

Unselfie Why Empathetic Kids Succeed In Our All About Me World

Can you teach a child to be kind? This vital question is taking on a new urgency as our culture grows ever more abrasive and divided. We all want our kids to be kind. But that is not the same as knowing what to do when you catch your son being unkind. A world-renowned developmental psychologist, Dr. Thomas Lickona has led the character education movement in schools for forty years. Now he shares with parents the vital tools they need to bring peace and foster cooperation at home. Kindness doesn't stand on its own. It needs a supporting cast of other essential virtues—like courage, self-control, respect, and gratitude. With concrete examples drawn from the many families Dr. Lickona has worked with over the years and clear tips you can act on tonight, How to Raise Kind Kids will help you give and get respect, hold family meetings to tackle persistent problems, discipline in a way that builds character, and improve the dynamic of your relationship with your children while putting them on the path to a happier and more fulfilling life.

A Huffington Post columnist and women's leadership expert outlines practical skills that women can use to implement positive change, covering such topics as self-esteem and how to overcome sabotaging gender rules of conduct. 50,000 first printing.

The bestselling author of UnSelfie offers 7 teachable traits that will safeguard our kids for the future. We think we have to push our kids to do more, achieve more, BE more. But we're modeling the wrong traits—like rule-following and caution—and research shows it's NOT working. This kind of "Striver" mindset isn't just making kids unhappy, says Dr. Michele Borba...It's actually the opposite of what it takes to thrive in the uncertain world ahead. Thrivers are different: they flourish in our fast-paced, digital-driven, often uncertain world. Why? Through her in-depth research, Dr. Borba discovered that the difference comes down not to grades or test scores, but to seven character traits that set Thrivers apart—confidence, empathy, self-control, integrity, curiosity, perseverance, and optimism. The even better news: these traits can be taught to children at any age...In fact, parents and educators must do so. In Thrivers, Dr. Borba offers practical, actionable ways to develop these traits in children from preschool through high school, showing how to teach kids how to cope today so they can thrive tomorrow.

Now available in paperback is a bold, fresh, and timely work that "offers parents humor, understanding, parenting philosophy, and well-founded pearls of wisdom."—Michael G. Thompson, Ph.D., coauthor of Raising Cain Mary Pipher told us about the problems girls face in Reviving Ophelia, now in Girls Will Be Girls, JoAnn Deak gives us the solutions. Deak looks past the "scare" stories to those that enlighten parents and enable their daughters to power up. She brings from the latest brain research on girls to illustrate the exciting new ways in which we can help our daughters learn and thrive. Most telling of all, she gives us the voices of girls themselves as they struggle with body image, self-esteem, intellectual growth, peer pressure, and media messages. The result is a mastery book that addresses the key issues for girls growing up; one that fulfills a desperate need for clear guiding principles to help mothers, fathers, and their daughters navigate this chaotic contemporary culture.

Future Minds

The Empathy Advantage

The New Childhood

Helping Children Succeed

Teaching Children Empathy

Cultivating Compassionate and Connected Children

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

Are We Happy Yet?

Helping children develop greater empathy-related awareness and skill can help prevent negative social behaviors such as bullying, meanness, and alienation. Empathy is a fundamental social emotion because it brings a sense of emotional connection to others. It moves us past the self and into relational awareness. It is this awareness that is not only basic to all healthy relationships; it is the root of prosocial behavior, altruism, kindness and peace. Empathy has cognitive, affective and behavioral components that can be learned and improved upon by children. Each topic-related lesson includes five inviting worksheets that can be reproduced and used repeatedly with elementary school-aged students.

