

To Train Up a Child

How Millennials Became the Burnout Generation

The toddler whose tantrums scare all the other kids on the playground . . . The three-year-old who ignores all his toys but seems passionately attached to the vacuum cleaner . . . The fourth-grade girl who never gets invited to a birthday party because classmates think she's "weird" . . . The geek who is terrific at math, but is failing every other subject. Quirky children are different from other kids in ways that they—and their parents and teachers—have a hard time understanding or explaining. Straddling the line between eccentric and developmentally impaired, quirky children present challenges that standard parenting books fail to address. Now, in Quirky Kids, nationally known writer/pediatrician Perri Klass and her colleague Eileen Costello, a seasoned pediatrician with a special interest in child development, finally provide the expert guidance and in-depth research that families with quirky children so desperately need. A generation ago, such children were called odd ducks or worse. But nowadays, they are often assigned medical, psychiatric, or neurological diagnoses. The diagnoses often overlap or shift, but the labels can be frightening. Klass and Costello illuminate the confusing list of terms applied to quirky children these days—nonverbal learning disability, sensory integration disorder, obsessive-compulsive behavior, autistic spectrum disorder, pervasive developmental disorder, Asperger's syndrome—and explain how to assess what exactly each diagnosis means and how to use it to help a child most effectively. Quirky Kids takes you through the stages of a child's life, helping to smooth the way at home, at school, even on the playground. How do you make it through mealtime, when emotions often erupt? How do you help the child's siblings understand what's going on? Is it better to "mainstream" the child or seek a special education program? How can you make a school more welcoming and flexible for a quirky child? How do you help your child deal with social exclusion, name-calling, and bullying? Choosing the right therapy for quirky children is especially difficult, because their problems fall outside traditional medical categories. Coping strategies might include martial arts or horseback riding, or speech and occupational therapies. Klass and Costello cover all the options, as well as offer a thorough consideration of the available medications, how they work, and whether medication is the best choice for your child. Drs. Klass and Costello firmly believe that the ideal way to help our quirky kids is to understand and embrace the qualities that make them exceptionally interesting and lovable. Written with upbeat clarity and informed insight, their book is a comprehensive guide to loving, living with, and enjoying these wonderful if challenging children. From the Hardcover edition.

Why does your toddler get upset when his or her routine is disrupted? Why do they follow you from room to room and refuse to play on their own? Why are daily routines such as mealtimes, bath time, and bed time such a struggle? This accessible guide demystifies the difficult behaviors of anxious toddlers, offering tried-and-tested practical solutions to common parenting dilemmas. Each chapter begins with a real life example, clearly illustrating the behavior from the parent's and the toddler's perspective. Once the toddler's anxious behavior has been demystified and explained, new and effective parenting approaches are introduced to help parents tackle everyday difficulties and build up their child's resilience, independence, and coping mechanisms. Common difficulties with bath time, toileting, sleep, eating, transitions, social anxiety, separation anxiety, and sensory issues are solved, along with specific fears and phobias, and more extreme behaviors such as skin picking and hair pulling. A must-read for all parents of anxious toddlers, as well as for the professionals involved in supporting them.

Identifies common signs of stress in parents, offers a six week program to recover from burnout, and explains how to recapture the joys of parenting

