

A Nifflenoo Called Nevermind A Story For Children Who Bottle Up Their Feelings 1 Helping Children With Feelings

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Usually dispatched within 1 week. Synopsis. A Nifflenoo Called Nevermind is story for children who bottle up their feelings. Nevermind always carries on whatever happens! Each time something horrible happens to him he just tucks his feelings away and carries on with life. Find out what happens to Nevermind and how he begins to understand that his feelings do matter, how he learns to express them and stand up for himself.

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A Nifflenoo Called Nevermind A Story for Children Who Bottle Up Their Feelings 1st Edition by Margot Sunderland and Publisher Routledge. Save up to 80% by choosing the eTextbook option for ISBN: 9781351693684, 1351693689. The print version of this textbook is ISBN: 9781315171043, 131517104X.

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A story for children who bottle up their feelings. Nevermind always carries on whatever happens! Each time something horrible happens to him he just tucks his feelings away and carries on with life. Find out what happens to Nevermind and how he begins to understand that his feelings do matter, how he learns to express them and stand up for himself.

This practical guidebook, with a beautifully-illustrated storybook, enables teachers, parents and professionals to help children aged 4-12 connect with unresolved feelings affecting their behaviour. This is a guidebook to help children who: are trying to manage their too painful feelings by themselves do not let themselves cry, protest or say that they are scared are living with too many unresolved painful emotions from the past have had disturbing, overwhelming or confusing experiences, which they have been unable to think through or feel through properly are full of unexpressed feelings because expressing them feels far too dangerous are full of unmournd grief. A Nifflenoo Called Nevermind is a story for children who bottle up their feelings. Nevermind always carries on whatever happens! Each time something horrible happens to him he just tucks his feelings away and carries on with life. Find out what happens to Nevermind and how he begins to understand that his feelings do matter, how he learns to express them and stand up for himself.

A guidebook to help children who: are trying to manage their too painful feelings by themselves; do not let themselves cry, protest or say that they are scared; are living with too many unresolved painful emotions from the past; have had disturbing, overwhelming or confusing experiences, which they have been unable to think through or feel through properly; are full of unexpressed feelings because expressing them feels far too dangerous; and are full of unmournd grief.

This is a guidebook to help children who: are suffering from the pain of loss or separation from someone or something they love deeply; have had a parent, relative or important friend leave or die; are obsessed with their absent parent; have lost someone they love, but have never really mourned; are trying to manage all their painful feelings of loss by themselves; feel that they have lost the love of someone they love deeply; are suffering from separation anxiety; and are adopted or fostered children who miss their birth parent terribly. Helping Children with Loss Using this engaging story and practical guidebook you can help children suffering from the pain of loss or separation. They may be: grieving for the death of a parent, relative or important friend; obsessed with an absent parent; struggling to mourn a loss; trying to manage all of their painful feelings by themselves; suffering from separation anxiety; and adopted or fostered children who miss their birth parent.

A story for children who have hardened their hearts or become bullies. Bippley is a warm cuddly creature, but someone has broken his heart. He feels so hurt that he decides it is just too painful to ever love again. When he meets some big tough Honks in the wood, they teach him how to harden his heart so that he doesn't have to feel hurt any more. Luckily Bippley meets some creatures who teach him how he can protect himself without hardening his heart.

Adopted children who have experienced loss, abuse or neglect need additional support for their emotional development, and are more likely to have special educational needs. This useful resource provides a complete plan for creating adoption-friendly environments in primary, secondary and specialist schools. The book is grounded on new research which gathered together testimonies from over 400 school staff members, adoptive parents and adoption specialists. With realistic consideration of pressures and limitations currently faced by schools, it gives advice on eight key areas for school development, including communicating with parents, training staff, using resources wisely and recognising children's individual needs. Completing the toolkit is a broad selection of photocopiable and downloadable plans for establishing adoption-friendly frameworks, and for demonstrating good practice to staff, pupils, families and school inspectors.

Now available in a fully revised and updated second edition, this practical manual is a detailed guide to the Palin Parent – Child Interaction Therapy programme (Palin PCI) developed at the Michael Palin Centre for Stammering (MPC). Palin PCI builds on the principle that parents play a critical role in effective therapy and that understanding and managing stammering is a collaborative journey between the child, parent and therapist. This book emphasises a need for open communication about stammering, offering a combination of indirect techniques such as video feedback, interaction strategies and confidence building, along with direct techniques to teach a child what they can do to help themselves. This second edition: Reflects the most up-to-date research in areas such as neurology, genetics, temperament and the impact of stammering on children and their families Offers photocopiable resources, such as assessment tools, information sheets and therapy handouts, to support the implementation of Palin PCI Focuses on empowerment through building communication confidence in children who stammer and developing knowledge and confidence in their parents Based on a strong theoretical framework, this book offers a comprehensive understanding of the Palin PCI approach in order to support generalist and specialist speech and language therapists as they develop their knowledge, skills and confidence in working with young children who stammer and their families. For more information about Alison and her work, please visit www.alisonnicholasst.co.uk. To learn more about Elaine and her work, please visit www.michaelpalincentreforstammering.org.

Newly updated edition of the highly successful core text for using cognitive behaviour therapy with children and young people The previous edition of Think Good, Feel Good was an exciting, practical resource that pioneered the way mental health professionals approached Cognitive Behaviour Therapy with children and young people. This new edition continues the work started by clinical psychologist Paul Stallard, and provides a range of flexible and highly appealing materials that can be used to structure and facilitate work with young people. In addition to covering the core elements used in CBT programmes, it incorporates ideas from the third wave CBT therapies of mindfulness, compassion focused therapy and acceptance and commitment therapy. It also includes a practical series of exercises and worksheets that introduce specific concepts and techniques. Developed by the author and used extensively in clinical practice, Think Good, Feel Good, Second Edition: A CBT Workbook for Children and Young People starts by introducing readers to the origin, basic theory, and rationale behind CBT and explains how the workbook should be used. Chapters cover elements of CBT including identifying thinking traps, core beliefs; controlling feelings; changing behaviour; and more. Written by an experienced professional with all clinically tested material Fully updated to reflect recent developments in clinical practice Wide range of downloadable materials Includes ideas for third wave CBT, Mindfulness, Compassion Focused Therapy and Acceptance and Commitment Therapy Think Good, Feel Good, Second Edition: A CBT Workbook for Children and Young People is a "must have" resource for clinical psychologists, child and adolescent psychiatrists, community psychiatric nurses, educational psychologists, and occupational therapists. It is also a valuable resource for those who work with young people including social workers, school nurses, practice counsellors, teachers and health visitors.

This accessible and user-friendly resource will help a wide range of adults support children and young people with anxiety. Clear information on the nature of anxiety is combined with helpful ideas, practical strategies and resources to help adults feel confident in understanding and managing the emotional well-being of children and young people. Supporting Children and Young People with Anxiety cuts through the literature and provides practical support based on sound psychological theory and evidence-based practice. Intervention programmes and suggested strategies have been tried and tested in schools and colleges, with young people and families, and can be adapted for use with groups, individual children or parents. Presuming no prior experience on the part of the reader, the authors acknowledge the challenges involved in recognising anxiety and delivering tailored treatment, and emphasise the role of prevention and early intervention. All resources are provided as photocopiable and downloadable resources which can be easily customised for use with children and parents. This essential text will prove an invaluable resource for worried parents, students, teachers and carers, enabling them to sootha, support and empower the young people in their care.