution lies in Thurber and Weisinger’s eight methods for transforming harmful pressure to healthy pressure. Each transformation is enlivened by case studies, grounded in research, and fueled by practical strategies that you can start using right away. By upending conventional wisdom, Thurber and Weisinger provide you with the revolutionary guide you need to nurture motivation, improve your interactions with your child,

build deep connections, sidestep cultural pitfalls, and, ultimately, help your kids become their best selves. *The Unlikely Art of Parental Pressure: A Positive Approach to Pushing Your Child to Be Their Best Self* Aug 25 2022 How parents can guide their kids on a path to success -- while avoiding burnout. It's a tough world out there and, in order to succeed, kids need to learn how to perform under pressure. But how can parents foster that resilience at a time when kids are already more stressed out and anxious than ever before? *The Unlikely Art of Parental Pressure* addresses one of the biggest dilemmas for today's parents: Parental Pressure. While other resources exist for parents to recognize the symptoms of stress and meltdowns in their young kids and teens, Chris Thurber and Hendrie Weisinger show how prevention is an even better tool. They uncover what falls under negative, dysfunctional parental pressure so that parents can stop themselves



from falling into that "Parental Pressure Paradox" trap.

Thurber and Weisinger reveal case studies and concrete parent-child communication strategies, along with analysis on how to improve that communication that is positive in key ways: improvement oriented, interactive, unconditional love and protection of self-esteem.

Time Management for Busy Parents Sep 02 2020

Sometimes you can be too busy as a parent to really enjoy it, then before you know it your children have grown up and fled the nest. These time management tips for busy parents are a quick read, with actionable steps which will really help with parenting stress management as well as providing useful time management strategies for children. Don't underestimate the value of your child learning good habits to last a lifetime, and these time management skills for kids go hand in hand with the time management techniques for parents which will relieve stress and time

pressure on your life. Chapters in this book include

Decluttering Your Mind & Space; Organizational Fundamentals; Streamlining Paperwork and Children's Clutter. They are packed with practical time management steps, showing you what to do next, how to avoid procrastination, saving time, the art of delegation and steadily bringing order to the chaos of a disorganized life.

Time Management for Busy Parents will ease you into the best time management habits. In fact you could call it easy time management.

Depression in Parents, Parenting, and Children Mar 20 2022 Depression is a widespread condition affecting approximately 7.5 million parents in the U.S. each year and may be putting at least 15 million children at risk for adverse health outcomes. Based on evidentiary studies, major depression in either parent can interfere with parenting quality and increase the risk of children developing mental, behavioral and social

problems. Depression in Parents, Parenting, and Children highlights disparities in the prevalence, identification, treatment, and prevention of parental depression among different sociodemographic populations. It also outlines strategies for effective intervention and identifies the need for a more interdisciplinary approach that takes biological, psychological, behavioral, interpersonal, and social contexts into consideration. A major challenge to the effective management of parental depression is developing a treatment and prevention strategy that can be introduced within a two-generation framework, conducive for parents and their children. Thus far, both the federal and state response to the problem has been fragmented, poorly funded, and lacking proper oversight. This study examines options for widespread

implementation of best practices as well as strategies that can be effective in diverse service settings for diverse populations of children and their families. The delivery of adequate screening and successful detection and treatment of a depressive illness and prevention of its effects on parenting and the health of children is a formidable challenge to modern health care systems. This study offers seven solid recommendations designed to increase awareness about and remove barriers to care for both the depressed adult and prevention of effects in the child. The report will be of particular interest to federal health officers, mental and behavioral health providers in diverse parts of health care delivery systems, health policy staff, state legislators, and the general public.

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