

The Kids Guide To Staying Awesome And In Control Simple Stuff To Help Children Regulate Their Emotions And Senses

As the COVID-19 pandemic has spread around the world, it's left many adults and children searching for answers about how they can stay safe. By focusing on facts presented in a relatable way rather than fear, this illustrated guide to health and safety gives children the tools they need to understand what's happening in the world and to discover how they can become a virus warrior. Facts about coronaviruses are paired with essential information about social distancing, personal hygiene, and the things we can control in uncertain times, creating a learning experience designed to reduce anxiety. From Dr. Neil Winawer, Hospitalist and Professor of Medicine, Emory University School of Medicine: "My son Matthew and I read *Be a Virus Warrior! A Kid's Guide to Keeping Safe* together. In a time when children and parents are looking for information about COVID-19, in a time of uncertainty, we found this book to be medically accurate, useful, and a good read."

A New York Times Bestseller • A Read with Jenna Today Show Book Club Pick! Named a Best Book of the Year by The New York Times Book Review, The Washington Post, People, Entertainment Weekly, USA Today, TIME, The A.V. Club, BuzzFeed, and PopSugar "I can't believe how good this book is.... It's wholly original. It's also perfect.... Wilson writes with such a light touch.... The brilliance of the novel [is] that it distracts you with these weirdo characters and mesmerizing and funny sentences and then hits you in a way you didn't see coming. You're laughing so hard you don't even realize that you've suddenly caught fire." —Taffy Brodesser-Akner, author of *Fleishman is in Trouble*, New York Times Book Review From the New York Times bestselling author of *The Family Fang*, a moving and uproarious novel about a woman who finds meaning in her life when she begins caring for two children with a remarkable ability. Lillian and Madison were unlikely roommates and yet inseparable friends at their elite boarding school. But then Lillian had to leave the school unexpectedly in the wake of a scandal and they've barely spoken since. Until now, when Lillian gets a letter from Madison pleading for her help. Madison's twin stepkids are moving in with her family and she wants Lillian to be their caretaker. However, there's a catch: the twins spontaneously combust when they get agitated, flames igniting from their skin in a startling but beautiful way. Lillian is convinced Madison is pulling her leg, but it's the truth. Thinking of her dead-end life at home, the life that has consistently disappointed her, Lillian figures she has nothing to lose. Over the course of one humid, demanding summer, Lillian and the twins learn to trust each other—and stay cool—while also staying out of the way of Madison's buttoned-up politician husband. Surprised by her own ingenuity yet unused to the intense feelings of protectiveness she feels for them, Lillian ultimately begins to accept that she needs these strange children as much as they need her—urgently and fiercely. Couldn't this be the start of the amazing life she'd always hoped for? With white-hot wit and a big, tender heart, Kevin Wilson has written his best book yet—a most unusual story of parental love.

What to Say to Kids When Nothing Seems to Work offers parents an effective, step-by-step guide to some of the most common struggles for kids aged 5–12. Written by mental health professionals with over 30 years' experience listening to kids' thoughts and feelings, this book provides a framework to explore new ways of responding to your child that will help them calm down faster and boost their resilience to stress. With a dose of humor and plenty of real-life examples, the authors will guide you to "build a bridge" into your child's world to make sense of their emotions and behavior. Sample scenarios and scripts are provided for you to customize based on your caregiving style and your child's personality. These are then followed by concrete support strategies to help you manage current and future situations in a way that leaves everyone feeling better. Chapters are organized by common kid-related issues so you can quickly find what's relevant to you. Suitable for parents, grandparents, and other caregivers of children and pre-teens, as well as professionals working closely with families, *What to Say to Kids When Nothing Seems to Work* is an accessible resource for efficiently navigating the twists, turns, and sometimes total chaos of life with kids.

Are immigrants taking our jobs, or are they all slobs? What does 'I'm colourblind' mean and why does it make no sense? And just how can you spot a Karen from a mile away? This illustrated collection of verse tackles these issues and more. This is a delightfully caustic and refreshing book that will have readers thinking deeply and laughing out loud.