Does your kid never take no for an answer and demand things go his way? Do her theatrics leave you drained at the end of the day? Are you resorting to bribes and threats to get your kid to do chores? Does he cheat, complain, or blame others for his problems? Do you feel you're running a hotel instead of a home? Are you starting to feel like your child's personal ATM machine? What happened? You thought you were doing the best for your child and didn't set out to raise a selfish, insensitive, spoiled kid. In Her newest book, Don't Give Me That Attitude! parenting expert Michele Borba offers you an effective, practical, and hands-on approach to help you work with your child to fix that very annoying but widespread youthful characteristic, attitude. If you have a child who is arrogant, bad-mannered, bad-tempered, a cheat, cruel, demanding, domineering, fresh, greedy, impatient, insensitive, irresponsible, jealous, judgmental, lazy, manipulative, narrow-minded, noncompliant, pessimistic, a poor loser, selfish, uncooperative, ungrateful, or unhelpful, this is the book for you!

A provocative look at the new, digital landscape of childhood and how to navigate it. In The New Childhood, Jordan Shapiro provides a hopeful counterpoint to the fearful hand-wringing that has come to define our narrative around children and technology. Drawing on groundbreaking research in economics, psychology, philosophy, and education, The New Childhood shows how technology is guiding humanity toward a bright future in which our children will be able to create new, better models of global citizenship, connection, and community. Shapiro offers concrete, practical advice on how to parent and educate children effectively in a connected world, and provides tools and techniques for using technology to engage with kids and help them learn and grow. He compares this moment in time to other great technological revolutions in humanity's past and presents entertaining micro-histories of cultural fixtures: the sandbox, finger painting, the family dinner, and more. But most importantly, The New Childhood paints a timely, inspiring and positive picture of today's children, recognizing that they are poised to create a progressive, diverse, meaningful, and hyper-connected world that today's adults can only barely imagine.

This is for anyone who's curious about rethinking their thinking or unleashing the extraordinary potential of the human mind.

24 Rude, Selfish, Insensitive Things Kids Do and How to Stop Them

Practical Child Psychology for Modern Parents

Parenting Through the Storm

Playing Big

Find Help, Hope, and Strength When Your Child Has Psychological Problems

Reset Your Child's Brain

Parent Up

How to Raise Kind Kids

Two sides to every story—helping kids learn compassion and understanding Teach children ages 5 to 7 about empathy and putting themselves in someone else's shoes. In this entry into bullying books for kids, they'll read about how best friends Ava and Sofia handle a problem with bullying. The story is told twice—first from Sofia's point of view, and then from Ava's, so kids can experience how their feelings change when they see things from a different perspective. When it comes to bullying books for kids, this one stands out: Everyone deserves understanding—No matter how your child is experiencing bullying, Ava's and Sofia's stories will show them skills that can help. Talk about it—Go beyond other bullying books for kids with discussion questions that encourage kids to think about why the characters might have done the things they did. Beautiful illustrations—Colorful artwork brings the story to life and makes this book fun to read. Give kids the tools to practice kindness with What Is Empathy?, everything that bullying books for kids should be.

Roots of empathy—an evidence-based program developed in 1996 by longtime educator and social entrepreneur Mary Gordon—has already reached more than 270,000 children in Canada, the U.S., Japan, Australia, New Zealand, and elsewhere. Now, as The New York Times reports that "empathy lessons are spreading everywhere amid concerns over the pressure on students from high-stakes tests and a race to college that starts in kindergarten," Mary Gordon explains the value of and how best to nurture empathy and social and emotional literacy in all children—and thereby reduce aggression, antisocial behavior, and bullying.

Hailed as "an absolute must-read" (Jean Twenge) and a book that "will change your kids' lives" (Jack Canfield), UnSelfie by Dr. Michele Borba explains what parents and educators MUST do to combat the growing empathy crisis among children today—including a 9-step empathy-building program with tips to guide kids from birth through college, and beyond. Teens today are forty percent less empathetic than they were thirty years ago. Why is a lack of empathy—which goes hand-in-hand with the self-absorption epidemic Dr. Michele Borba calls the Selfie Syndrome—so dangerous? First, it hurts kids' academic performance and leads to bullying behaviors. Also, it correlates with more cheating and less resilience. And once children grow up, a lack of empathy hampers their ability to collaborate, innovate, and problem-solve—all must-haves skills for the global economy. In UnSelfie Dr. Borba pinpoints the forces causing the empathy crisis and shares a revolutionary, researched-based, nine-step plan for reversing it. The good news? Empathy is a trait that can be taught and nurtured. Dr. Borba offers a framework for parenting that yields the results we all want: successful, happy kids who are kind, moral, courageous, and resilient. UnSelfie is a blueprint for parents and educators who want to kids shift their focus from I, me, and mine...to we, us, and ours.

