

SAVING —OUR— CHILDREN

THE GOAL OF PRESERVING THE FUTURE



Dr. Christopher D. Handy, PhD

Back To Basics A Parents Guide To Saving Our Children

Philip S. Chua MD FACS FPCS



Back To Basics A Parents Guide To Saving Our Children:

Back to Basics Delores Braswell,1996 **Bedtiming: The Parent's Guide to Getting Your Child to Sleep at Just the Right Age** Isabela Granic,Marc D. Lewis,2010-01-12 When it comes to getting your baby or toddler to sleep through the night discover why when matters more than how Are you tired of endless hours spent rocking your baby to sleep Have you hit the wall when it comes to sleepless nights Teaching your baby or toddler to sleep through the night can be a bewildering and frustrating experience Developmental psychologists Marc D Lewis and Isabela Granic reveal that the key to your child s sleep habits is not which method you choose to help your child sleep but when you use it Timing is everything and Bedtiming walks you through the stages of child development offering helpful advice on such topics as time windows when sleep training will be most effective and when it will stand the least chance of success the pros and cons of several popular sleep training techniques including the cry it out no cry and Ferber methods common sleep setbacks and how to handle them how to successfully transition your child from your bed to his or her own crib or bed Bedtiming is a simple sensible and reassuring guide that will help children and parents get a good night s sleep **The Everything Parent's Guide to Teenage Addiction** Edward Lynam,Ellen Bowers,2014-11-07 Avoid the chance of relapse **Mothering Our Boys** Maggie Dent,2018-11-01 Maggie is earthy and real full of love and knowledge especially on raising sons Steve Biddulph Maggie s perspective on raising boys is spot on She writes with humor and depth providing insight and strategies for many of the most important issues facing moms There is a lovely ease to her writing and a powerful honesty I hope every mother of a son and everyone else will read this book The future of the world to a great extent depends on how we raise our boys Michael Gurian New York Times Bestselling Author of *The Wonder of Boys* and *Saving Our Sons* If we can see the world through boys eyes a little better we will make different choices in the way we mother them and we will find them less confusing and love them more deeply Mothers of sons are worried about raising their boys in a world where negative images of masculinity are front and centre of our media almost every day Not only that but statistically our boys are still struggling in many ways Even though we live in a time where we recognise that nothing in gender is fixed it remains a fact that the influence of a mother on her son is massive A mother of four sons herself Maggie Dent draws on her personal experience and over four decades work as a teacher counsellor and now author and speaker to help build understanding empathy and compassion for our boys Maggie shares her five key secrets that every mum needs to know and uses the voices of men she has worked with and surveyed to reveal what really matters in a boy s relationship with his mother and other mother figures Maggie is one of Australia s most popular parenting authors and educators and her seminars about boys have sold out all across Australia and in the UK She is finally sharing her insights her reflections and as always her humour around mothering boys to help you be the mum your son needs you to be **Mothering Our Boys (US Edition)** Maggie Dent,2018-11-01 Maggie is earthy and real full of love and knowledge especially on raising sons Steve Biddulph Maggie s perspective on raising boys is spot on She

writes with humor and depth providing insight and strategies for many of the most important issues facing moms There is a lovely ease to her writing and a powerful honesty I hope every mother of a son and everyone else will read this book The future of the world to a great extent depends on how we raise our boys Michael Gurian New York Times Bestselling Author of *The Wonder of Boys* and *Saving Our Sons* If we can see the world through boys eyes a little better we will make different choices in the way we mother them and we will find them less confusing and love them more deeply Mothers of sons are worried about raising their boys in a world where negative images of masculinity are front and centre of our media almost every day Not only that but statistically our boys are still struggling in many ways Even though we live in a time where we recognise that nothing in gender is fixed it remains a fact that the influence of a mother on her son is massive A mother of four sons herself Maggie Dent draws on her personal experience and over four decades work as a teacher counsellor and now author and speaker to help build understanding empathy and compassion for our boys Maggie shares her five key secrets that every mum needs to know and uses the voices of men she has worked with and surveyed to reveal what really matters in a boy s relationship with his mother and other mother figures Maggie is one of Australia s most popular parenting authors and educators and her seminars about boys have sold out all across Australia and in the UK She is finally sharing her insights her reflections and as always her humour around mothering boys to help you be the mum your son needs you to be