Does your hand ache when you write? Packed with fun and simple ideas to help kids feel good about writing, this handwriting book with a difference helps children embed the strength and skills they need to get the most out of their written work, at home and school! From different kinds of cushions, hand warm-ups, and cool eye scan exercises, and pencil grips to yoga balls in cardboard boxes, personalized activity binders, playdough, lego, and Velcro on pencils, this book is filled with fun stuff to help kids focus, get stronger, and be in control of their writing. The strategies in the book are accompanied by cartoon-style illustrations, and the author includes useful tips for parents and teachers as well as handy visual charts, a quiz to identify areas of most difficulty, and checklists for children to track their own progress. Armed with the strategies and exercises in this book, kids will be well on their way to writing with greater ease, and the positive self-esteem that goes along with that. Suitable for children with writing difficulties aged approximately 7 to 12.

"Children everywhere want to fit in with a group, resist peer pressure, and be good sports--but even the most socially adept children struggle at times. But after reading this ... guide on their own or with a caring adult, kids everywhere [may] be [more] equipped to face any friendship challenges that come their way"--Amazon.com.

A fully revised edition of the most comprehensive guide to sensory processing challenges "At last, here are the insights and answers parents have been searching for." -Dr. Temple Grandin For children with sensory difficulties - those who struggle process everyday sensations and exhibit unusual behaviors such as avoiding or seeking out touch, movement, sounds, and sights - this groundbreaking book is an invaluable resource. Sensory processing challenges affect all kinds of kind - from those with developmental delays, learning and attention issues, or autism spectrum disorder to those without any other issues. Now in its third edition, *Raising a Sensory Smart Child* is even more comprehensive and helpful than ever. In this book, you'll learn: *How the 8 senses (yes, 8!) are supposed to work together and what happens when they don't *Practical solutions for daily challenges-from brushing teeth to getting dressed to handling holiday gatherings * Strategies for managing sensitivities to noise, smell textures, and more *"Sensory diet" activities that help meet sensory needs, with new ideas for kids, teens, adults, and families * Parenting tips for handling discipline, transitions, and behavioral issues *How to practically and emotionally support children and teens with autism and sensory issues * Ways to advocate for your child at school and make schools more "sensory smart" *How to help your child with sensory issues use technology effectively and responsibly * Ways to empower your child and teen in the world * Where to get the best professional help and complementary therapies ***WINNER of the NAPPA GOLD AWARD and iPARENTING

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MEDIA AWARD***

Provides advice on how to remain safe in and around swimming pools, lakes, and oceans.

Tranquility Parenting encourages parents to find engaged contentment as they learn to stay calm, deal with problems, reduce negative emotions, and truly enjoy being with their children. Based on an ancient Greek philosophy called Stoicism, this approach to parenting can help parents and their children discover the path to flourishing.

All the secrets of the Bayview Four will be revealed in the TV series soon to be streaming on NBC's Peacock! THE #1 NEW YORK TIMES BESTSELLER - NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY ENTERTAINMENT WEEKLY - BUZZFEED - POPCRUSH "Pretty Little Liars meets The Breakfast Club" (Entertainment Weekly) in this addictive mystery about what happens when five strangers walk into detention and only four walk out alive. Pay close attention and you might solve this. On Monday afternoon, five students at Bayview High walk into detention. Bronwyn, the brain, is Yale-bound and never breaks a rule. Addy, the beauty, is the picture-perfect homecoming princess. Nate, the criminal, is already on probation for dealing. Cooper, the athlete, is the all-star baseball pitcher. And Simon, the outcast, is the creator of Bayview High's notorious gossip app. Only, Simon never makes it out of that classroom. Before the end of detention Simon's dead. And according to investigators, his death wasn't an accident. On Monday, he died. But on Tuesday, he'd planned to post juicy reveals about all four of his high-profile classmates, which makes all four of them suspects in his murder. Or are they the perfect patsies for a killer who's still on the loose? Everyone has secrets, right? What really matters is how far you would go to protect them. And don't miss the #1 New York Times bestselling sequel, One of Us is Next!

Discusses the different types of bicycles available for children, how to select the best fit, and safety tips for riding a bike.

Some kids get in trouble a lot. Every day is a struggle for them. They can't seem to make good choices, no matter how hard they try. Does this sound like you? If it does, you know that behavior problems are no fun. Neither is being labeled BD, ED, EBD, or SED. But maybe you just don't know how else to act. That's true for many kids with behavior challenges. This book is full of ideas for you to try. They have worked for other kids, and they can work for you. LOOK INSIDE TO FIND: What BD means - and does not mean; Reasons why some kids have BD; The scoop on school programs; True stories about real kids; Smart choices for dealing with feelings; Ways to get along better at school and at home; "Tricks" to help you track your progress; A glossary of words you need to know; A list of resources (books, organizations, and Web sites); And much more GROWN-UPS: There's something for you, too.