Today show's Michele Borba's cures for difficult childhood behaviors in this down-to-earth guide, parenting expert Michele Borba offers advice for dealing with children's difficult behavior and hot button issues including biting, temper tantrums, cheating, bad friends, inappropriate clothing, sex, drugs, peer pressure, and much more. Written for parents of kids age 3-13, this book offers easy-to-implement advice for the most important challenges parents face with kids from toddlers to tweens. Includes immediate solutions to the most common childhood problems and challenges Written by Today Show's resident parenting expert Michele Borba Offers clear step-by-step guidance for solving difficult childhood behaviors and family conflicts Contains a wealth of advice that is easy-to-follow and gets quick results Author has written outstanding parenting books including Building Moral Intelligence, No More Misbehavin', Don't Give Me that Attitude, and more Each of the 101 issues includes clear questions, specific step-by-step solutions, and advice that is age appropriate.

End Peer Cruelty, Build Empathy

Anxiety and Depression in the Classroom: A Teacher's Guide to Fostering Self-Regulation in Young Students

How the Digital Age is Changing Our Minds, Why This Matters and What We Can Do About It

A Four-Week Plan to End Meltdowns, Raise Grades, and Boost Social Skills by Reversing the Effects of Electronic Screen-Time

The Kindness Advantage

Raising Kids to Thrive in an Online World

The Proven 6Rs of Bullying Prevention That Create Inclusive, Safe, and Caring Schools

The Parents We Mean to Be

Raising a child or teenager with a psychological condition is a "perfect storm" of stress, sadness, and uncertainty. How can you find the best treatments and help your child overcome emotional, behavioral, and academic challenges--while keeping yourself and your family strong? As a parent, you may feel isolated and alone, but the reality is that a lot of families are in the same boat. Ann Douglas knows firsthand just how daunting it can be. In this compassionate and empowering guide, she combines the vital lessons she has learned with vivid stories from other parents and advice from leading psychologists. Several record-keeping forms can be downloaded and printed for repeated use. The book cuts through the often-confusing clinical jargon and speaks from the heart about what matters most: the well-being of your child.

Analyses the underlying causes of children's negative attitudes and provides powerful tools to help parents and their children manage negative thoughts, build optimism, and establish emotional resilience.

Andrew "Sunshine" Monke, mother of five and camp owner-director, shares nine powerful parenting techniques inspired by the research-based practices of summer camp to help kids thrive and families become closer. Research has proven that kids are happier and gain essential social and emotional skills at camp. A recognized parenting expert, Audrey Monke distills what she's learned from thousands of interactions with campers, camp counselors, and parents, and from her research in positive psychology, to offer intentional strategies parents can use to foster the benefits of camp at home. Our screen-obsessed, competitive society makes it harder than ever to raise happy, thriving kids. But there are tried-and-true methods that can help. Instead of rearing a generation of children who are overwhelmed, anxious, depressed, and who struggle to become independent, responsible adults, parents can create a culture that promotes their kids' important and meaningful, successful lives. Thousands of parents attest to the "magical" benefits of summer camp for their kids, noting their children return more joyful, positive, confident, and resilient after just a few weeks. But you can learn exactly what it takes to overcome these benefits at home. Complete with specific ideas to implement the most effective summer camp secrets, HAPPY CAMPERS is one of a kind resource for raising happy, socially intelligent, successful kids.