#1 New York Times Bestseller "THIS. This is the right book for right now. Yes, learning requires focus. But, unlearning and relearning requires much more—it requires choosing courage over comfort. In Think Again, Adam Grant weaves together research and storytelling to help us build the intellectual and emotional muscle we need to stay curious enough about the world to actually change it. I've never felt so hopeful about what I don't know." —Brené Brown, Ph.D., #1 New York Times bestselling author of Dare to Lead The bestselling author of Give and Take and Originals examines the critical art of rethinking: learning to question your opinions and open other people's minds, which can position you for excellence at work and wisdom in life Intelligence is usually seen as the ability to think and learn, but in a rapidly changing world, there's another set of cognitive skills that might matter more: the ability to rethink and unlearn. In our daily lives, too many of us favor the comfort of conviction over the discomfort of doubt. We listen to opinions that make us feel good, instead of ideas that make us think hard. We see disagreement as a threat to our egos, rather than an opportunity to learn. We surround ourselves with people who agree with our conclusions, when we should be gravitating toward those who challenge our thought process. The result is that our beliefs get brittle long before our bones. We think too much like preachers defending our sacred beliefs, prosecutors proving the other side wrong, and politicians campaigning for approval—and too little like scientists searching for truth. Intelligence is no cure, and it can even be a curse: being good at thinking can make us worse at rethinking. The brighter we are, the blinder to our own limitations we can become. Organizational psychologist Adam Grant is an expert on opening other people's minds—and our own. As Wharton's top-rated professor and the bestselling author of Originals and Give and Take, he makes it one of his guiding principles to argue like he's right but listen like he's wrong. With bold ideas and rigorous evidence, he investigates how we can embrace the joy of being wrong, bring nuance to charged conversations, and build schools, workplaces, and communities of lifelong learners. You'll learn how an international debate champion wins arguments, a Black musician persuades white supremacists to abandon hate, a vaccine whisperer convinces concerned parents to immunize their children, and Adam has coaxed Yankees fans to root for the Red Sox. Think Again reveals that we don't have to believe everything we think or internalize everything we feel. It's an invitation to let go of views that are no longer serving us well and prize mental flexibility over foolish consistency. If knowledge is power, knowing what we don't know is wisdom.

A Novel

Why Empathetic Kids Succeed in Our All-About-Me World

Parent Burnout

The Difficult Child

How to Stop Yelling and Start Connecting

A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children

Helping Your Child with Extreme Picky Eating

Extreme Parenting

Raising a teen is tough—especially when your teen has trouble regulating their emotions and lashes out. This groundbreaking book will give you the tools you need to stop unwittingly reinforcing your teen's bad behavior, reduce conflicts, and get your teen on track with the things that really matter. If you have a teen who experiences extreme emotions, either as a result of a mental health diagnosis such as borderline personality disorder (BPD), or simply because you have a highly emotional teen, you probably need help right now. Parenting a teen comes with its own challenges, but when your teen acts out you may feel like you are at your wits end. To make matters worse, you may have difficulty managing your own emotions and responses. Written by an expert in teen mental health, Parenting a Troubled Teen is based in proven-effective acceptance and commitment therapy (ACT). In the book, you'll find the tools you need to parent your troubled teen, pay attention to your own reactions, and put an end to the cycle of conflict that has taken over your home. In this book, you'll learn to observe the thoughts, feelings, and physical sensations that drive your own parenting behaviors, and how these behaviors can impact your teen. This is not a book about how to be a perfect parent. Everyone makes mistakes and reacts negatively to a situation from time to time. But if you're committed to improving your relationship with your teen, helping them take charge of their emotions, and ending family conflict, this practical guide will show you how.

The perfect book to help you give your oppositional-defiant child the help he or she needs.

At last, a guide for adults who struggle with picky eating, fears of choking or vomiting, or lack of interest in eating. With real-life examples, practical tips, quizzes, worksheets, and structured activities, this engaging book takes you step-by-step through the latest evidence-based techniques to improve your relationship with food.

An essential guide for parents navigating the new frontier of hyper-connected kids. Today's teenagers spend about nine hours per day online. Parents of this ultra-connected generation struggle with decisions completely new to parenting: Should an eight-year-old be allowed to go on social media? How can parents help their children gain the most from the best aspects of the digital age? How can we keep kids safe from digital harm? John Palfrey and Urs Gasser bring together over a decade of research at Harvard to tackle parents' most urgent concerns. The Connected Parent is required reading for anyone trying to help their kids flourish in the fast-changing, uncharted territory of the digital age.

The Proven 6-Step Plan to Stop Picky Eating, Solve Feeding Problems, and Expand Your Child's Diet

Parenting a Troubled Teen

Conquer Picky Eating for Teens and Adults

UnSelfie

A Compassionate Guide for Parents and Other Loved Ones

The Mental Load

How to Raise Healthy Eaters from High Chair to High School