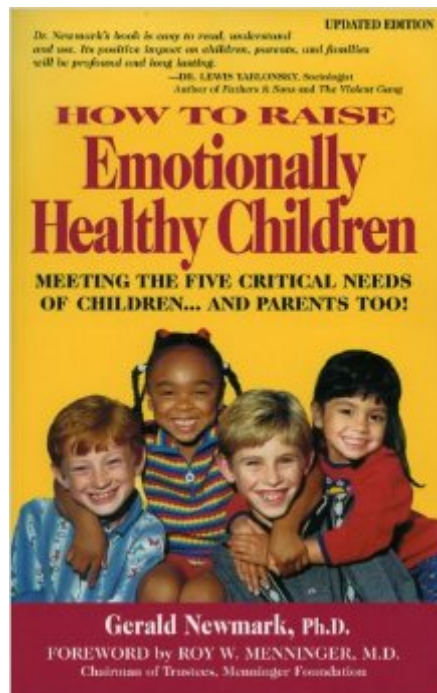


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# How To Raise Emotionally Healthy Children: Meeting The Five Critical Needs Of Children...And Parents Too! Updated Edition



## Synopsis

How To Raise Emotionally Healthy Children is a wake-up call to America that we are abandoning our children emotionally. Failure to support our children's emotional health at home and in schools is jeopardizing their future and that of our nation. The book has a compelling and provocative message about parent-child relations. It provides powerful and practical concepts and tools that enable parents, teachers, and childcare providers to interact with children and with each other in emotionally healthy ways. In the process, children learn to interact with each other in the same way. How to Raise Emotionally Healthy Children, shows parents and teachers how to nourish emotional health at home and at school. Failure to meet these emotional needs of our children is one of the most serious and under-recognized problems facing our country. The book enables parents to recognize and satisfy the five critical emotional needs that all children have: to feel respected, important, accepted, included, and secure, and in the process, parents will have their own needs satisfied too. Babies, toddlers, children, teenagers, parents and grandparents all have these same emotional needs. Meeting these needs in childhood provides the foundation for success in school, work, relationships, marriage and life in general.

## Book Information

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## Customer Reviews

The absence of emotional illness does not actually mean emotional health just as the absence of disease does not actually mean the presence of health. Perhaps I am not the intended audience for this book which is why I didn't enjoy it. Given all the good reviews on , I'm glad that there are people who have benefited from the book. Having said that, here were some of the issues I had with the book: Newmark appears to be attempting to make amends for his own childrearing mistakes. Much of

the actual good advice in the book seems to be geared toward emotionally unhealthy/abusive adults who are raising children. If you have common sense and are reflective, then this book may be too elementary for you. What really bothered me about the book was the anecdotes Newmark uses -- they don't sound real. For example on page 30-31, Newmark talks about a family meeting in which 11 year old Robert tells his mother that she is "being 'miscellaneous' to death." I highly doubt that those words actually came from a real 11 year old boy. In another anecdote on page 55, a mother is impatiently trying to change the diaper of her 4-month-old. Her father says nothing but decides to call her on the phone later on and "tactfully" critiqued her and made a suggestion on how to handle the baby so that there was less fussing. Supposedly the very next day, mom calls her dad to thank him for his advice. First of all, most people don't take criticism very well no matter how tactful it is; so I have a hard time believing someone so insensitive to their baby today would be calling her father to thank him the very next day.

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