Offers advice for teaching children the essential skills they need to be confident and successful, including communication, problem solving, perseverance, and empathy

38 Difficult Behaviors and How to Stop Them

Eight Keys to Unlocking a Joyful Life

The Top 25 Friendship Problems and How to Solve Them

The Surprising Reason Why Some Kids Struggle and Others Shine

101 Answers to Your Everyday Challenges and Wildest Worries

Happy Campers

Changing the World Child by Child

Raising Kids to Thrive in a Connected World

In homes and school communities nationwide, there is re-energized interest in the values of community, compassion, and tolerance, and in finding our way to a kinder culture:a culture that starts with our families. Headlines speak of hate crimes, intolerance, and us-versus-them divisiveness. Recent political events have left many Americans yearning for unity, respect, and compassion in our political discourse. In our schools, bullying continues to be a pervasive problem, and in our homes, "screen-time" poses a constant threat to family life. Research shows that connection and social engagement are key to successful, fulfilling lives, and yet we have never been less connected than we are now. Perhaps more than any other group, parents recognize the potential damage of this trend. Children who are raised in a culture where giving and compassion are valued become happier and more positively engaged with those around them. They are less likely to treat others disrespectfully. With increased concern about meanness and bullying, you may be among the many parents who see the need for more civil, respectful, and considerate behavior among our children. The Kindness Advantage is a practical and concrete guide for you to equip your child with the skills they need to have a positive influence on the world. We all benefit when children are raised with the understanding that they can have an impact by making conscious choices. It's never too early to start your child on a path of fulfillment through meaningful connection with others. Designed to be read with children as young as four, the book presents ten fundamental concepts to weave into your family's daily life. Using text, quotes, questions and real life stories, The Kindness Advantage is the first book parents need to think about and teach the necessary skills to be a kind, compassionate person. Each idea on its own is simple and unimintimidating, yet together they form the powerful foundation parents need to go beyond teaching "please" and "thank-you" to form kindness habits that will last a lifetime. In a world where kindness is so greatly needed, The Kindness Advantage offers inspiration and activities to teach kids empathy, inspire a culture of compassion and connection, and empower children to make a difference in their community and the world. Your mind is not built to make you happy; it's built to help you survive. So far, it's done a great job! But in the process, it may have developed some bad habits, like avoiding new experiences or scrounging around for problems where none exist. Is it any wonder that worry, bad moods, and self-critical thoughts so often get in the way of enjoying life? The User's Guide to the Human Mind is a road map to the puzzling inner workings of the human mind, replete with exercises for overriding the mind's natural impulses toward worry, self-criticism, and fear, and helpful tips for acting in the service of your values and emotional well-beingeven when your mind has other plans. Find out how your mind tries to limit your behavior and your potential Discover how pessimism functions as your mind's error management system Learn why you shouldn't believe everything you think Overrule your thoughts and feelings and take charge of your mind and your life

A NOW READ THIS PBS NewsHour and New York Times Book Review selection from The New York Times best-selling author of How Children Succeed comes an essential handbook of successful strategies to help kids overcome issues, learn, and thrive in today's chaotic learning environments. In How Children Succeed, Paul Tough introduced us to research showing that personal qualities like perseverance, self-control, and conscientiousness play a critical role in children's success. Now, in Helping Children Succeed, Tough takes on a new set of pressing questions: What does growing up with economic and other stresses do to children's mental and physical development? How does adversity at home affect their success in the classroom, from preschool to high school? And what practical steps can the adults who are responsible for them take to improve their chances for a positive future? Tough once again encourages us to think in a new way about the challenges of childhood. Mining the latest research in psychology and neuroscience, he provides us with insights and strategies for a new approach to childhood adversity, one designed to help many more children succeed.

A K-8 self-esteem curriculum for improving student achievement behaviors and school climate.

Girls Will Be Girls

A K-8 Self Esteem Curriculum for Improving Student Achievement, Behavior and School Climate

Freeing Your Child from Negative Thinking

Don't Give Me That Attitude!

What Is Empathy?

