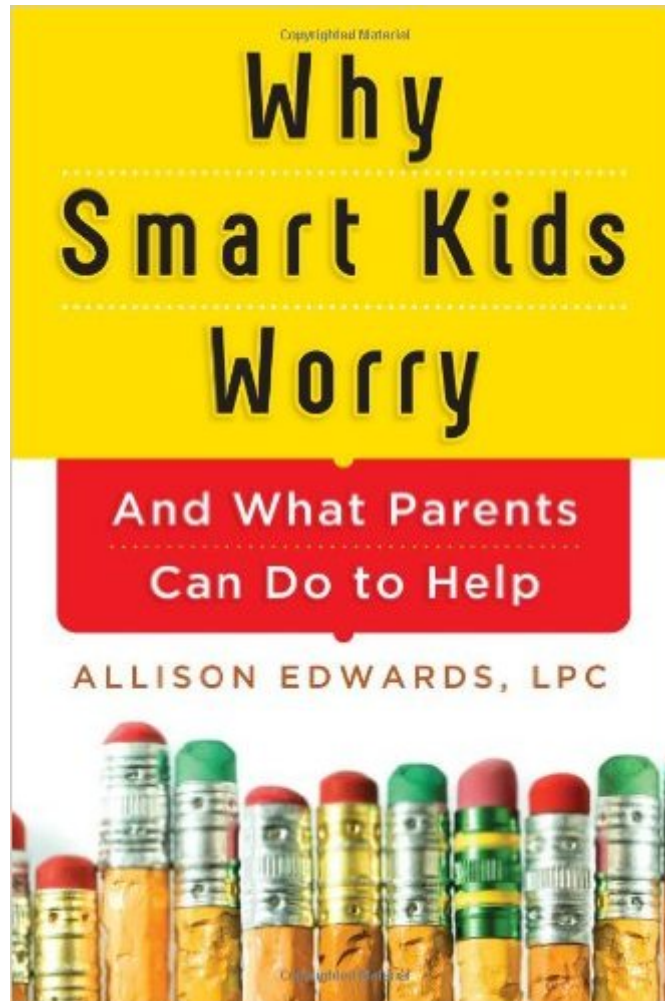


The book was found

# Why Smart Kids Worry: And What Parents Can Do To Help



## Synopsis

Why does my child seem to worry so much? Being the parent of a smart child is greatâ until your son or daughter starts asking whether global warming is real, if you are going to die, and what will happen if they don't get into college. Kids who are advanced intellectually often let their imaginations run wild and experience fears beyond their years. So what can you do to help? In *Why Smart Kids Worry*, Allison Edwards guides you through the mental and emotional process of where your child's fears come from and why they are so hard to move past. Edwards focuses on how to parent a child who is both smart and anxious and brings her years of experience as a therapist to give you the answers to questions such as: &#x95;How do smart kids think differently? &#x95;Should I let my child watch the nightly news on TV? &#x95;How do I answer questions about terrorists, hurricanes, and other scary subjects? Edwards's fifteen specially designed tools for helping smart kids manage their fears will help you and your child work together to help him or her to become more relaxed and worry-free.

## Book Information

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## Customer Reviews

I was given an advanced copy of this book to read and review and I have to say this is one of the best books on managing anxiety for children that I have read. Whilst the title and the first chapter gives the impression that the whole book is only about anxiety in highly intelligent children, this is not the case. The author gives examples on the differences between how most children will worry compared with the same situation for gifted children. The situations and the techniques are for both. Most of the techniques are known to me, but there were a few new ones (makes it all worthwhile). As a psychologist who works with children, I can honestly say this will be one book I will be adding

to my borrowing library for parents to read. I have already recommended it to several of the families I am currently working with. Well worth a read for parents as well as professionals.

As a Child and Adolescent Psychiatrist, I am constantly encountering high achieving children (and their parents) who are dealing with issues related to anxiety. While medications are helpful at times, there are numerous non-pharmacological interventions that have enormous potential to help with the child's underlying worries that should be tried first. Parents are always asking me, "What can I do?" While there are a plethora of resources out there to help parents in knowing what to do, few are as clear, concise, direct, and useful as the group of techniques that Allison Edwards has assembled. The techniques are easy to understand, easier to use, and ones that address real world issues that children and parents face. Before Edwards reveals her techniques for helping with children's worries, she also provides the parent or reader with a very intuitive and useful road map to provide insight into their child's psychological makeup. I use this framework in my private practice nearly daily as one of my tools to help explain to parents why their child interprets the world in the way they do. In summary, *Why Smart Kids Worry* is a book that offers real answers for real parents with kids with real problems. Nothing theoretical here. Just useful techniques that offer an understanding into a population of children that are under more pressure than generations in the past before the terms "helicopter parent" or "tiger mom" ever existed.

Having a daughter with anxiety I DO wish I would have had this in hand through her anxious life. So many great practical tips, square breathing (which we all could use when anxiety hits), changing the channel just to name a few. This book is full of kid-friendly coping tools that kids can use when feeling overwhelmed. Telling them "there's nothing to worry about" is never a solution. I love this book and have shared with many. A must read for sure!!!

This is an amazing book, not only about working with anxiety but overall helps to understand the positive relationships between adults and children. Being and raising a happy and successful person, understanding versatile human nature and respect it, not transferring any expectation on anyone. The book is thoughtful and professional and will help you to understand your child. It's a must have in every house, seriously, grandparents, parents, aunties - anyone who communicates with people and ones was a child.

Books like these...I feel they have good intentions, but you have to customize your parenting

technique for YOUR CHILD, b/c every single child is different. I am enjoying reading it b/c my 8 year old suffers from severe Anxiety Disorder as well as ADHD. However, I use books like these in conjunction with medication and family/individual therapy. Give it a shot, won't hurt anything and you may learn a few new things. :-)

I bought this book without really knowing anything about it. To my delight, this book has been VERY helpful for me and parenting our 11 year old son that has fits and starts of anxiety. The insights in the first 1/2 of the book are helpful in understanding kids AND adults in how they process things and specific tools we can use to get some sense of control when things are spinning out of control. I especially found her tools of the "worry time" and the "brain plate" most effective. A reference book I will be keeping on the shelf for the duration in parenting. I would also add that your child doesn't need to be super smart for this to apply. Thank you Allison for writing this for others to find "relief" in what can be a very hard time!

I picked this book up on a whim at the library, then quickly ordered it here. I particularly like the section that describes different types of anxiety in children; one completely fits our oldest child. I am looking forward to reading the rest of the text and implementing some of the seemingly helpful action plans.

I am an occupational therapist working with kids who have self-regulation issues. The tools in this book are easy to use and share with parents. Ms. Edwards is to be commended for sharing her ideas in an accessible format.

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