The Road to Positive Discipline: A Parent's Guide James C. Talbot, 2009-02-03 By using positive methods of discipline parents have the opportunity to provide their children with an optimal home environment for healthy emotional growth and development

Saving Our Children From Our Chaotic World Maggie Dent, 2018-12-01 Silence and stillness does have a magic to it It doesn t matter where you find it in your home your workplace or your classroom However in our fast paced world it is getting harder and harder to find In this book one of Australia s favourite parenting authors and educators Maggie Dent explores the cognitive and emotional benefits of silence and stillness demonstrating how crucial it is for children as well as adults and details methods for creating it in your home or classroom About Maggie Commonly known as the queen of common sense Maggie Dent has become one of Australia s favourite parenting authors and educators with a particular interest in the early years adolescence and resilience Maggie s experience includes teaching counselling and working in palliative care funeral services and suicide prevention She is a dedicated advocate to quietly changing lives in our families and communities She is the mother of four sons and a very grateful grandmother Maggie is the author of 11 books including her 2018 release *Mothering Our Boys* which is already a bestseller

The Parent's Guide to Birdnesting Ann Gold Buscho, 2020-09-01 Take coparenting to the next level and provide a stable environment for your children as you and your spouse begin tackling your separation or divorce For parents who are separating and want to put their children first birdnesting could be the interim custody solution you ve been looking for Instead of the children splitting their time being shuttled between mom and dad s separate homes birdnesting allows the children to stay in the nest and instead requires

mom and dad to swap allowing each parent to stay elsewhere when not with the children Initially popularized by celebrities this method of coparenting is now becoming more mainstream as a way to help ease children into a new family dynamic Birdnesting takes work and commitment but with Dr Ann Gold Buscho's guidance you'll learn everything you need to know about this revolutionary method In *The Parent's Guide to Birdnesting* you will discover the pros and cons the financial and interpersonal considerations and if it's the right decision for you and your family

The Parent's Guide to Nurturing Childhood Wonder Pasquale De Marco, Are you a parent looking for guidance and support on your parenting journey Look no further than *The Parent's Guide to Nurturing Childhood Wonder* Written with love and expertise this comprehensive guide offers practical advice and insights to help you navigate the joys and challenges of raising a child In this book you will discover the wonders of parenthood and learn how to build strong parent-child bonds foster curiosity and imagination and nurture emotional intelligence From the early years of infancy to the exciting milestones of childhood you will find valuable information on your child's growth and development Health and well-being are essential aspects of parenting and this guide covers topics such as nutrition sleep vaccinations and common childhood illnesses You will gain the knowledge and tools to ensure your child's physical and mental well-being Behavior and discipline can be challenging for parents but fear not This guide provides effective strategies for understanding and addressing challenging behaviors You will learn positive discipline techniques how to set boundaries and limits and how to teach responsibility and independence As your family grows you will explore the dynamics of sibling relationships and discover how to foster a harmonious family environment The importance of nurturing healthy habits both physical and emotional will also be emphasized with practical tips on promoting an active lifestyle developing nutritious food habits and managing screen time Special considerations are addressed in this guide including allergies and asthma supporting children with disabilities and navigating unique challenges in international adoption Education and learning are also covered with insights on choosing the right preschool or childcare instilling a love for reading and supporting homework and study habits Transitions are a natural part of parenting and this guide offers guidance on navigating divorce and separation moving and relocating and the challenges of parenting teenagers You will also learn how to parent for the future teaching digital literacy financial management empathy and resilience *The Parent's Guide to Nurturing Childhood Wonder* is a valuable resource for parents seeking to create a nurturing and enriching environment for their child Embark on this wonderful exploration of childhood wonder and empower yourself with knowledge inspiration and practical tools for your parenting journey

SMART MONEY KIDS: A Parent's Guide to Digital Finance Education Björn Nübel, 101-01-01 Are Your Kids Prepared for a Cashless World The way children interact with money is changing With digital transactions online shopping and in-game purchases becoming the norm kids are spending before they even understand the value of money Does your child know the difference between virtual and real money Are they aware of the financial traps hidden in apps and games Do you feel confident teaching them financial responsibility in the digital age If any of these

questions make you uneasy this book is for you What You ll Discover Inside How Digital Finance Affects Your Kids Learn why children are more vulnerable to overspending in a cashless economy Psychological Tricks Used by Advertisers Game Developers Understand how digital platforms encourage impulse spending and how to counteract these tactics Age Specific Money Lessons From teaching a 5 year old about saving to preparing a teenager for credit and investments this book covers it all The Best Way to Introduce Allowances Budgeting How to use pocket money as a teaching tool rather than just a weekly handout Turning Kids into Money Savvy Young Adults Help your child develop a strong financial foundation that will serve them for life And much MUCH MORE You Can Give Your Child a Financial Head Start Most schools don t teach financial literacy that means it s up to parents to provide kids with the skills they need to navigate the world of money It s never too early or too late to start teaching your child financial responsibility Click Buy Now and take control of your child s financial future today