The Social Emotion : Lessons, Activities and Reproducible Worksheets (K-6) that Teach how to "step Into Other's Shoes"

The User's Guide to the Human Mind

And Get Respect, Gratitude, and a Happier Family in the Bargain

Empathy's centrality to morality is heavily debated. Many religious and philosophical traditions have favoured empathy, sympathy, or compassion as key to moral thought, conduct, or motivation. This collection brings together original papers in philosophy, psychology, psychiatry, anthropology, and neuroscience to give a comprehensive overview of the issue, and includes an extensive survey of empathy and empathy-related emotions. It is distinctive in focusing on the moral import of empathy and sympathy.

"According to Michele Borba, the woman Dr. Drew calls "the most trusted parenting expert in America," there's an empathy crisis among today's youth, who she dubs the "selfie generation." But the good news is that empathy is a skill that can -- and must -- be taught, and in UNSELFIE (her first book for a general trade audience) Borba offers a 9-step program to help parents cultivate empathy in children, from birth to young adulthood"--

Warning Signs provides practical methods to reduce harm to and by children. Doctors Johnson and Berdahl present the most common risk factors and warning signs, along with practical parenting advice and strategies for raising strong, safe kids and protecting them from becoming either perpetrators or victims. They explain how the "old" risk factors--child abuse and neglect, domestic violence, sexual assault, and poverty--have been compounded by new ones in the past 20 years, such as violent media, kids' entitled attitudes, parents' fear of intervention, and increases in childhood mental illness, disrupted families, substance use, bullying, access to weapons, and social media. They provide sample language for tough conversations with kids and with other adults. Full of specific, practical ideas, this book will appeal to parents who want to raise kind and compassionate children.

*Are We Happy Yet? Eight Keys to Unlocking a Joyful Life is an exciting fusion of science and heart, filled with successful tools and techniques for creating your personal "happiness revolution." Lisa Cyfers Kamen, an internationally recognized applied positive psychology coach and expert in life's big questions, reveals her breakthrough system for cultivating sustainable happiness and well-being--regardless of life's drama, trauma, or challenges. Her inspiring and practical tips, keys, and exercises will boost your "Happiness-Factor" to new levels and show you how to tap into the joy and peace you deserve. You'll learn how to:
• Accept the past for what it is-a reference point, not a destination
• Embrace the truth that while life is tough, you can be happy
• Transform your relationship with yourself from enemy to ally
• Appreciate why less is often more
• Focus on what's right with your life, not what's wrong
• Control the only person you can--yourself
• Invest in yourself to become more mentally, physically, emotionally, and spiritually fit
• Use your newly discovered joy to become a more positive and productive influence in the world--and much more
"As a reformed depressed person, I did not wander into my happy place. There was a personal evolution to my happiness revolution," says Lisa of her own journey. A sought-after expert in life-crisis triage, including addiction and trauma recovery, she is acclaimed for her dynamic "H-Factor" process that makes it possible for anyone to elevate their well-being through attention, intention, and action. Lisa's proven techniques and work as host of the popular Harvesting Happiness Talk Radio show have helped millions of people around the world generate more joy and fulfillment in their lives.*

How to Raise Kids with Solid Character, Strong Minds, and Caring Hearts

Warning Signs

The Seven Essential Virtues that Teach Kids to Do the Right Thing

No More Misbehavin'