Workbook to help students cope with and develop ways to prevent stress and anxiety. Topics include relaxation, flexible thinking, problem solving, getting organized, being healthy, getting along with other kids and using strengths and talents.

Urban communities have many tall buildings while rural communities have smaller and fewer buildings. But all have some places in common. These provide goods or services that make communities livable.

The New York Times bestseller One of America's most original and biting comic satirists, Denis Leary takes on all the poseurs, politicians, and pop culture icons who have sucked in public for far too long. Sparing no one, Leary zeroes in on the ridiculous wherever he finds it—his Irish Catholic upbringing, the folly of celebrity, the pressures of family life, and the great hypocrisy of politics—with the same bright, savage, and profane insight he brought to his critically acclaimed one-man shows No Cure for CancerLock 'n Load. Proudly Irish-American, defiantly working class, with a reserve of compassion for the underdog and the overlooked, Leary delivers blistering diatribes that are both penetrating social commentary with no holds barred and laugh-out-loud funny. As always, Leary's impassioned comic perspective in Why We Suck is right on target. Leary is the star and co-creator of the Emmy-nominated television show Rescue Me.

Written from a child's point of view, advises young readers on ways to handle a variety of problematic situations, provides an easy-to-use system to help children rehearse and remember appropriate responses to keep them safe, and includes coverage of where to go for help and how to deal with shame and guilt.

This vibrant and beautifully illustrated book teaches children sex, gender and relationships education in a way that is inclusive of all sexual orientations and gender identities. Covering puberty, hormones, pregnancy, consent, sex, babies, relationships and families, it uses gender-neutral language throughout and celebrates diversity in all its forms, including race, ethnicity, faith, bodies, gender and sexuality. For use with children aged 8-12, it will help answer their questions and spark open discussion with parents, carers and teachers. With informative illustrations and further resources and a guide for adults, The Every Body Book is the ultimate sex, gender and relationships education resource for children.

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Together Leonardo their tour guide, your kids will have so much fun discovering Thailand-its history and geography, flags and symbols, food and culture, and even some useful words in Thai! Leonardo makes it interesting with "juicy information," challenging quizzes, special tasks, and colorful activities.

The Kid's Guide To Staying Safe - Don't Talk To Strangers Is a children's book for teaching kids how to be safe when leaving their home. It emphasizes never being alone when out and about and not talking to strangers. This children's safety book has pictures of certain situations and is narrated by three cartoon characters explaining to the child what to do in certain scenarios. This is a illustrated children's safety book about keeping kids safe and and aid to learn about strangers.

Practice Good Hygiene! focuses on hygiene skills while discussing steps children can take to practice healthy lifestyles. Readers are introduced to basic body care and why cleanliness is important. Body odor, bad breath, germs, and self-esteem are discussed. Callouts prompt inquiry, further thinking, and close examination of photographs. Additional text features and search tools, including a glossary and an index, help students locate information and learn new words.

I Can Do That! helps children learn self-regulating techniques. Told through rhyme from a child's point of view, strategies are shared empowering the child to effectively learn and practice ways they can control their emotions and actions when they feel themselves becoming dysregulated. The discussion questions at the end of the book provide an easy transition for counselors and parents to open a discussion, assisting the child in exploring ways they can learn to manage themselves.

Melissa Stanton's The Stay-at-Home Survival Guide is an all-encompassing, truth-telling how-to book that addresses the many practical and psychological issues facing stay-at-home moms today. How do you create time for yourself? Is there really time to do it all (feed the kids, keep them busy, clean the house, balance the checkbook, and take a shower)? How do you deal with the absence of the "professional you"? An invaluable resource for mothers, The Stay-at-Home Survival Guide includes interviews with stay-at-home moms, discussions with experts (family therapists, educators, medical

