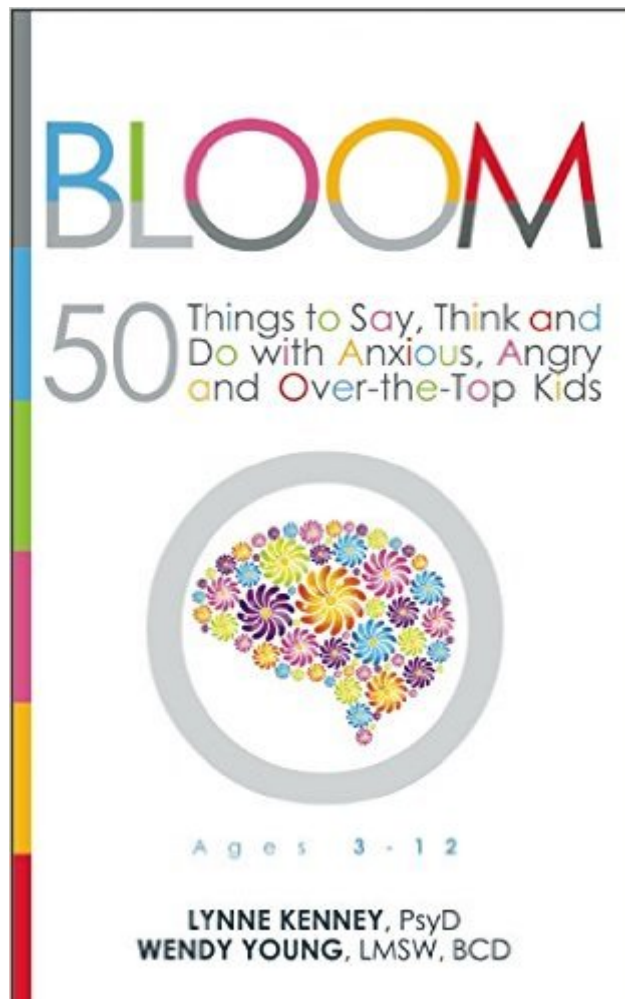


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# Bloom: 50 Things To Say, Think, And Do With Anxious, Angry, And Over-the-Top Kids



## Synopsis

The first multi-media parenting book that gives readers a new way to take a collaborative stance with children, improving their cognitive, emotional and social skills. Written for real parents with anxious, angry and over-the-top kids, Bloom is a brain-based approach to parenting all children. Stop second-guessing the way you handle misbehaviors, and learn why they occur in the first place. Come to understand the developmental origins of behaviors and take a fresh look at how you can address them with skill-building techniques that produce real and lasting change. Taking its lead from neuroscience and best practices in early childhood mental health, Bloom offers parents, teachers and care providers the words, thoughts and actions to raise calm, confident children, while reducing the need for consequences and punishment. The first book of its kind, Bloom provides pages full of printable mantras you can carry with you, hang on your fridge or use in your classroom to raise emotionally competent kids. Bloom allows you to take a collaborative stance with your children, improving their cognitive, emotional and social skills. Bloom offers a new approach to human relationships that will change the way you perceive, think and feel about parenting, love, work and life. Bloom changes everything. If it works wonders with anxious, angry and over-the-top kids, imagine what it can do for your child. **BONUS:** Each chapter has a QR code that links to bonus videos so you can hear directly from the authors about each topic. Lynne Kenney, PsyD, mother of two, is a "mom social media expert," Harvard-trained pediatric psychologist, and author of The Family Coach Method. Wendy Young, LMSW, BCD, mother of three, is an award-winning therapist and an early childhood mental health consultant.

## Book Information

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## Customer Reviews

As an early childhood psychologist, I am thrilled to see a resource blend neuroscience and new parenting wisdom of our era! As Kenney & Young so clearly explain, reactive discipline and punitive parenting are so yesterday. Those worn out approaches do nothing to teach the growing child brain, nor truly support parents. The mantras and printables in this book are immediately supportive and instructive, uplifting and available. Cutting edge neuroscience delivered in a completely accessible form for parents of kids 3-12. An A+ prime resource!

By far the best book I have read on parenting. It is an easy read and everything in the book makes total sense. Easy to implement and profoundly helpful for my son that just does things a bit differently and does not fit inside the typical 7 year old mold.

As a teacher and parent I found this book to be one of the most practical and easy to use books on understanding and dealing with challenging behaviors and parenting situations that we all face. I love the format and access to the informative videos. The information is easy to access and the strategies are easy to apply. I wish I had this book when my kids were younger!

Dr. Kenney is on a mission to help elementary school kids develop self-regulation, executive and critical thinking skills. THIS IS IMPORTANT because 1. It's a game-changer to help kids learn in school. 2. It prepares a child's brain with a foundation of such skills before the second wave of development in the prefrontal cortex, which begins at puberty. Children who have had the benefit of Dr. Kenney's classroom enrichment will have a HUGE advantage as teenagers. You will be amazed at the many practical Say, Think and Do prompts that are included in this volume. It's revolutionary. Get the book and give it to your child's teacher.

Bloom: 50 Things to Say, Think and Do with Anxious, Angry and Over the Top Kids was a purchase I made for work and it has paid off. I am able to help parents with some of the difficult behaviors they experience when parenting. The book is very straightforward and breaks behaviors down by chapter. There are little cue cards for reference on how to respond when in a difficult or trying situation with young ones. It is helpful quick reference tool for professionals working with families and a great guide for parents to utilize on their own. I'd recommend it.

Bloom is a wonderful tool for parents of children who are angry, unhappy, reactive, impulsive and,

well...just kids. Each chapter has a question or scenario about challenging situations, transitions and other hot spots. The authors, Dr Lynne Kenney and Wendy Young then give suggestions and ideas how to manage, diffuse or stop the behavior. They do this by helping parents understand the behavior; how to think about them, what to say to yourself as a parent when it occurs and what to do about the behavior in the moment in simple and doable steps. I really appreciate the simplicity of the book, the soothing tone and the practical printable cut-outs mantras for parents to use to keep calm during the situations. I also appreciate its strength-based approach and that it helps to teach parents to stay calm and connected rather than escalate and threaten with punishment. This is really skill-building at its finest. Thank you to Edelweiss for allowing me to review this book.

Bloom is a must read book for parents and teachers on how to communicate with your child in an collaborative manner, enhancing their social and cognitive skills. Instead of focusing on consequences, Wendy and Lynne help us learn how to shift our entire family to a more positive mindset. This is the first time I have seen authors provide a QR code to download an entire section of a book including the mantras for what to say in the moment, when things are really tough. Get it, read it, use it and watch your family transform right away. Linda Levin, MA Co-author of Help! I'm moving out on my own

This book applies to all children and has wonderful tips for parents with young children. The additional pages that you may cut out and use to inspire you and help direct you as a parent are extremely helpful. As an educator I recommend this book to all of my families especially those who are struggling at home or who have children with challenging behaviors. Even as an educator, I find this book helpful as it reminds me to first focus on the positive and to be proactive in my approach to remediating undesirable behaviors. The book is a quick read and one that many of my families which I serve have found to be helpful for them in their homes. It is my personal opinion that this book, for the most part, is a great addition to add to the teacher/parent library, especially if your school uses conscious discipline.

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