UnSelfie

How the Blue-Tongued Skink Got His Blue Tongue

Empathy and Morality

A Guide to Raising Compassionate and Caring Children

Raise your kids through positive parenting, understanding, and leadership...and be the ultimate influencer in their lives. How do you raise a champion? After her son Adam Rippon, medaled in the 2018 Olympic Games, single mom Kelly Rippon found herself being asked this question all the time. Kelly had six children—what did she do to inspire them to their achievements and how did she raise confident, self-driven, emotionally intelligent children? Kelly realized that her unique parenting ideas shared the same leadership influence model she presented to audiences across the country as a motivational and professional development speaker. Her philosophy is simple: a parent has the greatest opportunity to be the most significant influence in a child's life. Kelly shares ten key types of influence—from Optimism to Accountability—that will inspire your kids and build your own sense of purpose and self-worth. Illustrating her influencer philosophy with relatable anecdotes from her own life and raising gifted children, Kelly invites you into your own journey of self-discovery in one of the best books on parenting and child development. No matter the challenges, you can improve your life and empower your children when you Parent Up! Foreword by Olympic medalist Adam Rippon. Praise for Parent Up: "Parent Up is exactly the book parents need in our rapidly changing world. It reminds today's teachers, parents, and caregivers that leadership requires empathy, and the better we understand others, the better we understand ourselves." —Michele Borba, EdD, author of UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World "Parent Up gives parents the confidence to raise our children in a way that works for our families, and inspires resilience and self-sufficiency in our kids." —Lindsay Powers, author of You Can't F'ck Up Your Kids: A Judgment-Free Guide to Stress-Free Parenting "Kelly shares relatable personal experiences in Parent Up that show us sometimes the difficult path leads to the best parenting. Not always protecting our kids, but allowing them to own the consequences of their actions, helps them learn to be confident, empathetic, accountable, and ultimately empowered to live their best lives. It's no wonder her oldest son, Adam, achieved his Olympic dream and is a beloved sports figure." —Kristi Yamaguchi, Olympic champion and New York Times bestselling author "This book is a total joy! Kelly Rippon is a remarkable mother of six remarkable children whose achievements are only surpassed by their integrity and goodness of heart. Her book offers a wealth of advice for raising successful and compassionate children. Warm, witty, and wise, Kelly Rippon is a gift to all parents!" —Priscilla Gilman, author of The Anti-Romantic Child: A Story of Unexpected Joy

A K-8 self-esteem curriculum for improving student achievement behaviors and school climate.

A simple and sweet parenting book with 365 tips—a new one to try every day! As a parent, you want the best for your child, and one of your greatest hopes is that your child will grow up to be a good person. So, what makes a good person? Generally, we think about good people as being kind, those who are compassionate, empathetic, generous. However, it seems that, in our fast-paced, individual-driven society, kindness is fading and the pressure on parents to raise socially conscious, empathetic, and caring children can seem overwhelming at times. In Teaching Kids to Be Kind, Rachel Tomlinson draws from her professional experiences to provide 365 inspiring strategies to help children and families practice kindness every day of the year. Daily tips include: Taking your child shopping around the holidays to select a new toy to donate to another little boy or girl their age. Leaving little notes in their lunch box or school bag for them to find. This models unconditional love and consideration for others. Baking a cake together to teach patience and teamwork and build on their ability to enjoy gratification. An essential tool for parents, Teaching Kids to Be Kind will help children develop empathy, regulate their emotions, and improve their general well-being as well as support families in strengthening their overall relationships.

Evidence-based bullying-prevention principles, policies, and practices to reduce peer cruelty and create safe, caring learning climates. Based on a practical, six-part framework for reducing peer cruelty and increasing positive behavior support. End Peer Cruelty, Build Empathy utilizes the strongest pieces of best practices and current research for ways to stop bullying. The book includes guidelines for implementing strategies, collecting data, training staff, mobilizing students and parents, building social-emotional skills, and sustaining progress, and presents the "6Rs" of bullying prevention: Rules, Recognize, Report, Respond, Refuse, and Replace. This is not a program, but a comprehensive process for reducing bullying from the inside out, involving the entire school community. Bullying-prevention and character education expert Michele Borba, who's worked with over 1 million parents and educators worldwide, offers realistic, research-based strategies and advice. Use the book on its own or to supplement an existing program. Digital content includes customizable forms from the book and a PDF presentation for use in professional development.