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specialists, career counselors), checklists to help you make the most of your time and keep you balanced, and Melissa Stanton's own experiences leaving a career as an editor for People magazine to become a stay-at-home mom herself. 'If you want a child with Asperger's syndrome to comply with a social or family rule, it is very important to explain the logical reason to comply. Laurie's book provides the logic for compliance that will be invaluable for parents and teachers. I know this book will become regular bed time reading and be used many times at home and at school.' - Professor Tony Attwood 'Dr. Laurie clearly understands how children with limited flexibility and difficulty coping think and respond. She has used her clinical experience to teach us how to help these children succeed. Dr. Laurie has provided a format, similar to Social Stories (TM), for reducing stress in daily life and for minimizing conflict stemming from unwritten or everyday rules. While there is no one solution for every child, the stories can be easily adapted for each child. She encourages children to be participants in determining solutions to their problems by providing simple, not simplistic, methods that work.' -Teri Wiss, M.A., O.T.R./L., Director of Development is CHILD'S PLAY! Why do I have to go to school before the show that I am watching is over? Why do I have to wear shoes and a jacket when I go outside? Rules like these can be really frustrating - but they don't have to be! Why do I have to? looks at a set of everyday situations that provide challenges for children at home, with their friends, and at school. Laurie Leventhal-Belfer empathizes with children's wish to do things their way, explains clearly why their way does not work, and provides a list of practical suggestions for how to cope with these challenges and avoid feelings of frustration. This is the ideal book for children who have difficulty coping with the expectations of daily living, as well as for their parents and the professionals who work with them.

"A 22-volume, highly illustrated, A-Z general encyclopedia for all ages, featuring sections on how to use World Book, other research aids, pronunciation key, a student guide to better writing, speaking, and research skills, and comprehensive index"--

A practical guide for modern-day parenting geared towards stay-at-home dads, offering advice on everything from learning to cook and clean with children, to dealing with mental health and relationships, with the easygoing perspective that dads can use their natural talents to parent any way that they choose. The Ultimate Stay-at-Home Dad manual takes the best advice and wisdom from a dads' group, and puts it into a format to help new stay-at-home fathers. Characterized by actionable and direct advice to fathers, the book takes on parenting from a father's point of view and encourages dads to use their natural talents to become a better parent. That advice is further bolstered by an additional 57 other dads who also give advice. All this advice is framed by the author's personal stories, which help the reader connect with the content and drives the advice home. This is a book that takes on day-to-day parenting, not just as a stay-at-home dad--working fathers could benefit from this book as much as at-home dads.

What is the coronavirus, and why is everyone talking about it? Engagingly illustrated by Axel Scheffler, this approachable and timely book helps answer these questions and many more, providing children aged 5-10 and their parents with clear and accessible explanations about the coronavirus and its effects - both from a health perspective and the impact it has on a family's day-to-day life. With input from expert consultant Professor Graham Medley of the London School of Hygiene & Tropical Medicine, as well as advice from teachers and child psychologists, this is a practical and informative resource to help explain the changes we are currently all experiencing. The book is free to read and download, but Nosy Crow would like to encourage readers, should they feel in a position to, to make a donation to:

<https://www.nhscharitiestogether.co.uk/>

An all-in-one resource for every working mother and father. Sure, there are plenty of parenting books out there. But as working moms and dads, we've never had a trusted, go-to guide all our own—one that coaches us on how to do well at work, be the loving and engaged parents we want to be, and remain true to ourselves in the process. Enter Workparent. Whether you're planning a family, pushing for promotion during your kids' teenage years, or at any phase in between, Workparent provides all the advice and assurance you'll need to combine children and career in your own, authentic way. Whatever your field or family structure, you'll learn how to: Find a childcare arrangement you fully trust Build a strong support team, at home and on the job Advocate for advancement—and flexibility Step up at work while keeping your family healthy and whole Tame guilt, self-doubt, worry, and other difficult emotions Navigate big transitions: the return from leave, a promotion or job change, or the arrival of a second child Manage day-to-day pressures, like scheduling, mealtimes, homework, and more Find—and really use—time off Feel more capable, calm, and in control Written by Daisy Dowling, a top executive coach, talent expert, and working mom, Workparent answers all of your questions and feels like a good talk with your favorite mentor. Finally, the handbook you need to thrive as a working parent.

Discusses the dangers of a fire, what to do if caught in a fire, and how to plan an emergency exit for a family.

Attention all grown-ups! Kids have questions! Now they'll have answers. Kids of all ages have some important questions about how their bodies work—and why their parents and other adults have some strong ideas on what needs to get done every day in order to stay healthy. Children often hear: "No more screen time!" "Eat your vegetables!" "You can't have cookies for dinner!" "You need to take your medicine!" "Wash your hands! With soap!" "It's getting late! Get ready for bed!!!" In this book, Dr. Nina L. Shapiro embarks on an amazing journey through the body as it gets fed, protected, exercised, cleaned, energized, and rested. Each chapter provides kids with age-appropriate explanations and illustrations that address their very good questions about their bodies and health with solid (and fun!) science-based answers. By receiving an in-depth understanding of what it means to be healthy, strong, clean, rested, and energized, kids will soon be able to make smart decisions on their own. The human body is incredible, and the science behind how our bodies work, how the world affects our bodies, and how our bodies affect the world around us is pretty cool, too.