The Conscious Parent's Guide to Positive Discipline Jennifer Costa,2016-02 Help your child learn self discipline cooperation and responsibility When a child misbehaves the situation can quickly escalate into an uphill battle of yelling tears and resistance on both sides But what if you could avoid all that Conscious parenting is about being present with your child and taking the time to understand the reasons and motivations behind behaviors This relationship centered approached means that you respect your child s point of view as you both learn how to create a mutually beneficially set of behavioral rules By practicing this mindful method you can support your child emotionally and help nurture important social development Parent coach Jennifer Costa teaches you how to Communicate openly with your child about proper behavior Build a supportive home environment Determine your child s behavioral triggers Learn strategies that will help your child feel calm Teach your child long term coping skills Discipline your child without embracing anger With The Conscious Parent s Guide to Positive Discipline you will learn to create a calm and mindful atmosphere for the whole family while helping your child feel competent successful and healthy

Picky Parent Guide : Choose Your Child's School with Confidence Bryan C. Hassel,Emily Ayscue Hassel,2004 A comprehensive manual and reference guide for choosing the best elementary school for your child to attend

A Parent's Guide: How To Get Your Child Started In Music Tony Margiotta,2010-12 This book is your one stop shop resource for learning how to get your child on the path to learning a musical instrument The author has put together a book that will save you time money and ensure that your child avoids failure and maximizes the most benefits from learning music

Make Your Kid A Money Genius (Even If You're Not) Beth Kobliner,2017-02-07 Edition statement indicates hardcover but this item is paperback

Forthcoming Books Rose Arny,2002-04 *Saving Our Sons* Marita Golden,2022-03-15 Raising Black Teen Boys in Turbulent Times It is always heartening to see women step up to the writer s table When the results are as adroit and affecting as Marita Golden s work it is more than satisfying it is a cause for celebration Toni Morrison Nobel Laureate Two decades ago Marita was the first Black writer to address the horrifying statistic that haunts all Black mothers the leading cause of death among Black males under twenty one is homicide Today

police brutality rages on as millions call for the reformation of our broken law enforcement in the wake of the traumatic murders of Black teen boys like Trayvon Martin Michael Brown and Daunte Wright Read an intimate account of a mother's efforts to save her son Writing her son's story against the backdrop of a society plagued by systemic racism economic inequality and mass incarceration Golden offers a form of witness and testimony in a time of crisis for Black Americans Learn how to grapple with the realities of Black America Join Golden as she confronts the root causes of violence inflicted upon Black teen boys and reassesses the legacy of her own generation's struggle for civil rights Explore Black boys difficult road to adulthood in the U S and learn why single Black mothers are often wrongly blamed for their sons actions Gain invaluable advice and knowledge from trustworthy sources In *Saving Our Sons* Golden documents her conversations with psychologists writers and young Black males themselves This book is designed to help you Discuss and unpack generational trauma with loved ones Gain deeper insight into the injustices Black children face in the U S Recognize the importance of community for the success of Black teen boys If you liked *Decoding Boys* *Mother Son* *Our Back Forth Journal* *The Boy Crisis* or *Boy Mom* you'll love *Saving Our Sons*

Parent's Guide to the Common Core: 5th Grade Kaplan Test Prep, 2014-07-01 Helping Your Child Succeed in Fifth Grade A Parent's Guide to the Common Core Schools across America are rolling out new more rigorous curricula in order to meet the demands created by a new set of English and Mathematics standards known nationally as the Common Core State Learning Standards You can expect to see a number of changes in your child's fifth grade class In English students will now read more Informational Texts This type of passage provides facts and often deals with current events science and social studies In addition questions posed about these readings will ask students to find evidence and use it to formulate an argument In order to master new Literacy standards students will need a larger and stronger vocabulary to allow them to both tackle complex readings and write acceptable arguments In Mathematics students will spend more time developing their understanding of specific and important math concepts Students will be expected to both demonstrate understanding of each topic and apply their mathematical skills to real world situations As a parent it is important not only to understand the new standards but also to have the tools to help your child do his or her best in school This book is designed to provide you with the guidance and resources to support classroom learning and help your child succeed It includes An annotated review of the standards highlighting what your child should master during third grade 20 Important lessons that you can do together with your child to support them as they progress through the school year A Vocabulary section designed to make sure your child masters the most important academic words 200 practice questions to improve your child's skills Diagnostic quiz and 20 mini quizzes to check for understanding