How Well-Intentioned Adults Undermine Children's Moral and Emotional Development

A Kids' Guide to Making and Keeping Friends

Why Our Brains Make Us Unhappy, Anxious, and Neurotic and What We Can Do About It

Digital for Good

Teaching Kids to Be Kind

A Bullying Storybook for Kids

What Works and Why

How to Protect Your Kids from Becoming Victims or Perpetrators of Violence and Aggression

"This easy-to-use guide will help the busiest parents and educators teach children, tweens, and teens the ability to "walk in someone else's shoes" - skills that lasts a lifetime and helps kids become caring adults with the people skills needed for relationships and career success"-- Increasing numbers of parents grapple with children who are acting out without obvious reason. Revved up and irritable, many of these children are diagnosed with ADHD, bipolar illness, autism, or other disorders but don't respond well to treatment. They are then medicated, often with poor results and unwanted side effects. Based on emerging scientific research and extensive clinical experience, integrative child psychiatrist Dr. Victoria Dunckley has pioneered a four-week program to treat the frequent underlying cause, Electronic Screen Syndrome (ESS). Dr. Dunckley has found that everyday use of interactive screen devices – such as computers, video games, smartphones, and tablets – can easily overstimulate a child's nervous system, triggering a variety of stubborn symptoms. In contrast, she's discovered that a strict, extended electronic fast single-handedly improves mood, focus, sleep, and behavior, regardless of the child's diagnosis. It also reduces the need for medication and renders other treatments more effective. Offered now in this book, this simple intervention can produce a life-changing shift in brain function and help your child get back on track – all without costly or medication. While no one in today's connected world can completely shun electronic stimuli, Dr. Dunckley provides hope for parents who feel that their child has been misdiagnosed or inappropriately medicated, by presenting an alternative explanation for their child's difficulties and a concrete plan for treating them.

Kids deserve a better digital future. Help them create it. When it comes to raising children in a digital world, every parent feels underprepared and overwhelmed. We worry that our children will become addicted to online games, be victims of cyberbullying, or get lost down the rabbit hole of social media. We warn them about all the things they shouldn't do online, but we don't do nearly enough to teach them the skills of digital well-being. It's time to start a new conversation. In Digital for Good, EdTech expert Richard Culatta argues that technology can be a powerful tool for learning, solving humanity's toughest problems, and bringing us closer together. He offers a refreshingly positive framework for preparing kids to be successful in a digital world—one that encourages them to use technology proactively and productively—by outlining five qualities every young person should develop in order to become a thriving, contributing digital citizen: Be balanced: understand when and how much tech use is healthy Stay informed: discern between true and false information Be inclusive: treat others with respect and kindness online Be engaged: use tech to strengthen family relationships and community connections Stay alert: exercise caution and create safe digital spaces for others This practical guide will help parents and children discover the path to becoming effective digital citizens, all while making our online world a better place. "Children everywhere want to fit in with a group, resist peer pressure, and be good sports--but even the most socially adept children struggle at times. But after reading this ... guide on their own or with a caring adult, kids everywhere [may] be [more] equipped to face any friendship challenges that come their way"--Amazon.com.

Growing Friendships

Esteem Builders

Coaching Children to Be Kind, Respectful, and Successful

Raising Confident and Courageous Daughters

Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility, and Happiness

Nobody Likes Me, Everybody Hates Me

Inspire Your Child to Be Their Best Self

Thrivers

Harvard psychologist Weissbourd argues incisively that parents--not peers or television--are the primary shapers of their children's moral lives. Weissbourd's ultimately compassionate message is that the intense, crisis-filled, and profoundly joyous process of raising a child can be a powerful force for parents' moral development.