At last, a guide that speaks to parents about how to work on marital issues while juggling the demands of raising a child with a developmental disability, serious medical condition, or mental illness. In writing this practical, empathetic guide, the authors draw on their combined professional experience in marital counseling and parent training, as well as on the experience and advice of hundreds of parents of children with special needs. MARRIED WITH SPECIAL-NEEDS CHILDREN looks at the ways in which having a child with special needs can make it more difficult for a marriage to thrive and how a child's intensive needs can change the structure of a marriage. The authors examine many of the underlying stresses and common pitfalls a couples differing coping mechanisms and expectations of a child, communication breakdowns and difficulties resolving conflicts, for example. They then present a wide range of strategies for handling or preventing these problems. Marshak and Prezant also describe what makes a marriage strong, such as continuing to share connections outside of parenting roles, keeping a sense of autonomy, and sharing childcare responsibilities. Parents get advice about the importance of romance and intimacy and the benefits of finding time for each other even when they feel too tired or overwhelmed. In addition, the book deals with serious marital troubles and divorce considerations. Throughout are quotes from husbands and wives, offering special insight into what was especially difficult for them, what solutions they've discovered, and what they wished they'd done differently. For parents looking for ways to strengthen their marriage, prevent future strife, or resolve or move on from significant relationship difficulties, this guide offers guidance and expertise for taking the next step. MARRIED WITH SPECIAL-NEEDS CHILDREN is also invaluable to mental health professionals, giving them a realistic view of what many of their clients

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Krakauer's page-turning bestseller explores a famed missing person mystery while unraveling the larger riddles it holds: the profound pull of the American wilderness on our imagination; the allure of high-risk activities to young men of a certain cast of mind; the complex, charged bond between fathers and sons. "Terrifying... Eloquent... A heart-rending drama of human yearning." —New York Times In April 1992 a young man from a well-to-do family hitchhiked to Alaska and walked alone into the wilderness north of Mt. McKinley. He had given \$25,000 in savings to charity, abandoned his car and most of his possessions, burned all the cash in his wallet, and invented a new life for himself. Four months later, his decomposed body was found by a moose hunter. How Christopher Johnson McCandless came to die is the unforgettable story of *Into the Wild*. Immediately after graduating from college in 1991, McCandless had roamed through the West and Southwest on a vision quest like those made by his heroes Jack London and John Muir. In the Mojave Desert he abandoned his car, stripped it of its license plates, and burned all of his cash. He would give himself a new name, Alexander Supertramp, and, unencumbered by money and belongings, he would be free to wallow in the raw, unfiltered experiences that nature presented. Craving a blank spot on the map, McCandless simply threw the maps away. Leaving behind his desperate parents and sister, he vanished into the wild. Jon Krakauer constructs a clarifying prism through which he reassembles the disquieting facts of McCandless's short life. Admitting an interest that borders on obsession, he searches for the clues to the drives and desires that propelled McCandless. When McCandless's innocent mistakes turn out to be irreversible and fatal, he becomes the stuff of tabloid headlines and is dismissed for his naiveté, pretensions, and hubris. He is said to have had a death wish but wanting to die is a very different thing from being compelled to look over the edge. Krakauer brings McCandless's uncompromising pilgrimage out of the shadows, and the peril, adversity, and renunciation sought by this enigmatic young man are illuminated with a rare understanding--and not an ounce of sentimentality. Mesmerizing, heartbreaking, *Into the Wild* is a tour de force. The power and luminosity of Jon Krakauer's storytelling blaze through every page.

Meet the Keep-Calm Guru, our expert guide to the art of staying cool, calm, and in control in the face of overpowering feelings! This illustrated book introduces wise ways for children to recognize and cope with anxiety, anger, frustration, and other difficult emotions. Using everything from yoga poses and pressure holds, to deep breathing and relaxing coloring activities, the Keep-Calm Guru shows kids how to take back control and feel cool, calm, and just right. Suitable for children with sensory and emotional regulation difficulties aged approximately 7-14 years.

