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PARENT' S GUIDE: HOW TO BECOME A BETTER PARENT: THE 14 MOST IMPORTANT ISSUES THAT EVERY PARENT SHOULD KNOW WITH PLENTY OF VALUABLE HINTS AND TIPS

GEORGE PSYCHOGIDIS

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Working in the field of mental health for more than 15 years now, I have seen endless number of parents and children. I tried to write this book in a simple and understandable way in order to help you to learn easily and quickly with less theory and more advices the most common difficulties that parents deal with their children in our days. The target is to give you solutions to your problems but at the same time to learn very interesting and important knowledge for your children. I strongly believe that this is the best present that you can make to yourself. Every chapter has a different issue full of advices – solutions. In this book you will learn about the following issues:
(YOU CAN SEE ALSO MY VIDEO IN THE AUTHOR'S PAGE)

• How to Boost your Children's Self-Esteem The development of self-esteem is vital for a child's mental health. It lays the foundation for the configuration of their personalities, and their smooth adjustment to the environment and people around them.

• Children's Anxiety What are our reactions to stress? Some of the many events that can be stressful include…. What factors affect the development of anxiety in children? Some tips that may help parents!

• What Games Are Suitable for Children. Which are the various types of games? What are the benefits of games? Which are the appropriate toys according to age? What should parents look out for before the purchase of a toy according to the children's trauma Battle Association and the Consumer Protection Center?

• Divorce. What are the typical reactions that children have to divorce? What are the effects on children and adolescents of a divorce when it is not handled properly? Some tips that can help make the divorce as painless as.

• Internet Addiction What are the symptoms though that parents should ask for help? Physical and Psychological Symptoms. Advice for parents

• Addictive Substances: What should Parents Do? What means Tolerance, Withdrawal symptoms and Dependency?
What are the warning signs that parents should notice? Advise!

• Future Parents and Psychology The arrival of a child for a couple is something new with mixed reactions. Risks during pregnancy. Some tips to help the couple.

• Enuresis can be divided into primary and secondary. What causes enuresis? Psychological and Organic causes. Some simple tips that may help parents.

• Encopresis What is? What we call retention and overflow: Factors affecting encopresis Physical, Psychological, Cognitive, Environmental. Tips for parents.

• How to Prepare your Child for the coming of a New Child in the Family. What to say to your child? How to prepare them? What to avoid? And how to reduce the jealousy that the older child feels quite often? What can parents do to prevent the creation of envy among their children?

• Child and Grief The way children experience it and react depends on the age and their temperament. Some features that have to do with age are: Which are the emotional reactions of children when in grief? Tips for parents.

• Behavioral Problems. Which are the many causes affecting children? Learn how to handle demonstrations of aggressive behaviors!

• Sexuality and Sexual Education of Children and Adolescents The way someone deals with their sexuality according to the different stages of life has a lot to do with the sexual education they received during their childhood. Sex education in not just about sex, but also about other important issues such as self-image, self-esteem and feelings. Tips for the right handling.

• School Bullying The phenomenon of school bullying is the abuse and use of violence between peers at school. What are the signs that show us that a child has been victimized? Why do some children bully? Tips for child-victims. Tips for child-abusers. Tips for parents whose child bullies other children. Tips for parents whose child is being bullied by other children.

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