"This will be the only discipline book you'll ever need to raise good kids." --from the Foreword by Jack Canfield, coauthor, Chicken Soup for the Soul and Chicken Soup for the Parent's Soul "Michele Borba offers insightful, realistic, and straightforward advice that is sure to get immediate results." --Editor-in-Chief, Parents Magazine "A sensitive, thoughtful, eminently practical book that will help parents help their children change behaviors that will improve the child's, and the entire family's, well being and happiness. A wonderful contribution!" --Alvin Rosenfeld, M.D., child psychiatrist and coauthor, Over-Scheduled Child Anger, Anxiety, Biting, Bossy, Bullied, Bullying, Chore Wars, Cynical, Defiant, Doesn't Listen, Fighting, Gives Up Easily, Hitting, Homework Battles, Hooked on Rewards, Impulsivity, Intolerant, Lying and Cheating, Materialistic, Mean, Negative Peer Pressure, No Friends, Over-Perfectionism, Poor Sportsmanship, Put-Downs, Rude, Selfish, Sibling Battles, Short Attention Span, Shy, Stealing, Swearing, Talking Back, Tattling, Teased, Temper Tantrums, Whining, Yelling. Parenting expert Dr. Michele Borba tackles the most common bad behaviors that kids ages 3 to 12 repeat over and over behaviors that drive parents crazy. In this enormously useful, simple-to-use book she shows how to change these behaviors for good. For each negative behavior Dr. Borba offers a series of key tips and guidelines and outlines a step-by-step plan for a customized makeover that really works! Using the steps outlined in No More Misbehavin' will give you the help you need to raise kids who are strong leaders and good characters."

What every moment with your child counts. Tap into the psychology behind your child's behavior at every stage of development, and respond with confidence. Find out what your child really means when he says "look what I did!," "But I'm not tired," or "You're embarrassing me," and discover what's really going on when he can't express himself at all. Using more than 100 everyday scenarios, the book leads you through each one step by step, explaining not only your child's behavior and the psychology behind it but also your own feelings as a parent. It then gives instant recommendations for what you could say and do in response to best resolve the situation. Covering all your child's developmental milestones from ages 2 to 7 years, What's My Child Thinking? covers important issues, such as temper tantrums, friendships (real and imaginary), sibling rivalry, aggressive behavior, and peer pressure. There's also a bank of practical "survival guides" for critical times, such as traveling in the car, eating out, and going online safely. Rooted in evidence-based clinical psychology and championing positive parenting, What's My Child Thinking? will help you tune in to your child's innermost thoughts and be the parent you want to be.

Includes a Touchstone reading group guide in unnumbered pages at end of work.

Parents Do Make a Difference

Roots of Empathy

A K-8 Self-esteem Curriculum for Improving Student Achievement, Behavior, and School Climate

Find Your Voice, Your Mission, Your Message

Building Moral Intelligence

9 Summer Camp Secrets for Raising Kids Who Become Thriving Adults

The Big Book of Parenting Solutions

What's My Child Thinking?

Do you wish your kid had more friends or could keep the ones she has? Is teasing, gossiping, bullying, or cyber-bullying a problem? Is she often left out or rejected by other kids? Does he just follow the crowd? Are you concerned about his friends? Does she complain that she's unpopular or that nobody likes her? Are you at a loss for how to help your child handle those play dates, sleepovers, being shy, too sensitive, too competitive, or having a bad reputation? Look no further. The resource you need to solve these problems and boost your child's social competence is in your hands Based on a survey of five thousand teachers and parents, Nobody Likes Me shows how to teach your child the 25 most essential friendship-building skills kids need to find, make, and keep friends, as well as survive that social pressure from peers.

Contains new ways to comprehend, evaluate, and motivate children by utilizing the seven essential virtues--conscience, empathy, self-control, respect, tolerance, kindness, and fairness--that define moral intelligence. Guidelines for teachers and parents on how to address problems in student mental health. Anxiety and depression are two of the most common mental health problems for young students, and can be particularly hard to detect and support. In this book, the first of its kind for teachers, Nadja Reilly lays out with richly detailed examples the signs to look for so educators can direct their students to help and ensure emotional wellness in the classroom. Grounded in recent psychological research and practical self-regulation tools, Reilly opens her study out onto nourishing emotional wellness in all students, communicating with parents, and schoolwide mental health advocacy. Travel with the courageous Dinky, the skink, as he encounters and challenges a bully, and find out how he gets a blue tongue while trying to do what's right.