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The Kid's Guide to Staying Awesome and In Control is crucial in helping children pinpoint how they feel so they can implement which methods work best for them to maximize their learning potential and provide everyday comfort.

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Author: Leslie Burby, Author, Advocate, Former Special
Educator, Editor-in-Chief of Autism Parenting Magazine

The Kids' Guide to Staying Awesome and In Control: Simple

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From breathing exercises, pressure holds and finger pulls, to fidgets, noise-reducing headphones and gum, the book is brimming with fun stuff to help kids feel cool, calm and collected. They will learn how to label difficult feelings, choose the perfect strategies and tools to tackle them, and use these correctly whether at home or at school.

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From breathing exercises and pressure holds to noise-reducing headphones and gum, this illustrated book is packed with simple strategies and tools to help children with emotional and sensory regulation difficulties aged approximately 7 to 14 years to stay cool, calm and in control. Packed with simple ideas to regulate the emotions and senses, this book will help children tackle difficult feelings head-on and feel awesome and in control!

The Kids Guide to Staying Awesome & in Control
The Kids' Guide to Staying Awesome and In Control by
Lauren Brukner, 9781849059978, available at Book
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Working from home has benefits, but the challenges of turning your home into an office while your kids are in the room adds distractions to an already hectic day. Whether your kids are six or sixteen, here are ways that they can keep themselves busy in a green and enriching way so you can get back to work.

Your (Kids') Guide to Staying On Task | Green America
The Kid's Guide to Staying Awesome and In Control is crucial in helping children pinpoint how they feel so they can implement which methods work best for them to maximize

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their learning potential and provide everyday comfort. -
Leslie Burby, Author, Advocate, Former Special Educator,
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The Kid's Guide to Staying Awesome and In Control is crucial
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Leslie Burby. Something for everyone! Great graphics for
kids. Illustrated charts for teachers. Helpful hints for parents.

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The Kids Guide – Welcome

Armed with this book, kids will be well on their way to managing difficult emotions and feeling just right in whatever situation life throws at them! Suitable for children with emotional and sensory processing difficulties aged approximately 7 to 14 years. \$27.95. The Kids' Guide to

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The strategies and tools are accompanied by cartoon-style illustrations, and the author includes useful tips for parents and teachers as well as handy visual charts and checklists to track learning and progress. For ages 7-14 years. The Kids Guide to Staying Awesome and In Control quantity.

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Make a point to practice what you preach with your children. Focus on what is in your control, such as practicing and modeling coping skills, limiting news consumption, and creating your own new routines around sleep, nutrition, and exercise. Most important—validate and be gentle with yourself.

A Kid's Guide to Coronavirus

Our gift bundle includes "The Kids Guide to President Trump" and the latest issue of the brand-new EverBright Kids magazine, and you get them both for just \$1 s&p each! The Kids Guide to President Trump is unbiased and will help your kids learn everything there is to know about our president, from his election in 2016 and his greatest

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Waking up to another day at home can be tough. Finding things to do with kids can be even tougher. You might feel like there's never enough activities to keep the kids entertained all day every day.. That ' s why we ' ve created this guide chock full of fun things to do. Continue reading for some inspiration for educational and creative things to do at home with your little ones!

Our Essential Guide to Staying at Home - Lingokids

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