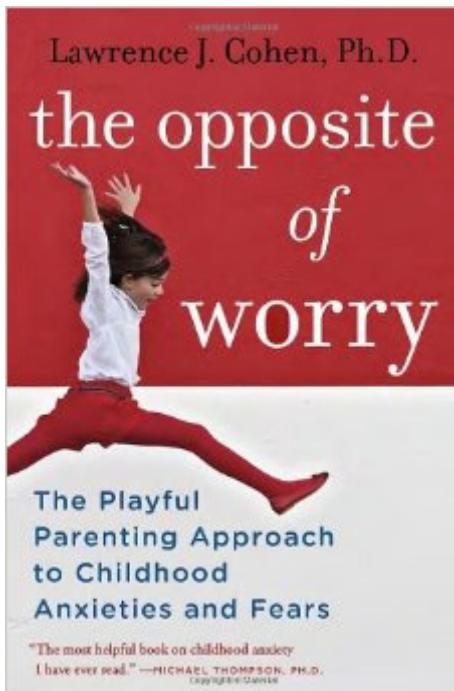


The book was found

# The Opposite Of Worry: The Playful Parenting Approach To Childhood Anxieties And Fears



## Synopsis

â œThe most helpful book on childhood anxiety I have ever read.â •â "Michael Thompson, Ph.D. Â Whether itâ ™s the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents increasingly frustrated about how to help. Now Lawrence J. Cohen, Ph.D., the author of *Playful Parenting*, provides a special set of tools to handle childhood anxiety. Offering simple, effective strategies that build connection through fun, play, and empathy, Dr. Cohen helps parents Â à ¢ start from a place of warmth, compassion, and understanding â ¢ teach children the basics of the bodyâ ™s â œsecurity systemâ •: alert, alarm, assessment, and all clear. â ¢ promote tolerance of uncertainty and discomfort by finding the balance between outright avoidance and â œwhite-knucklingâ • through a fear â ¢ find lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale â ¢ tackle their own anxieties so they can stay calm when a child is distressed â ¢ bring children out of their anxious thoughts and into their bodies by using relaxation, breathing, writing, drawing, and playful roughhousing Â With this insightful resource of easy-to-implement solutions and strategies, you and your child can experience the opposite of worry, anxiety, and fear and embrace connection, trust, and joy. Â Praise for *The Opposite of Worry* Â à œThe Opposite of Worry is an informative resource for parents and other family members. The book is easy to read, comprehensive and notable for its many practical suggestions.â •â "New England Psychologistâ œGood advice for parents making daily calls to the pediatrician . . . Anxiety is a full-body sport, and Cohenâ ™s main advice is not to treat it with words but with actions. . . . Physicality is about living in the present, and for anxious people, the present is a powerful place of healing. Intended for parents of children ages 3 to 15, this book offers anecdotes and fun anti-anxiety games.â •â "Publishers Weekly Â à œHereâ ™s the help parents of anxious children have been looking for! Dr. Cohenâ ™s genius is in the warm and generous spirit of the strategies he outlines for parents. He grounds his playful approach in a sound explanation of how anxiety affects children, and how they heal. Parents will come away with plenty of ideas to help them develop their childrenâ ™s confidence. While reading, I found myself thinking, â ^Iâ ™d like to try that for myself!â ™â •â "Patty Wipfler, founder and program director, Hand in Hand Parenting Â à œIf you want to understand your childâ ™s anxietyâ "and your own parental worriesâ "you must read Larry Cohenâ ™s brilliant book, *The Opposite of Worry*. Dr. Cohen is one of the most imaginative and thoughtful psychologists you will ever encounter. He explains how and why children become anxious and then shows how we can use empathy and play to help them escape from the terrifying dark corners of

childhood. "Michael Thompson, Ph.D. "The Opposite of Worry offers a treasure trove of ideas to help children feel confident and secure. Lawrence Cohen has written a book that will help every parent of an anxious child. "Aletha Solter, Ph.D., founder, Aware Parenting, and author of Attachment Play

## **Book Information**

Paperback: 304 pages

Publisher: Ballantine Books (September 10, 2013)

Language: English

ISBN-10: 0345539338

ISBN-13: 978-0345539335

Product Dimensions: 5 x 0.6 x 8 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars (See all reviews) (22 customer reviews)

Best Sellers Rank: #6,180 in Books (See Top 100 in Books) #10 in Books > Self-Help > Anxieties & Phobias #15 in Books > Self-Help > Emotions #32 in Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology

## **Customer Reviews**

My daughter is 5 and has had severe anxiety, particularly related to separating from me. We've seen experts since she was 2.5 as the anxiety was so bad it was affecting her sleep. She'd wake hourly (and scream, panicked) to make sure I was still next to her. My daughter is visually impaired and has sensory processing issues. She was legally blind for the first couple of years of her life and relied on me for navigation and to feel comfortable in the world (with her separate sensory issues). Not an easy case. We had kindergarten assessments coming up and a mom I met whose daughter also suffers from anxiety recommended this book. It's helped us far more than any therapist/doctor/child educator we spoke with and it helped us within weeks. Seriously, my daughter has NEVER gone to a friend's house alone, or to a class alone (save for preschool - but I went with her for months while we desensitized her to it) or even let me go to the bathroom alone at good friends' homes. Yet last weekend she went and did two kindergarten assessments with new teachers and new kids in new places WITHOUT ME for over an hour each time and she came out BEAMING! In our case my daughter was scared I'd "disappear" and I really needed to see this from her perspective. Instead of saying there was no need to worry about that, I loved her, of course I'd be back, I really thought about it and realized if I thought she might disappear if she went to a

particular place, of course I'd NEVER let her go. I'd be terrified just like she is! I conveyed this to her and told her Daddy wouldn't let me go places if I thought I might disappear, my parents wouldn't, my friends wouldn't. Also to really test the matter, for a whole week, I tried disappearing with her assistance, using magic words, etc. It never worked.

[Download to continue reading...](#)

The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence "Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear What to Expect When Parenting Children with ADHD: A 9-step plan to master the struggles and triumphs of parenting a child with ADHD Growing Up Again: Parenting Ourselves, Parenting Our Children Bringing Up BÃfÃ©bÃfÃ©: One American Mother Discovers the Wisdom of French Parenting (now with BÃfÃ©bÃfÃ© Day by Day: 100 Keys to French Parenting) Parenting After Divorce For The Single Daddy: The Best Guide To Helping Single Dads Deal With Parenting Challenges After A Divorce Love and Logic Magic for Early Childhood: Practical Parenting from Birth to Six Years The Opposite of Spoiled: Raising Kids Who Are Grounded, Generous, and Smart About Money The Opposite of Loneliness: Essays and Stories The Opposite of Cold: The Northwoods Finnish Sauna Tradition The Opposite Zoo Exactly the Opposite Men Are from Mars, Women Are from Venus: The Classic Guide to Understanding the Opposite Sex The Hueys: What's the Opposite?: A Hueys Book The Learning Habit: A Groundbreaking Approach to Homework and Parenting that Helps Our Children Succeed in School and Life The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children ScreamFree Parenting: The Revolutionary Approach to Raising Your Kids by Keeping Your Cool Hello, Cupcake! 2016 Wall Calendar: A Delicious Year of Playful Creations and Sweet Inspirations Hello, Cupcake! 2015 Wall Calendar: A Delicious Year of Playful Creations and Sweet Inspirations

[Dmca](#)