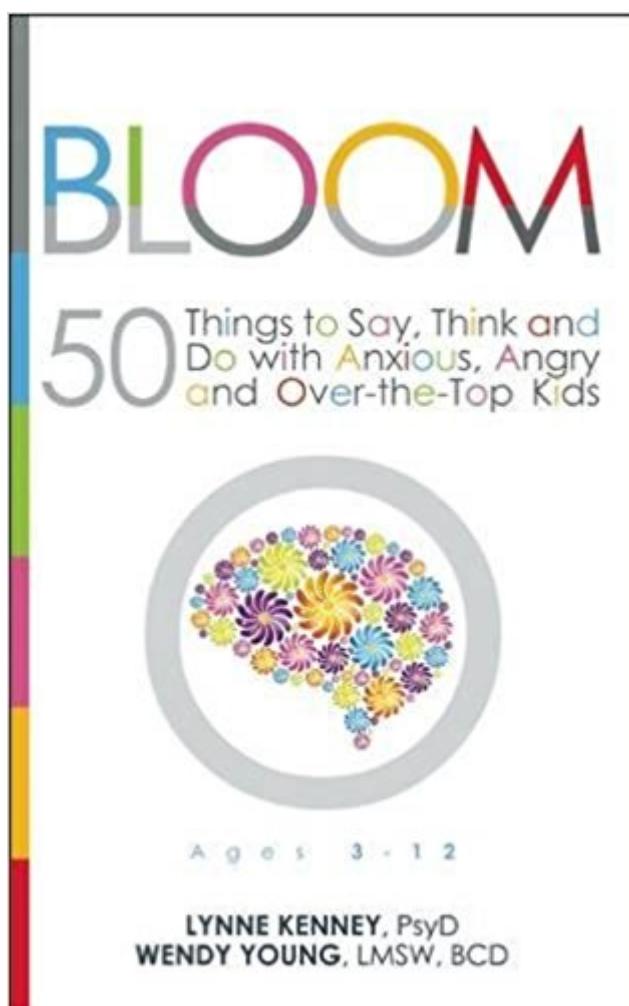


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Bloom: 50 Things To Say, Think, And Do With Anxious, Angry, And Over-the-Top Kids



Synopsis

The first multi-media parenting book that gives readers a new way to take a collaborative stance with children, improving their cognitive, emotional and social skills. Written for real parents with anxious, angry and over-the-top kids, Bloom is a brain-based approach to parenting all children. Stop second-guessing the way you handle misbehaviors, and learn why they occur in the first place. Come to understand the developmental origins of behaviors and take a fresh look at how you can address them with skill-building techniques that produce real and lasting change. Taking its lead from neuroscience and best practices in early childhood mental health, Bloom offers parents, teachers and care providers the words, thoughts and actions to raise calm, confident children, while reducing the need for consequences and punishment. The first book of its kind, Bloom provides pages full of printable mantras you can carry with you, hang on your fridge or use in your classroom to raise emotionally competent kids. Bloom allows you to take a collaborative stance with your children, improving their cognitive, emotional and social skills. Bloom offers a new approach to human relationships that will change the way you perceive, think and feel about parenting, love, work and life. Bloom changes everything. If it works wonders with anxious, angry and over-the-top kids, imagine what it can do for your child. BONUS: Each chapter has a QR code that links to bonus videos so you can hear directly from the authors about each topic. Lynne Kenney, PsyD, mother of two, is a "mom social media expert," Harvard-trained pediatric psychologist, and author of The Family Coach Method. Wendy Young, LMSW, BCD, mother of three, is an award-winning therapist and an early childhood mental health consultant.

