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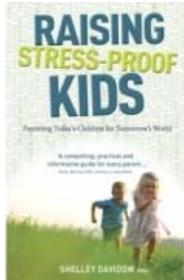
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# Raising Stress-Proof Kids

by Shelley Davidow ( www.exislepublishing.com.au )



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As parents, we want to help our children to reach their full potential. After all, it's a competitive world and we need to equip them to be their best.

So we knock ourselves out making sure we give them the best education we can afford, pushing them always to try harder and do better. Life is a school of hard knocks and we need to make sure they are tough enough to survive it. That's our job right?

Well not so much actually.

Author and educator Shelley Davidow says we are robbing children of their childhood by saturating them with the grim pressures and stresses of adult life.

In her new book, *Raising Stress-Proof Kids*, Shelley writes that the great irony of our obsession with academic excellence is that this well intentioned pressure cripples the ability of children to think clearly and contributes to the epidemic of anxiety and depression in young people.

Shelley, who has worked extensively with the HeartMath Institute in the US, has seen firsthand that stress has a measureable and detrimental effect on kid's bodies, damaging them physiologically, emotionally and cognitively.


What's more she argues that our own stressful reactions and fears for our children's future have a powerful impact on them. In order to raise truly stress-proof kids we need to learn to better manage our own stress responses.

Drawing on cutting-edge research, as well as Shelley's own extensive experience in working with children and teens, *Raising Stress-Proof Kids* offers simple but effective steps that parents can take to minimise the impact of stress at home and at school. These include tools from the author's 'Restorative Parenting Toolbox', empower parents to:

- resolve behaviour issues
- deal with temper tantrums
- resolve sibling rivalries
- handle bullying
- cope with teenagers testing their independence
- navigate the challenges posed by the virtual world, and
- provide firm, effective guidance when problems arise.

A must-read for every parent who wants to raise smart, emotionally stable, responsible, stress-proof kids!

*Raising Stress-Proof Kids* by Shelley Davidow is available for \$24.99 from Exisle Publishing.




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