

Double Dip Feelings

With over 500 hand-picked titles, *Healing Stories* recommends carefully selected books essential for any adult looking to help children cope with their growing pains through reading. Annotated with helpful commentary, these titles cover everything from kids' everyday trials (losing baby teeth, starting school, having a bad day) to more emotionally stressful events (death of a pet, moving, illness), giving adults all the information they need to choose the right books. Also features useful tips to make reading fun and helpful for both adults and children. For more information, visit the *Healing Stories* Web site.

We all wish to have that special someone who brightens our days and fills our lives with joy and love. This book is about the beautiful memories made between an Italian grandmother (Nonna) and her grandchild. "My Days with Nonna" focuses on the innocence of childhood, while reflecting on the importance of life's impressionable moments...moments that will always be cherished and never forgotten.

A thoughtful, gleeful encyclopedia of emotions, both broad and outrageously specific, from throughout history and around the world. How do you feel today? Is your heart fluttering in anticipation? Your stomach tight with nerves? Are you falling in love? Feeling a bit miffed? Do you have the heebie-jeebies? Are you antsy with *iktsuarpok* or filled with *nakhes*? Recent research suggests there are only six basic emotions. But if that makes you feel uneasy, suspicious, and maybe even a little bereft, *The Book of Human Emotions* is for you. In this unique book, you'll get to travel across the world and through time, learning how different cultures have articulated the human experience and picking up some fascinating new knowledge about yourself along the way. From the familiar (anger) to the foreign (*zal*), each entertaining and informative alphabetical entry reveals the surprising connections and fascinating facts behind our emotional lives. Whether you're in search of the perfect word to sum up that cozy feeling you get from being inside on a cold winter's night, surrounded by friends and good food (what the Dutch call *gezelligheid*), or wondering how nostalgia evolved from a fatal illness to enjoyable self-indulgence, Tiffany Watt Smith draws on history, anthropology, science, art, literature, music, and popular culture to find the answers. In reading *The Book of Human Emotions*, you'll discover feelings you never knew you had (like *basorexia*, the sudden urge to kiss someone) and gain unexpected insights into why you feel the way you do. Besides, aren't you curious what *nginyiwarrarringu* means?

Featuring extensive case studies, this volume provides a unique window into implementation of evidence-based treatments in real-world community settings. Experienced therapists illustrate the use of three effective therapies for traumatized children and their caregivers: trauma-focused cognitive-behavioral therapy (TF-CBT), child-parent psychotherapy (CPP), and parent-child interaction therapy (PCIT). Covering the entire process of assessment and intervention, the cases highlight ways to maintain treatment fidelity while addressing complex clinical challenges with diverse clients. Experts in the respective therapy models offer instructive commentaries at the end of each case. The book also provides a concise introduction to each model, including its theoretical underpinnings, empirical support, and applications.

Uses cats and their lifestyles to present techniques to help young people deal with stress.

Your kids are experiencing a frenzy of feelings daily, such as: fear, shyness, happiness, frustration, silliness, sadness, anger, and more. This mindful, age-appropriate, and engaging book will help your young children identify their unique emotions as it cleverly and creatively covers relevant feelings. Specifically, the book introduces an adorable plot: One day a girl meets a monster. What do they feel in that moment? Will they become friends?... You'll see how the characters help each other recognize what they're feeling and address their emotions without tantrums and meltdowns. With rhyming texts and warm illustrations, the book allows children to better understand and process what they feel in the exact moment and the reason for that feeling. Together with your child, you'll learn a variety of emotions, practice useful words, and guide your kiddos to master reading, vocabulary, speech, grammar, and other emergent literacy skills while also achieving emotional regulation. In addition, you'll gain the opportunity to speak about what your child is feeling. Set your kiddos' feelings free and let them soar with love, laughter, and literacy today!

Introduces the people and procedures involved in foster care, and the feelings, reactions, and concerns of new foster children. Includes an afterword for caregivers.

Since its publication in 2001, *You Are My I Love You* has sold half a million copies worldwide and given voice to the unique love parents feel for their children. Now the creators of this modern classic reunite to honor the special bond between grandparent and grandchild, the one of passing along tradition, joyful spoiling, nurturing imagination, and pure adoration. Whether it's the sharing of stories or romping horsey rides, silly tickle fights or lazy fishing trips, there's truly nothing like it. With touching, heartfelt words and warm, playful illustrations, Maryann Cusimano Love and Satomi Ichikawa shine their spotlight on this unique relationship.

After Marta the cow watches the annual bicycle race go through her town, she decides to build her own bicycle and teach herself to ride.

Introduces post-traumatic stress disorder and explains why it can occur in family members, its symptoms, and how to live with an individual affected by PTSD.