Book Information

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Customer Reviews

"There are thousands of parenting books out there but only one with printable mantra cards that will rescue your relationships and transform your family life." Sue Atkins, author of *Parenting Made Easy*"Bloom is a relationship-changer!" Michele Borba, Ed.D., author of *The Big Book of Parenting Solutions*"As a parent of three children, all with different temperaments, reading Bloom, I see mantras that suit each of our children's distinct personalities. Choose your favorite mantra, hang it on your fridge or in your car, use it for a week and watch how your relationships with your children grow." Janet M. Patterson, LCSW, MFT, and mom of triplets."Gentle, practical, and optimistic. Bloom offers parents do-able ways to teach children essential life skills." Eileen Kennedy-Moore, PhD, professor of The Great Courses video series, *Raising Emotionally and Socially Healthy Kids*."For 20 years we teachers have been stuck with time-out and exclusion as the most common forms of behavior management. With Bloom we finally have a new way. One that looks at the whole child and helps children behave for a lifetime not just for a moment." Sue Milano, MS, Educational Resource Specialist and Parenting Consultant."BLOOM is a unique and beautiful guide that provides valuable insights that the hearts and brains of caring parents desire." Deborah Mc Nelis, M.Ed. Founder Brain Insights, and author of *The Brain Development Series Brain Insights ~ Basics to Brilliance*!"When we change our own thinking, words and behavior, our children will do the same. This inspiring and must-read book demonstrates how. It helps make your parenting experience less stressful and develop a closer relationship with your child." Jacek Debiec, M.D., Ph.D., Child and Adolescent Psychiatrist, Neuroscientist, Assistant Professor at the University of Michigan, author of *The Emotional Brain Revisited*."As parents, we set the sensory, emotional and behavioral tone in our families. But when things get heated, sometimes we're not sure how to respond. With Bloom, we learn about the neurobiological underpinnings of our children's behavior so that we can stop reacting and instead respond with compassion." Melissa Taylor is a freelance writer, an award-winning educational blogger at *Imagination Soup*, an award-winning teacher with a M.A. in Education, and a mom of two children, ages 10 and 13."Practical, helpful, gentle, realistic, effective -- all of these describe this truly excellent book for parents and educators. Using these strategies will absolutely change your family for the better!" James T. Webb, Ph.D., author of *A Parent's Guide to Gifted Children*."Bloom is an outstanding resource for many conscientious parents who are trying their best to create supportive and nurturing learning environments at home!" Rebecca Comizio, M.A.-Ed, M.A., NCSP Nationally Certified School Psychologist and former English teacher."In heated situations, we need techniques to soothe our anxious child readily

available so that we can stop yelling and start collaborating. By modeling behaviors we wish to see in our children, they will begin to flourish in a calmer and more compassionate environment. Bloom is the perfect option for time-starved parents who need answers now; a reference book you will refer to time and again. •Lisa Conrad, B.A. Sociology, •Providing support for parents of gifted children •"There are thousands of parenting books out there but only one with printable mantra cards that will rescue your relationships and transform your family life." •Sue Atkins, author of *Parenting Made Easy* "Bloom is a relationship-changer!" •Michele Borba, Ed.D., author of *The Big Book of Parenting Solutions* "As a parent of three children, all with different temperaments, reading Bloom, I see mantras that suit each of our children's distinct personalities. Choose your favorite mantra, hang it on your fridge or in your car, use it for a week and watch how your relationships with your children grow." •Janet M. Patterson, LCSW, MFT, and mom of triplets. •Gentle, practical, and optimistic. Bloom offers parents do-able ways to teach children essential life skills. • •Eileen Kennedy-Moore, PhD, professor of The Great Courses video series, *Raising Emotionally and Socially Healthy Kids*. •For 20 years we teachers have been stuck with time-out and exclusion as the most common forms of behavior management. With Bloom we finally have a new way. One that looks at the whole child and helps children behave for a lifetime not just for a moment. •Sue Milano, MS, Educational Resource Specialist and Parenting Consultant •BLOOM is a unique and beautiful guide that provides valuable insights that the hearts and brains of caring parents desire. • •Deborah Mc Nelis, M.Ed. Founder Brain Insights, and author of *The Brain Development Series Brain Insights ~ Basics to Brilliance!* "When we change our own thinking, words and behavior, our children will do the same. This inspiring and must-read book demonstrates how. It helps make your parenting experience less stressful and develop a closer relationship with your child." •Jacek Debiec, M.D., Ph.D., Child and Adolescent Psychiatrist, Neuroscientist, Assistant Professor at the University of Michigan, author of *The Emotional Brain Revisited*. "As parents, we set the sensory, emotional and behavioral tone in our families. But when things get heated, sometimes we're not sure how to respond. With Bloom, we learn about the neurobiological underpinnings of our children's behavior so that we can stop reacting and instead respond with compassion." •Melissa Taylor is a freelance writer, an award-winning educational blogger at *Imagination Soup*, an award-winning teacher with a M.A. in Education, and a mom of two children, ages 10 and 13. "Practical, helpful, gentle, realistic, effective -- all of these describe this truly excellent book for parents and educators. Using these strategies will absolutely change your family for the better!" •James T. Webb, Ph.D., author of *A Parent's Guide to Gifted Children*. "Bloom is an outstanding resource for many conscientious parents who are trying their best

