



Skills Training for Struggling Kids: Promoting Your Child's Behavioral, Emotional, Academic, and Social Development

By Michael L. Bloomquist PhD

Guilford Publications. Paperback. Book Condition: New. Paperback. 275 pages. Dimensions: 10.4in. x 7.9in. x 0.8in. Challenging kids don't behave badly on purpose -- they are simply struggling to catch up in key areas of psychological and cognitive development. If your child or teens emotional or behavioral difficulties are getting in the way of success at home, at school, or in social situations, this is the book for you. Dr. Michael Bloomquist has spent decades helping parents to understand acting-out kids and support their healthy development. In these pages, he presents tried-and-true ways you can build your 5- to 17-year-olds skills to: Follow rules and behave honestly. Curb angry outbursts. Make and maintain friendships. Express feelings productively. Stay on task at school. Resolve conflicts with siblings. Manage stress. Loads of checklists, worksheets, and troubleshooting tips help you select and implement the strategies that meet your child's specific needs. You'll also build your own skills for parenting effectively when the going gets tough. Systematic, compassionate, and practical, the book is grounded in state-of-the-art research. The road to positive changes for your child and family starts here. Mental health professionals, see also the related title The Practitioner Guide to Skills Training for Struggling Kids....



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