Stressed Out!: Solutions to Help Your Child Manage and Overcome Stress is an easy-to-read guide for parents to help their children understand stress, its effects on kids' day-to-day lives, and how to handle it. The book suggests stress management solutions that can be implemented by even the busiest parents and kids, focusing on a variety of common stressful situations that are grouped according to three categories—school, family, or environmental. Strategies include sample dialogues parents can use in conversation with their child and activities to help children gain insight and understanding into the nature of their stress, such as worksheets, role-play scenarios, or children's stories. Designed for maximum accessibility, parents and their children can immediately apply and reinforce the solutions. Inherent in each chapter is the underlying understanding that stress in children is very individual and solutions need to be individualized to fit the circumstances and personality of each child. 2018 NAGC Book of the Year Award Winner

One of the few books on the treatment of psychological trauma in children that provides specific, in-depth individual, group, and family therapy interventions for complex psychological trauma, *Treating Complex Trauma in Children and Their Families: An Integrative Approach* focuses on the treatment of 6-12 year-old children and their relevant family members. Renowned authors Cheryl B. Lanktree and John N. Briere use their evidence-based, yet flexible treatment model, *Integrative Treatment of Complex Trauma for Children (ITCT-C)*, as they address the use of play therapy, attachment processing, mindfulness, and other approaches, as well as interventions with family/caretaker and community systems. The authors emphasize a culturally sensitive, destigmatizing, and empowering perspective that supports both recovery and posttraumatic growth. Clinical examples and specific tools illustrate how assessment is used to guide individualized and developmentally-appropriate interventions.

How do you feel? We all experience emotions and emotions are absolutely fine as long as we know what to do with them. Feelings arrive effortlessly enough but deciding what to do with them when they turn isn't so easy - especially when you are a child. Cue: this book! It provides children with several straightforward, entertaining and appropriate interactive ideas to help them deal with a selection of significant emotions. A great dip-in book where children can choose a feeling that relates to them and then turn to the page that provides child-friendly strategies for dealing with that feeling. Helpful parent notes at the back of the book provide more ideas for parents to use with their child and other strategies to try out together and practice the all important skill of dealing with feelings.

"Open Water is tender poetry, a love song to Black art and thought, an exploration of intimacy and vulnerability between two young artists learning to be soft with each other in a world that hardens against Black people."—Yaa Gyasi, author of *HOME GOING* In a crowded London pub, two young people meet. Both are Black British, both won scholarships to private schools where they struggled to belong, both are now

artists—he a photographer, she a dancer—and both are trying to make their mark in a world that by turns celebrates and rejects them. Tentatively, tenderly, they fall in love. But two people who seem destined to be together can still be torn apart by fear and violence, and over the course of a year they find their relationship tested by forces beyond their control. Narrated with deep intimacy, *Open Water* is at once an achingly beautiful love story and a potent insight into race and masculinity that asks what it means to be a person in a world that sees you only as a Black body; to be vulnerable when you are only respected for strength; to find safety in love, only to lose it. With gorgeous, soulful intensity, and blistering emotional intelligence, Caleb Azumah Nelson gives a profoundly sensitive portrait of romantic love in all its feverish waves and comforting beauty. This is one of the most essential debut novels of recent years, heralding the arrival of a stellar and prodigious young talent.

Mac and Liz attend a new colorless school. No one sees color in an effort to avoid the elephant in the room. When the children work together and push the elephant out of the room, they all learn to appreciate differences instead of ignoring them.

Real Life Heroes: Toolkit for Treating Traumatic Stress in Children and Families, Second Edition is an organized and easy-to-use reference for practitioners providing therapy to children and caregivers with traumatic stress. This step-by-step guide is an accompanying text to the workbook *Real Life Heroes: A Life Story Book for Children, Third Edition* and provides professionals with structured tools for helping children to reintegrate painful memories and to foster healing from traumatic experiences. The book is a go-to resource for practitioners in child and family service agencies and treatment centers to implement trauma-informed, resiliency-centered and evidence-supported services for children with traumatic stress.

Explores the causes and effects of stress and offers practical approaches and techniques for dealing with stress in daily life.

The book opens with the question: "How are you feeling today?" And this leads on to a spread by spread presentation of a wide range of feelings, including: *Happy * Sad * Excited * Bored * Interested * Angry * Upset * Calm * Silly * Lonely * Scared * Safe * Embarrassed * Shy * Confident * Worried * Jealous * Satisfied The final spread is about Feeling Better because sharing and talking about feelings helps us to feel better. The approach and design follows *The Great Big Book of Families*, with lots of different children in lots of different situations, brief text captions and questions and plenty of humour to make sure the book is fun. Mary Hoffman and Ros Asquith look at feelings in family life, at school and everywhere with the same warmth, wit and sensitivity that they brought to their award-winning *The Great Big Book of Families*.