The world can seem so perilous, especially where our children are concerned. But even very young children can learn basic skills for staying safe in ordinary situations and preparing for emergencies. Without scaring kids (or alarming adults), this book teaches little ones how to avoid potentially dangerous situations, ask for help, follow directions, use things carefully, and plan ahead. Includes questions, activities, and safety games that reinforce the ideas being taught.

I Sit and Stay is a unique safety guide for all children and parents who enjoy the outdoors. As families explore the natural beauty of America's national parks, forests, and wilderness areas, they need to be prepared. A child's disappearance while camping or hiking is every parent's greatest fear. Leah Waarvik, a dedicated search-and-rescue professional, empowers children by showing them how to help themselves, and educates parents about a subject that most know little about. *I Sit and Stay* uses real-life search-and-rescue dogs to teach the lessons that can save lives. The cute and talented dogs, Emma and Koa, make being lost less scary. They teach kids what special items to carry and how to use them to stay safe, and give kids tips to assure being found if they get lost. Rescue professionals agree that these are the most important things to remember, and no other book offers this vital information. Boxed set and extra survival kit also available.

Meet Self-Control, a superhero who wants to teach young children his super powers of self-control! Anxiety, frustration, anger, and other difficult feelings won't stand a chance against their new-found powers. Self-Control teaches children with emotional and sensory regulation difficulties aged approximately 4-7 how to calm themselves using self-massage, deep pressure, breathing exercises, and activities such as making an imaginary list and finding their own peaceful place. This illustrated book also features an appendix with photocopyable super power charts, reinforcers, and reminder tools to ensure that parents, teachers, and other professionals can support children in upholding superhero strategies even after the book has been read.

This positive, straightforward book offers kids with autism spectrum disorders (ASDs) their own comprehensive resource for both understanding their condition and finding tools to cope with the challenges they face every day. Some children with ASDs are gifted; others struggle academically. Some are more introverted, while others try to be social. Some get "stuck" on things, have limited interests, or experience repeated motor movements like flapping or pacing ("stims"). *The Survival Guide for Kids with Autism Spectrum Disorders* covers all of these areas, with an emphasis on helping children gain new self-understanding and self-acceptance. Meant to be read with a parent, the book addresses questions ("What is ASD?" "Why me?") and provides strategies for communicating, making and keeping friends, and succeeding in school. Body and brain basics highlight symptom management, exercise, diet, hygiene, relaxation, sleep, and toileting. Emphasis is placed on helping kids handle intense emotions and behaviors and get support from family and their team of helpers when needed. The book includes stories from real kids, fact boxes, helpful checklists, and resources. Sections for parents offer additional information.

"Kids are important... They need safe places to live, and safe places to play." For some kids, this means living with foster parents. In simple words and full-color illustrations, this book explains why some kids move to foster homes, what foster parents do, and ways kids might feel during foster care. Children often believe that they are in foster care because they are "bad." This book makes it clear that the troubles in their lives are not their fault; the message throughout is one of hope and support. Includes resources and information for parents, foster parents, social workers, counselors, and teachers.

Packed with simple ideas to regulate the emotions and senses, this book will help children tackle difficult feelings head-on and feel awesome and in control! From breathing exercises, pressure holds and finger pulls, to fidgets, noise-reducing headphones and gum, the book is brimming with fun stuff to help kids feel cool, calm and collected. They will learn how to label difficult feelings, choose the perfect strategies and tools to tackle them, and use these correctly whether at home or at school. The strategies and tools are accompanied by cartoon-style illustrations, and the author includes useful tips for parents and teachers as well as handy visual charts and checklists to track learning and progress. Armed with this book, kids will be well on their way to managing difficult emotions and feeling just right in whatever situation life throws at them! Suitable for children with emotional and sensory processing difficulties aged approximately 7 to 14 years.

The self-control super hero is back! This time, they've come prepared with simple strategies to tackle the difficult emotions and challenges of everyday life. From the morning routine to making friends at recess, paying attention in class and getting a good night's sleep, this guide will help children stay on track and save the day! Focussing on specific times of the day that present particular challenges, the book uses illustrations and simple language to describe breathing exercises, stretching, and visualization techniques to help children aged 4-7 keep calm and in control. Suitable for all children, but especially those with sensory and emotional regulation difficulties, this is an accessible guide with extra tips and resources for parents, educators or therapists.

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