In a World Of...Friends, Foes & Fools James Merritt, 2008-08 One of the wisest men who ever lived is writing a letter of advice to his children and you can look over his shoulder The Proverbs of Solomon take on a new meaning when read as a letter from father to son The advice of the wise old king is invaluable to today's fathers struggling with the pressures of home and career responsibilities travel broken families

and other realities of modern life In Friends Foes and Fools Dr James Merritt shows why no book ever written has been a better or more practical self help guide than Proverbs in helping fathers guide their children toward the right choices in life and away from the wrong ones Dad if you want to read a book that will change you and your family read this one Dr John C Maxwell Founder INJOY Dr James Merritt is the Senior Pastor and Founder of Cross Pointe The Church at Gwinnett Center located in Duluth Georgia and hosts the international broadcast ministry Touching Lives which airs in all 50 states and in 122 countries around the world The ministry also reaches literally every continent through the world wide web at www.touchinglives.org Dr Merritt and his wife Teresa reside just outside Atlanta Georgia Subject Guide to Books in Print ,1993

Let'S Stop "Killing" Our Children Philip S. Chua MD FACS FPCS,2011-08-25 Book Review Author Advocates Healthy Lifestyle and Disease Prevention to start from the Womb and dieting to begin in the Crib New Health Book written in easy to understand laymans term provides thought provoking and valuable health reference designed to change lives of individuals and society as a whole through good pre emptive and proactive social initiatives and more responsible parenting for healthy lifestyle and disease prevention which the cardiac surgeon author says must start in the womb and safe dieting should begin in the crib to maximize their full potential in achieving their goals XLIBRIS PRWEB August 29 2011 What is the best strategy to prevent diseases Cardiac Surgeon Emeritus in Northwest Indiana Dr Philip S Chua attempts to provide resolution to this issue as he presents Lets Stop Killing Our Children a valuable inspiring and innovative 794 page health guide that focuses on disease prevention starting from ground zero and highlights the fundamental obligation parents and society have in teaching children how to life a healthy lifestyle by setting good examples early on This revolutionary concept puts the onus squarely on society parents and guardians of young children who are totally at the mercy of society and of these adults whose good or bad examples habits and behaviors will inevitably be emulated by the children It is in the first five formative years of the children and up to age 12 when instilling proper discipline and behavioral modification are most effective states this heart surgeon Almost all diseases known to man are self induced and are therefore preventableMost of us seemed to have unwittingly programmed our mindset and behavior to a self destruct and slow suicide modethis negative surrender and fatalistic attitude are what this book aims to change Dr Chua critically pointed out in his book An international health advocate and writer Dr Philip S Chua in this book of information philosophy and principles poses this great challenge to society as a whole in his belief that most diseases known to man are self induced through self abuse It is important that both society as a whole and parents play their essential role of doing what is right for the children way before age 5 to save these young lives from avoidable morbidity and premature death as they grow to middle age and beyond After all says Dr Chua the race does not start in the middle The author points out that autopsy findings on children as young as 4 5 who were victims of accidents already had evidence of arteriosclerosis hardening of their arteries which we see in adultswe must be doing something wrong Are we losing the war on diseases because we are starting late and lagging far behind in this race ponders

the cardiac surgeon Dr Chua in his book strongly suggests for parents and society as a whole to practice this novel pre-emptive and proactive health concept even before conception to achieve a healthier family a healthier citizenry and thus a healthier nation Since we have not really significantly succeeded in our war against many diseases over the past half a century the medical community and society as a whole need to seriously re-evaluate of our current conventional strategy in dealing with health and disease prevention if we are to contain if not eradicate the common diseases afflicting man around the world today including hypertension obesity diabetes heart disease stroke and even cancer admonishes the author This pre-emptive health strategy could forever change the role of parents and society in our quest for health well-being happiness and longevity This challenging and stimulating coffee table book of wisdom is a must-read Every home deserves one

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