A child learns that he must let go of hurt feelings and not let them grow big.

Cognitive-Behavioral Play Therapy (CBPT) incorporates cognitive and behavioral interventions within a play therapy paradigm. It provides a theoretical framework based on cognitive-behavioral principles and integrates these in a developmentally sensitive way. Thus, play as well as verbal and nonverbal approaches are used in resolving problems. CBPT differs from nondirective play therapy, which avoids any direct discussion of the child's difficulties. A specific problem-solving approach is utilized, which helps the child develop more adaptive thoughts and behaviors. Cognitive-behavioral therapies are based on the premise that cognitions determine how people feel and act, and that faulty cognitions can contribute to psychological disturbance. Cognitive-behavioral therapies focus on identifying maladaptive thoughts, understanding the assumptions behind the thoughts, and learning to correct or counter the irrational ideas that interfere with healthy functioning. Since their development approximately twenty-five years ago, such therapies have traditionally been used with adults and only more recently with adolescents and children. It has commonly been thought that preschool-age and school-age children are too young to understand or correct distortions in their thinking. However, the recent development of CBPT reveals that cognitive strategies can be used effectively with young children if treatments are adapted in order to be developmentally sensitive and attuned to the child's needs. For example, while the methods of cognitive therapy can be communicated to adults directly, these may need to be conveyed to children indirectly, through play activities. In particular, puppets and stuffed animals can be very helpful in modeling the use of cognitive strategies such as countering irrational beliefs and making positive self-statements. CBPT is structured and goal oriented and intervention is directive in nature.

From the author of the bestselling *Twenty Things Adopted Kids Wish Their Adoptive Parents Knew* comes an invaluable resource guide filled with practical advice to help adoptive parents form closer bonds with their children.

"A witty, romantic, deeply insightful debut." —Emma Lord, author of *Tweet Cute* In this sparkling and romantic YA debut, a reserved Bangladeshi teenager has twenty-eight days to make the biggest decision of her life after agreeing to fake date her school's resident bad boy. How do you make one month last a lifetime? Karina Ahmed has a plan. Keep her head down, get through high school without a fuss, and follow her parents' rules—even if it means sacrificing her dreams.

When her parents go abroad to Bangladesh for four weeks, Karina expects some peace and quiet. Instead, one simple lie unravels everything. Karina is my girlfriend. Tutoring the school's resident bad boy was already crossing a line.

Pretending to date him? Out of the question. But Ace Clyde does everything right—he brings her coffee in the mornings, impresses her friends without trying, and even promises to buy her a dozen books (a week) if she goes along with his fake-dating facade. Though Karina agrees, she can't help but start counting down the days until her parents come back.

T-minus twenty-eight days until everything returns to normal—but what if Karina no longer wants it to? "I. Love. This. Book." —Mark Oshiro, award-winning author of *Anger Is a Gift* and *Each of Us a Desert* "A must-have addition to any YA bookshelf." —Sabina Khan, author of *Zara Hossain Is Here* and *The Love and Lies of Rukhsana Ali* "Hand to fans of Netflix hit *Never Have I Ever*." —Booklist

This is the story about a little girl named Nel, who is diagnosed with epilepsy. The story takes the reader through the days following Nel's first seizure.

Angel Catcher for Kids offers a healthy way for a child to cope with the painful and often confusing process of grieving. Designed to help a child overcome the loss of a loved one, this journal also invites the child to record precious memories of the special person who has died. *Angel Catcher for Kids* will help a child to catch-and hold-an angel.

Dr. Sal Severe established himself as a leading childcare and parenting expert with his phenomenally successful *How to Behave So Your*

Children Will, Too! Now he focuses on raising children between the ages of three and six. Based on Dr. Severe's philosophy that children's behavior often reflects that of their parents, this book teaches readers how to better handle a host of issues, from fussing at bedtime and temper tantrums to toilet training and sibling rivalry. Instead of focusing on what children do wrong, Severe teaches parents what they can do right by emphasizing the positive, being consistent, and being more patient. Filled with checklists, an extensive resource guide to books that parents can read with their preschoolers, and plenty of inspiration, this goldmine of helpful advice is certain to become a bible for stressed-out parents everywhere.

With over 500 hand-picked titles, *Healing Stories* recommends carefully selected books essential for any adult looking to help children cope with their growing pains through reading. Featuring the long-established children's classics and the most recent library sensations, these hand-picked stories address kids' struggles - from the everyday to life-changing - while offering adults the information they need to make the right choices for their kids. Also includes useful tips to make reading fun and helpful for both adults and children.

