



Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life (Paperback)

By Dr Stuart Shanker

Penguin Books, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. There s no such thing as a bad kid. That s what a lifetime of experience has taught Dr. Stuart Shanker. No matter how difficult, out of control, distracted, or exhausted a child might seem, there s a way forward: self-regulation. Overturning decades of conventional wisdom, this radical new technique allows children and the adults who care for them to regain their composure and peace of mind. Self-Reg is a groundbreaking book that presents an entirely new understanding of your child s emotions and behavior and a practical guide for parents to help their kids engage calmly and successfully in learning and life. Grounded in decades of research and working with children and parents by Dr. Shanker, Self-Reg realigns the power of the parent-child relationship for positive change. Self-regulation is the nervous system s way of responding to stress. We are seeing a generation of children and teens with excessively high levels of stress, and, as a result, an explosion of emotional, social, learning, behavior, and physical health problems. But few parents recognize the hidden stressors that their children are struggling with: physiological as well as social..



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