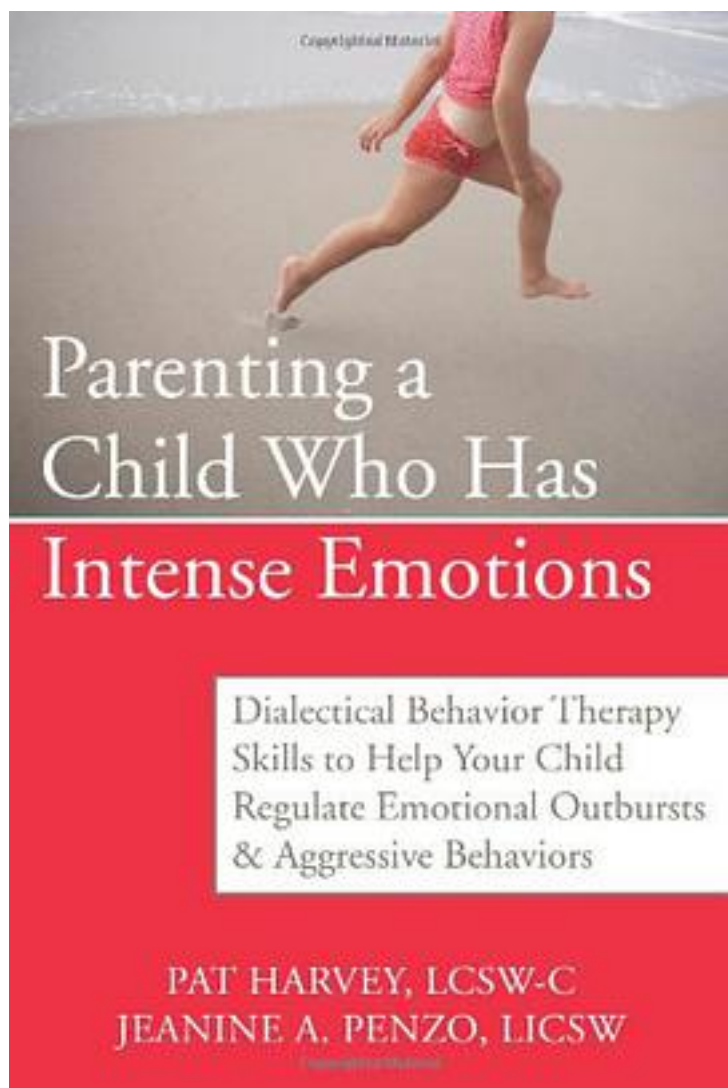


Parenting a Child Who Has Intense Emotions



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著者:Harvey, Pat/ Penzo, Jeanine A.

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Children who are unable to manage their emotions are oversensitive, reactive, and prone to defiant behaviour and emotional outbursts. Attempts to soothe these children are often met with further emotional and behavioural outbursts, leaving parents feeling bewildered and helpless. Though children with intense emotions don't necessarily have a diagnosable mental health disorder, their behaviours put them at risk for anxiety, depression, and autism spectrum disorders. "Parenting a Child with Intense Emotions" will help these parents accept, acknowledge, and de-escalate their children's emotions. Children with intense emotions often lack the awareness and verbal abilities to express themselves in coherent, understandable ways. In this book, readers learn a skill called validation that will help them find kernels of truth within a child's emotional outbursts and respond effectively. By learning the skills and strategies in this book, parents will become less defensive when angry feelings are aimed at them and better able to help their child express himself or herself effectively.

作者介绍:

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