Healing Days is a book designed to be used in therapy for young children and functions as an excellent resource for those who have experienced physical or sexual abuse, or other trauma. Readers will follow four children as they learn ways to cope with their own trauma. Sensitive, empowering, and beautifully illustrated, the book models therapeutic coping responses and provides children with tools they may use to deal with their own trauma. A Dear Reader introduction is included for the child reader. Also available is an online Note to Parents and Caregivers.

This amusing tale makes an unforgettable case for good behavior.

This straightforward guide provides the essential information for parents and advocates to understand US law and get the right educational entitlements for a child with dyslexia. Using case studies and examples, this book demonstrates clearly how to apply the Individuals with Disabilities Education Act (IDEA) to the unique requirements of a dyslexic child. It offers simple, intelligible help for parents on how to coordinate successfully with their child's school and achieve the right services and support for their dyslexic child; up to and beyond getting an effective Individual Education Plan (IEP). *Dyslexia Advocate!* is an invaluable tool for parents trying to negotiate a complex legal system in order to get the best outcome for their child. It is an essential guide for anyone who is considering acting as an advocate for a child with dyslexia.

In *The Therapist's Notebook for Children and Adolescents*, 2nd ed, you'll find the most powerful tools available for aiding children with their feelings, incorporating play techniques into therapy, encouraging appropriate parental involvement in family sessions, and providing group therapy to children. This ready reference is divided into ten thoughtfully planned sections to make it easy to find the right activity, handout, or intervention for the problem at hand, whether you're looking for creative ideas, running a children's group, putting interventions into practice in the classroom, or looking for ways to increase parental and familial involvement. Instructions for the activities are clearly explained and highlighted with case examples and many illustrations. Chapters are by leading experts, including Eliana Gil, Risé VanFleet, Liana Lowenstein, Howard Rosenthal, and Volker Thomas, and explore strategies for treating children both individually and in a family context. With more than 60% new material, this expanded version delves into the latest research and thinking on family play therapy and addresses many pertinent issues of our time, including bullying, suicidal ideation, ADHD, autism, adolescents and sex, and cultural issues. It's a must-have arsenal for both novice and experienced professionals in family therapy, play therapy, psychology, psychiatry, counseling, education, nursing, and related fields.

How many times have you pushed away a painful emotion, like sadness, grief or anger? Accepting life's difficult feelings is a struggle for many of us, especially children. But with the right guidance and practice, emotional acceptance can become a habit that provides lifelong mental health benefits. This interactive workbook is filled with over 100 pages of interventions and activities designed to help kids understand and sit with their feelings - even the most uncomfortable ones. Written by child and adolescent mental health therapist Lauren Stockly with illustrations by celebrated artist Ellen Surrey, the "*Mindful Monsters Therapeutic Workbook*" is designed for use on its own, or as an interactive and enriching compliment to the therapeutic children's book "*Be Mindful of Monsters*." Designed with therapists in mind, this workbook incorporates a range of therapeutic modalities and concepts that can be personalized to meet the unique needs of each individual child. Many of the activities in this book are also easily adaptable for home and classroom settings, making it an ideal companion for teachers and parents as well.

Discusses how natural it is to feel contradictory emotions; presents situations, such as the first day of school, the birth of a sibling, or a move to a new house; and identifies two emotions each event is likely to elicit.

Although the other lightning bugs tease him, Leo is determined to make his own light, and with motherly support and a little luck, he eventually learns to light up the night, which leads to a new-found confidence and a good night's sleep.

The bestselling author of "*Why Do They Act That Way?*" writes the book his readers have been asking him for: how and when to say no to kids and make it stick.

Double-dip Feelings Stories to Help Children Understand Emotions

Written by licensed family and marriage therapist Tara Fass, who has spent two decades helping families navigate divorce and co-parenting, *Turtlebird's Double Dip Shuffle* aims to be a balm for those heartbreaking moments when parent and child alike are converging toward the brink of emotional breakdown. Her goal is to turn meltdown tears into smiles of understanding and even contentment. This ditty, *Old Mc Donald's Farm* meets *Humpty Dumpty*, is intended to be read out loud and con gusto (even if it seems awkward or embarrassing) because chances are the funny, distracting and attention-getting noises created by the animal sounds will spark curiosity. The turtlebird has two homes. Up in the lovely trees with Bird and in the soothing waters with Turtle. Traveling back and forth can be confusing and complex, and the waters can be rough and trees can sway. And it can be a turbulent journey from home to home. But in the end Turtlebird feels loved in both and is on a path of self-awareness and healing. Artfully illustrated by award-winning artist Alexandra Conn.

When Marcus walks to the barbershop, he sees a lot of bad news—buildings covered in graffiti and people drinking outside a liquor store. But at the shop, one by one, the people tell him all about the good news that's in their neighborhood.

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