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Written for real parents with anxious, angry and over-the-top kids, Bloom is a brain-based approach to parenting all children. Stop second-guessing the way you handle misbehaviors and learn why they occur in the first place. Come to understand the developmental origins of behaviors and take a fresh look at how you can address them with skill-building techniques that produce real and lasting change. Taking its lead from neuroscience and best practices in early childhood mental health, Bloom offers parents, teachers and care providers the words, thoughts and actions to raise calm, confident children, while reducing the need for consequences and punishment. The first book of its kind, Bloom provides pages full of printable mantras you can carry with you, hang on your fridge or use in your classroom to raise emotionally competent kids. Bloom allows you to take a collaborative stance with children, improving their cognitive, emotional and social skills. Bloom offers a new approach to human relationships that will change the way you perceive, think and feel about parenting, love, work and life. If it works wonders with anxious, angry and over-the-top kids, imagine what it can do for your child. |Written for real parents with anxious, angry and over-the-top kids, Bloom is a brain-based approach to parenting all children. Stop second-guessing the way you handle misbehaviors and learn why they occur in the first place. Come to understand the developmental origins of behaviors and take a fresh look at how you can address them with skill-building techniques that produce real and lasting change. Taking its lead from neuroscience and best practices in early childhood mental health, Bloom offers parents, teachers and care providers the words, thoughts and actions to raise calm, confident children, while reducing the need for consequences and punishment. The first book of its kind, Bloom provides pages full of printable mantras you can carry with you, hang on your fridge or use in your classroom to raise emotionally competent kids. Bloom allows you to take a collaborative stance with children, improving their cognitive, emotional and social skills. Bloom offers a new approach to human relationships that will change the way you perceive, think and feel about parenting, love, work and life. If it works wonders with anxious, angry and over-the-top kids, imagine what it can do for your child.

By far the best book I have read on parenting. It is an easy read and everything in the book makes total sense. Easy to implement and profoundly helpful for my son that just does things a bit differently and does not fit inside the typical 7 year old mold.

Bloom: 50 Things to Say, Think and Do with Anxious, Angry and Over the Top Kids was a purchase I made for work and it has paid off. I am able to help parents with some of the difficult behaviors they are experiencing when parenting. The book is very straightforward and breaks behaviors down by chapter. There are little cue cards for reference on how to respond when in a difficult or trying situation with young ones. It is a helpful quick reference tool for professionals working with families and a great guide for parents to utilize on their own. I'd recommend it.

I work with kids with challenging behaviors and families. Sometimes it is more difficult to work with the parents. This book offers helpful advice for me to give the parents to help their children.

Not as helpful as I had hoped. References theories not in book.

Ideal for today's children

Excellent book! Extremely helpful. Thank you

Love this Bloom! There are so many take aways! Can be used with parents and/or teachers.

Good information

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