

Raising A Daughter Parents And The Awakening Of A Healthy Woman

Cherishing Our Daughters - Evelyn Bassoff 1999

Dr. Evelyn Bassoff draws on personal experience as a mother as well as her years as a psychologist to offer parents the confidence and skills they need to raise a daughter ready to achieve, compete, and succeed.

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Raising a Daughter - Jeanne Elium 2011-02-23

Girls are born believing that they can do anything, but our media-driven culture of mixed messages and conflicting values can make growing up a confusing and risky business. And for parents, it is a daunting responsibility to raise confident, independent daughters while still keeping them safe. Jeanne and Don Elium address such complex challenges as: • peer pressure and evolving social roles • emotional effects of physical changes • moodiness, eating disorders, and depression • the consequences of early sexuality • the gender gap between girls and boys • new research on ADD and ADHD in girls • daughters and single parenting *Raising A Daughter* guides parents through each stage of a girl's development, from infant to toddler, through middle childhood, the teen years, and on into early adulthood. A bestseller since 1994, this newly revised classic offers a practical exploration of what it means to have a daughter, and a compassionate study of what it means to be a woman coming of age in today's world.

Education for Adolescents - Rudolf Steiner 1996-07

8 lectures, Stuttgart, June 12-19, 1921 (CW 302) In these eight talks on education for adolescent-aged young people, Steiner addressed the teachers of the first Waldorf school two years after it was first opened. A

high school was needed, and Steiner wanted to provide a foundation for study and a guide for teachers already familiar with his approach to the human being, child development, and education based on spiritual science. Steiner's education affirms the being of every child within the world of spirit. This approach works within the context of the child's gradual entry into earthly life, aided by spiritual forces, and children's need for an education that cooperates with those forces. Some of Steiner's remarks may be controversial, but unbiased study will lead to an appreciation of the profound thought and wisdom behind what is presented here. German source: *Menschenerkenntnis und Unterrichtsgestaltung* (GA 302).

Rhythms of Learning - Rudolf Steiner 1998-03

"The primary task of a Waldorf teacher is to understand the human being in body, soul, and spirit. From this understanding will grow the approach, the curriculum, and the methods of an education capable of addressing the whole child." --Roberto Trostli Waldorf education, an established and growing independent school movement, continues to be shaped and inspired by Rudolf Steiner's numerous lectures on education. In *Rhythms of Learning*, key lectures on children and education have been thoughtfully chosen from the vast amount of material by Steiner and presented in a context that makes them approachable and accessible. In his many discussions and lectures, Steiner shared his vision of an education that considers the spirit, soul, and physiology in children as they grow. Roberto Trostli, an experienced Waldorf teacher, has selected the works that best illustrate the fundamentals of this unique approach. In each chapter, Trostli explains Steiner's concepts and

describes how they work in the contemporary Waldorf classroom. We learn how the teacher-child relationship and the Waldorf school curriculum changes as the students progress from kindergarten through high-school. This book will serve as an excellent resource for parents who want to understand how their child is learning. Parents will be better prepared to discuss their child's education with teachers, and teachers will find it a valuable reference source and communication tool.
Skole - 1996

Adolescence - 2003

What Kids Need to Succeed - Peter L. Benson 2012-05-07

Researchers at Minneapolis-based Search Institute have identified 40 Developmental Assets that all kids need in their lives—good things like family support, a caring neighborhood, and resistance skills. Communities across the nation have embraced the book's quick-read, commonsense suggestions for helping kids lead healthy, productive, positive lives and stay out of trouble. This revised and updated third edition draws on findings from a 2010 survey of about 90,000 kids (grades 6-12) from communities across the United States. The new data confirms the power of Developmental Assets in young people's lives, reflecting updated levels of assets young people experience as well as the power that assets have to prevent high-risk behaviors and increase thriving behaviors.

It's a Baby Girl! - The Gurian Institute 2009-01-27

Very practical science based tips and guidelines and stories for moms and dads of baby girls. Including: Why you need a book just about girls. The very different health issues, genetic predisposition, hard wiring, neurological and biological development of girls, including unique strengths and weaknesses. How to understand the core nature of your girl and nourish it through problems of crying, fussing, eating, sleeping, attaching and other key issues during the first 12 months of life. Warm hearted stories about girls and tips from real moms, and a preview of what's to come for girls as they become toddlers, preschool kids,

pubescent and beyond.

Will I Ever be Good Enough? - Karyl McBride 2008

A resource for daughters of mothers with narcissistic personality disorder explains how to manage feelings of inadequacy and abandonment in the face of inappropriate maternal expectations and conditional love, in a step-by-step guide that shares recommendations for creating a personalized program for self-protection and recovery. 50,000 first printing.

