

SUPPORTING THE MENTAL HEALTH  
OF PARENTS AND CARERS



Hampshire Child and Adolescent  
Mental Health Services

# THE BASICS OF PARENT SELF-CARE

A short film explaining the  
basics of parent self-care



# Live Grow Be Free A Guide To Selfparenting

**Wendy Deaton, Kendall Johnson**



## **Live Grow Be Free A Guide To Selfparenting:**

Live, Grow and Be Free Dennis L. Gibson,1982      *Change and Your Relationships* Timothy S. Lane,Paul David Tripp,2009-11-01 Timothy S Lane and Paul David Tripp skillfully help individuals and small groups identify the deeper issues that keep relationships less than they are designed to be They give practical direction on how to resolve conflicts have difficult conversations grant forgiveness overlook weaknesses celebrate strengths and grow casual      Medical and Health Care Books and Serials in Print ,1986      *Subject Guide to Books in Print* ,1993      **Master the Game** Conrad Riker,101-01-01 Are you tired of living with unspoken expectations that always seem to be missed by others Do you feel resentful and angry because your good nature isn t being reciprocated Master the Game How to Break Unspoken Expectations and Live Consciously is the ultimate guide for men looking to liberate themselves from these hidden agreements and live life on their terms Discover the power of setting boundaries embracing stoicism and growing from childhood trauma that has shaped your worldview Learn how to become an assertive and active listener develop mental space and reclaim control of your emotions This book will help you 1 Break free from the cycle of covert contracts and take control of your life 2 Develop a strong sense of self and cultivate a stoic mindset 3 Set boundaries and build healthy relationships with others 4 Heal from past traumas and overcome feelings of shame and anxiety 5 Develop assertiveness and active listening skills 6 Learn the importance of self soothing and maintaining emotional balance 7 Understand the roots of abandonment issues and work towards healing 8 Embrace a slower more deliberate approach to making life decisions If you want to live life on your terms break free from unspoken expectations and rediscover the power within yourself then buy Master the Game How to Break Unspoken Expectations and Live Consciously today      *Paperbound Books in Print* ,1992

*The Cognitive Behavioral Therapy Workbook for Personality Disorders* Jeffrey C. Wood,2010 The Cognitive Behavioral Therapy Workbook for Personality Disorders helps readers learn and practice eight core skills based in cognitive behavioral therapy CBT to overcome the symptoms of a variety of personality disorders including paranoid personality disorder narcissistic personality disorder and borderline personality disorder      *The Formula* Ronald F. Ferguson,Tatsha Robertson,2019-02-05 We all want our children to reach their fullest potential to be smart and well adjusted and to make a difference in the world We wonder why for some people success seems to come so naturally Could the secret be how they were parented This book unveils how parenting helped shape some of the most fascinating people you will ever encounter by doing things that almost any parent can do You don t have to be wealthy or influential to ensure your child reaches their greatest potential What you do need is commitment and the strategies outlined in this book In The Formula Unlocking the Secrets to Raising Highly Successful Children Harvard economist Ronald Ferguson named in a New York Times profile as the foremost expert on the US educational achievement gap along with award winning journalist Tatsha Robertson reveal an intriguing blueprint for helping children from all types of backgrounds become successful adults Informed by hundreds of

interviews the book includes never before published insights from the How I was Parented Project at Harvard University which draws on the varying life experiences of 120 Harvard students Ferguson and Robertson have isolated a pattern with eight roles of the Master Parent that make up the Formula the Early Learning Partner the Flight Engineer the Fixer the Revealer the Philosopher the Model the Negotiator and the GPS Navigational Voice The Formula combines the latest scientific research on child development learning and brain growth and illustrates with life stories of extraordinary individuals from the Harvard educated Ghanian entrepreneur who as the young child of a rural doctor was welcomed in his father s secretive late night political meetings to the nation s youngest state wide elected official whose hardworking father taught him math and science during grueling days on the family farm in Kentucky to the DREAMer immigration lawyer whose low wage mother pawned her wedding ring to buy her academically outstanding child a special flute The Formula reveals strategies on how you regardless of race class or background can help your children become the best they can be and shows ways to maximize their chances for happy and purposeful lives

