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A simple guide to the essential knowledge adults need to support children affected by trauma --This text refers to the paperback edition.

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What It Is and How to ...

Providing straightforward answers to these complex questions, The Simple Guide to Child Trauma is the perfect starting point for any adult caring for or working with a child who has experienced trauma.

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This is the landing site and launching pad for my first self-published book entitled A Simple Guide to Child Support Redemption. Purchase the book on Amazon.com and become an advocate for change through our

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The Child Support Specialist Advocate
□ A Simple Guide to ...

Simple or refined carbohydrates are sugars and refined grains that have been stripped of all bran, fiber, and nutrients—such as white bread, pizza

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dough, pasta, pastries, white flour, white rice, and many breakfast cereals.

Healthy Food for Kids - HelpGuide.org
Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (in Chinese) Provides

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Simple Guides information for parents and caregivers about infectious disease outbreaks in your community. Knowing important information about the outbreak and learning how to be prepared can reduce stress and help calm likely anxieties.

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The human body is made up of a number of different types of organs, which help us grow and stay healthy.

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While all of these organs are important, the nervous system—which features the brain—is one of the most important.

Kids Guide To How The Brain Works -
nursingschool.org

This site has information to help you

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Simple Guides guide your child in leading a healthier life. CDC's Essentials for Parenting Toddlers and Preschoolers Learn ways you can help build a safe, stable, and nurturing relationship with your child. CDC's Healthy Weight Information. Tips for parents - Ideas to help children maintain a healthy

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Child Development: Toddlers (1-2
years old) | CDC

Difficult as it may be, try to strike an empathetic tone and address the most important points right up front. Give your children the benefit of an

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honest—but kid-friendly—explanation.

Tell the truth. Your kids are entitled to know why you are getting a divorce, but long-winded reasons may only confuse them.

Children and Divorce - HelpGuide.org
be used for HTN screening. If a child's

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SBP on screening is classified as prehypertension or HTN, then both SBP and DBP percentiles should be determined using the tables in the complete report: The Fourth Report on the Diagnosis, Evaluation, and Treatment of High Blood Pressure in Children and Adolescents.

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A Pocket Guide to Blood Pressure
Measurement in Children

The most fundamental gifts we can give our children are acceptance, stability, and most importantly, love. Of course parents love their children. But love is not only a noun, it's also a

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- What is trauma? · How does it affect children? · How can adults help?
- Providing straightforward answers to these complex questions, The Simple

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Guide to Child Trauma is the perfect starting point for any adult caring for or working with a child who has experienced trauma. It will help them to understand more about a child's emotional and behavioural responses following trauma and provides welcome strategies to aid recovery.

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Reassuring advice will also rejuvenate adults' abilities to face the challenges of supporting children.

A Simple Guide To Child Support Redemption is the best resource available for non-custodial parents struggling with the child support

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payment system. It's packed with verifiable resources, tons of information and no less than 15 documented remedies proven to save thousands of dollars in costs associated with paying child support through the State. It actually pays for itself right away as foolish and costly

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mistakes can be identified and then eliminated after reading only one chapter. Throughout the guide, you'll find a comprehensive break-down of significant history, ongoing legislation, contracts, Case Law and recent controversial issues pertaining to Title IV-A and D of the Social Security Act,

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which is the voluntary contract that Child Support is based upon. What makes it different from any other guide is the fact that It contains 100 Study Questions and a certification process that will prepare the non-custodial parent with the tools necessary to become a specialist in all areas of Title

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IV-A and D of the Social Security Act. There's nothing like it out on the market today because the information presented comes with documented testimonies from people that have struggled with every aspect of the child support payment system, but then used these methods to get their lives

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back on track. The guide was written in an easy-to-read and understand format that can be purchased as a personal reference guide if you're the one going through it, or as a gift for someone else that you know who might be caught up in a struggle with the child support system.

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Sensitively told through words and pictures A Child's Simple Guide Through Grief, provides children a gentle and loving explanation of the feelings they experience when they lose someone they love and practical ways of processing these feelings so

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healing can occur. The story is one of truth and hope that all children will immediately be comforted by. In addition, A Child's Simple Guide Through Grief also has a special section for adults, providing ideas for how to talk to children about loss and grief and has loving, practical, healing

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activities that can be done together as a family, in a classroom or a counseling session. This exquisitely touching book, written with the caring touch of experience, reaches out to touch a child's wounded spirit. It's compassionate, clean and insightful approach is one that can truly help

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heal a child's heart.

· What are attachment difficulties? · How do they affect children? · How can you help? This book provides clear and concise answers to these important questions - and more. Much more than just a simple introduction to

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the subject of attachment, the book is also full of advice and practical ideas you can try. It tackles some challenging questions, such as 'what is the difference between trauma and attachment?', and explains how having an understanding of attachment is only part of the overall picture when it

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Simple Guides comes to caring for traumatized children. It is an essential read for any adult parenting or caring for a child who has experienced attachment difficulties.

Packed with simple ideas to regulate the emotions and senses, this book

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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

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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

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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

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approximately 7 to 14 years.

Most children are afraid of the dark. Some fear monsters under the bed. But at least ten percent of children have excessive fears and worries—phobias, separation anxiety, panic attacks, social anxiety, or

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obsessive-compulsive disorder that can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help. Now in its second edition, *Helping Your Anxious Child*

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Simple Guides has been expanded and updated to include the latest research and techniques for managing child anxiety. The book offers proven effective skills based in cognitive behavioral therapy (CBT) to aid you in helping your child overcome intense fears and worries. You'll also find out how to relieve your

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child's anxious feelings while parenting with compassion. Inside, you will learn to: Help your child practice "detective thinking" to recognize irrational worries What to do when your child becomes frightened How to gently and gradually expose your child to challenging situations Help your child learn

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important social skills This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit—an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate

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Scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

It is written in a simple, clear style that

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Simple Guides can be easily understood by children, contains pictures to help them understand the instructions, practical advice that will allow them to grasp the basics of the harmonica and start making music immediately, and all presented in a friendly, cheerful manner that will ensure they are

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A step-by-step program that shows parents, simply and clearly, how to teach their child to read in just 20 minutes a day.

Color photographs illustrate sign

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language for numbers, letters, colors, feelings, animals, and clothes.

"Teaches school-age children cognitive-behavioral techniques to reduce and overcome anxiety, fears, and worry, through writing and drawing activities and self-help exercises and

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Strategies. Includes introduction for
parents"--Provided by publisher.

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