Intrusive Partners - Elusive Mates: The Pursuer-Distancer Dynamic in Couples - Stephen J. Betchen 2013-08-21

When two people form a relationship or marry, they begin to move towards one another with the expectation of closeness. The emotionality or intensity that accompanies this process, however, may result in fusion followed by a desperate need for space or distance. *Intrusive Partners - Elusive Mates* is the first book to deal exclusively with the pursuer-distancer interaction, and to focus significant attention on the emerging male pursuer-female distancer dynamic. This book revisits Fogarty's work, traces the concept over time and across different professional fields, and discusses in detail the concepts correlation with gender issues and social change. A detailed, step-by-step model of treatment to aid in de-escalating this potentially problematic style is also offered. The model in and of itself is unique because it integrates psychoanalytic conflict theory and psychodynamic systems theory into one treatment approach. This book is intended to offer the therapist a model for understanding and effectively discussing this dynamic, while at the same time allowing couples to read and explore it on their own.

Father Hunger - Margo Maine, Ph.D. 2010-02-01

"Father Hunger" is the emptiness experienced by women whose fathers were physically or emotionally absent—a void that leads to unrealistic body image, yo-yo dieting, food fears and disordered eating patterns. The term, which is now part of the psychology lexicon, originated with the first edition of this work in 1991. After having completed a decade's worth of further investigation, Dr. Maine has updated the information about men and their daughters in this second edition. She offers a new

crash course on being a girl in today's culture, based on her expertise as a leading eating disorders prevention advocate. This edition describes the origins of father hunger and its effect on the family, with even more practical solutions to help fathers and daughters understand and improve their relationships. Also included is an expanded section for educators and therapists to help them more effectively prevent and treat the problems that occur between dads and daughters.

Raising a Teenager - Jeanne Elium 1999-09

RAISING A TEENAGER, the newest parenting book from Jeanne and Don Elium, offers practical solutions to many issues facing parents of teens today.

The A to Z Guide to Raising Happy, Confident Kids - Dr. Jenn Berman 2010-09-24

As an experienced therapist, a parenting expert on television and radio, an award-winning columnist, and a parent, Dr. Jenn Berman provides insightful and informative advice to parents as they guide their children through early childhood. The A to Z Guide to Raising Happy, Confident Kids addresses twenty-six of the most important issues that modern parents face. Each self-contained and easy-to-read chapter covers a different topic, allowing busy parents to quickly find and read what they need. You'll turn to this great resource again and again as your children grow.

The Single Father: A Dad's Guide to Parenting Without a Partner - Armin A. Brott 1999-04-28

A new guide to fatherhood from Armin A. Brott, the author of *The Expectant Father*, on dealing with the unique difficulties of parenting alone. In this ground-breaking volume author Armin Brott gives single dads the knowledge, skills, and support they need to become—and remain—actively involved fathers. With the same thoroughness, accessibility, and humor that have made the books in his critically acclaimed *New Father* series the best and most popular fatherhood guides in the country, Brott steers divorced, separated, gay, widowed, and never-married men through every aspect of fathering without a partner. Incorporating the advice of top psychologists, lawyers, and other

experts, *The Single Father* offers a wealth of essential information and practical tips. Illustrated with cartoons that underscore the challenges and, yes, even the satisfactions of single parenting, and complete with an extensive list of resources for divorced, widowed, and gay dads, *The Single Father* is one book no single dad can afford to do without.

Free the Children! - Susan Gingras Fitzell 1997

"Conflict resolution skills for pre-K through grade 12"--Cover.

Parenting Your Teens with T.L.C. - Patt Saso 2006

Written by the best-selling authors of *10 Best Gifts for Your Teen*, this book focuses on time, limits, and caring, or TLC, acknowledging that parenting teens can be complex and frightening. It covers nearly 30 diverse topics.

Resources in Education - 1996

What Happened to My Little Girl? - Nancy N. Rue 2011-04-09

A girl learns as much about being a woman from her father as she does from her mother - and the learning starts much younger than we think. Tween expert Nancy Rue, and her husband, Jim, guide fathers in relating to their tween daughters as they make the transition from girl to young woman.

Handbook of Girls' and Women's Psychological Health - Carol D. Goodheart 2006

"The *Handbook of Girls' and Women's Psychological Health* presents a contemporary view of psychological health for girls and women that integrates psychology, physiology, society, and culture. A range of 50 chapters integrates current research, scholarship, and practice on the risks and protective factors that influence women's health and well-being across the life span. Within and biopsychosocial framework, the *Handbook* explores mind and body, risks and resilience, research and interventions, cultural diversity, and public policy." "This *Handbook* underscores the importance of gender in the lives of girls and women developmentally across significant phases of the life span. Considering the importance of cultural context, this book illustrates how gender socialization in female development and behavior affects self-evaluation,

identity processes, and the social roles that girls and women adopt. Its chapters illustrate how externally induced risks such as poverty, discrimination, and violence present challenges to healthy development.

Significantly, the chapters also draw attention to long overlooked and compelling strengths and capacities that provide a firm basis for growth and health."--BOOK JACKET.

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