*Super-Women* Janina Scarlet, 2021-04 Discover your own superpowers and be the hero you were meant to be Do you suffer from depression anxiety or trauma Have you experienced sexism marginalization or even sexual assault If so each day can feel like a battle But you do have the strength within you to rise above life s challenges Using a unique blend of acceptance and commitment therapy ACT and superhero therapy this one of a kind guide will help you get started In *Super Women* you ll find tools to help you explore and process painful experiences accept difficult thoughts and feelings and use mindfulness and self compassion to tap into your own unique superpowers Alongside seven other heroic women you ll learn how to re write your origin story and find compassionate tips and strategies to help you define your own heroic purpose Joining you will be notable women from all around the world who ve submitted their stories and words of encouragement These women include writers such as Anne Wheaton Felicia Day and Jane Espenson actors such as Chase Masterson and Ruth Connell and comedians activists and other women who like you understand first hand how difficult yet empowering it can be to be female in a patriarchal society So if you re ready to rise from the ashes and join the leagues of super women everywhere read this book You may discover powers you never even knew you had

**Books in Print** , 1993-09 V 1 Authors A D v 2 Authors E K v 3 Authors L R v 4 S Z v 5 Titles A D v 6 Titles E K v 7 Titles L Q v 8 Titles R Z v 9 Out of print out of stock indefinitely v 10 Publishers

*The New Teaching Elementary Science* Selma Wassermann, J. W. George Ivany, 1996-01-01 This book is designed for teachers to be and practicing teachers who want to teach science with confidence and for those who are fearful of trying It presents an inquiry oriented method instead of a smorgasbord of approaches that capitalizes on children s natural curiosity by emphasizing scientific exploration The book removes the fear of teaching science by encouraging teachers to be scientific inquirers themselves learning side by side with their students The text features a theoretical model of inquiry based teaching Play Debrief Replay that incorporates elements of investigative play with critical thinking skills In the longest chapter 60 fully

developed field tested investigative science activities are included to promote experiential learning and concept development

Anxieties about teaching science are addressed head on and dealt with sensitively and thoughtfully     Resources in Education ,2001     The Adolescent Psychotherapy Treatment Planner David J. Berghuis,L. Mark Peterson,William P. McInnis,2010-06-15 The Adolescent Psychotherapy Treatment Planner Fourth Edition provides treatment planning guidelines and an array of pre written treatment plan components for behavioral and psychological problems including anger management blended family conflicts low self esteem chemical dependence eating disorders and sexual acting out Clinicians with adolescent clients will find this up to date revision an invaluable resource     Grow: My Own Thoughts and Feelings (for Girls) Wendy Deaton,2002-06-14 My Own Thoughts and Feelings for Girls is a creative child friendly program designed for use with elementary school girls filled with illustrations and original exercises to foster healing self understanding and optimal growth     GROW: My Own Thoughts and Feelings (for Boys) Wendy Deaton,2002-06-14 My Own Thoughts and Feelings for Boys is a creative child friendly program designed for use with elementary school boys filled with illustrations and original exercises to foster healing self understanding and optimal growth     **GROW: I Saw It Happen** Wendy Deaton,2002-05-31 A workbook for therapists who are counseling children who have witnessed violence     Gen Z Misunderstood Tanner Callison,2022-07-15 Don't count out Gen Z These misfits and dreamers desire to see change in the world Born between 1995 and 2012 they are the largest generation in the United States but most Christians misunderstand the gap between them and Gen Z Gen Z Misunderstood seeks to bridge the gap between you and Gen Z Through years of experience with Gen Z Tanner Callison seeks to challenge you to think differently and reprioritize your ministry efforts among this promising generation We need to understand the story of Gen Z so we may invite them to a better story God's story     *GROW: Living with My Family* Wendy Deaton,Kendall Johnson,2002-07-10 Living with My Family is a creative child friendly program designed for use with elementary school children filled with illustrations and original exercises to foster healing self understanding and optimal growth     **Spiritual Christianity 2Nd Edition** William M. Beecham,2013-08-08 The spiritual journey continues Spiritual Christianity is a book for people who want to approach God with love and humility God we want to love you and do not know how Please show us For those of you who desire to have God's presence in your lives and to know God's love Dr Beecham has created a spiritual roadmap to guide you to that destination Let Dr Beecham take you on a spiritually guided journey Using passages from the Bible he explains these messages from God in an understandable way Learn how to interpret these passages and then talk to God Having God in your life is achievable You only need to desire and ask Learn how to pray and have a conversation with Jesus Ask for guidance and receive God's love if you hear my voice and open the door I will come in to you and eat with you and you with me Rev 3 20     *The Loss That Is Forever* Maxine Harris,1996-09-01 Beautifully written and informative Harris eloquence is exceeded only by the compassion and insight she brings to this perplexing and formative experience Vamik D Volkan Univ of Virginia

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