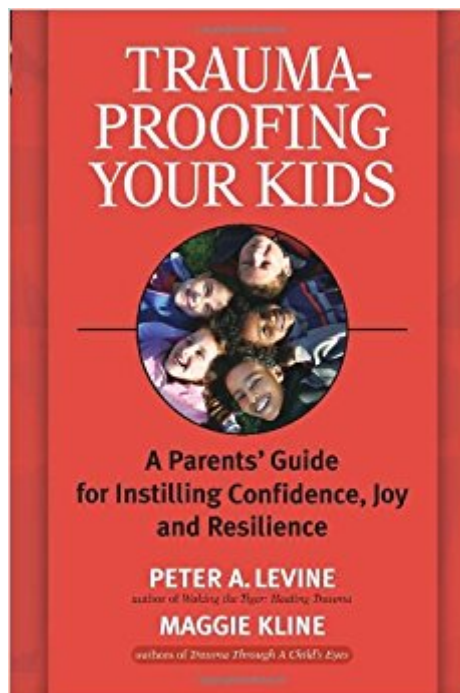




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# Trauma-Proofing Your Kids: A Parents' Guide For Instilling Confidence, Joy And Resilience



## Synopsis

The number of anxious, depressed, hyperactive and withdrawn children is staggering – and still growing! Millions have experienced bullying, violence (real or in the media), abuse or sexual molestation. Many other kids have been traumatized from more “ordinary” ordeals such as terrifying medical procedures, accidents, loss and divorce. *Trauma-Proofing Your Kids* sends a lifeline to parents who wonder how they can help their worried and troubled children now. It offers simple but powerful tools to keep children safe from danger and to help them “bounce back” after feeling scared and overwhelmed. No longer will kids have to be passive prey to predators or the innocent victims of life’s circumstances. In addition to arming parents with priceless protective strategies, best-selling authors Dr. Peter A. Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them. *Trauma-Proofing Your Kids* is a treasure trove of simple-to-follow “stress-busting,” boundary-setting, sensory/motor-awareness activities that counteract trauma’s effect on a child’s body, mind and spirit. Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development, this ground-breaking book simplifies an often mystifying and complex subject, empowering parents to raise truly confident and joyful kids despite stressful and turbulent times.

## Book Information

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## Customer Reviews

“Peter Levine and Maggie Kline have done an outstanding job of helping parents, and

everyone else, to understand the different kinds of trauma children may face. I have done a lot of work in therapy around my own traumatic childhood event and was able to try out many of the easy-to-follow exercises they provide. I truly felt a relief and peacefulness that I had never felt before. I treasure this book and hope you will too.

•Violet Oaklander, PhD, author of *Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents* and *Hidden Treasure: A Map to the Child's Inner Self* "If you've ever wondered how to help children navigate the rough and tumble vicissitudes of life, this book is a godsend."

•Sandra Blakeslee, co-author of *The Body Has a Mind of Its Own* "This book is a must for every parent, teacher, coach and scout leader. It helps us to understand the stages of childhood development and supports parents in dealing with each stage more appropriately and sensitively. It is a pioneering work, a pioneering insight and a pioneering triumph. It is visionary common sense, pure and simple."

•From the foreword by Mira Rothenberg "Trauma-Proofing Your Kids is an important tool to help parents and all adults deal with children that have experienced trauma. Understanding that trauma is a part of life should signal all of us to prepare ourselves for the inevitable."

•Ron Scruggs, athletic coach, parent and grandparent

Peter A. Levine, PhD, is the developer of "Somatic Experiencing" and founder of the Foundation for Human Enrichment. A NASA consultant, he lives in Encinitas, CA. Maggie Kline, MFT, has more than 30 years of experience as a teacher, family and child therapist, school psychologist, and parent. She lives in Long Beach, CA.

Solid stand-alone intro to Somatic Experiencing ideas, and a great resource for anyone who deals with children and babies. Lots of specific ideas for common scenarios: medical procedures and emergencies, divorce, death, natural disasters, "everyday" traumas as well as more obvious and shocking traumas. Very readable. Not the most "scientific" or carefully worded book, some random bold pronouncements that made me scratch my head, but the lax approach also makes it easy to read and understand for the average busy parent. Overall it is pretty well cited and supported, and suggests good books for further reading on specific topics. Chock full of easily applied tips and tricks. Highly recommended!

Great for so many challenges with our kids. Our TBRI adoption/ trauma counsellor recommended this for us for our youngest in regards to preparing her for anxious situations. I felt like it had good

tools for processing with our kids but its not just an adoption book. It covers trauma associated with: Medical Trauma Divorce Grief Accidents Feeling unsafe (could be an abusive situation/ foster kids from bio parent trauma)Very applicable for parents facing situations with their kids where they are "stuck" from a trauma. And building resiliency with our kids to empower them as they face hard situations. It gives good tools to use as you team up and process with your kids in a therapeutic and playful situation. It is going to help us in preparing for school this year and talking about felt safety. Kids anxiety is real and needs to be validated and processed even if as parents we think its surface or silly.

Excellent guide for parents, caregivers and professionals. Great activities for sensory skills, resilience using play, art and Rymes. Great chapter to help children with grief and loss which includes seperation and divorce. Good chapter on reducing risks and detecting sexual trauma. Every one involved with children should own this book. Highly recommend!

A necessity for parents in this modern age saturated by media and social networking and ever expanding role models that trauma is often not identifies. This provides parents with a clue as to the many forms of trauma that may evolve within their children. It heightens awareness which is an ever increasing deterrent in this field!

Peter Levine has written the first book for parents on helping their child deal with shocking, traumatizing and otherwise overwhelming events. This is a book parents should read as soon as possible - so they will be prepared for when they need the information contained within its extraordinarily wise pages. You never know when your child will face a potentially traumatizing situation - you only know that life is full of them: emergency medical procedures, amusement park experiences, assault, dental procedures, death of a family member, divorce, acts of terrorism and all the rest. Trauma-Proofing Your Kids shows parents how to take care of THEMSELVES so that they can actually help their kids handle overwhelming situations without experiencing traumatic after-effects. The book is detailed and practical - a truly helpful guide for parents.Sarah Chana RadcliffeAuthor, Raise Your Kids without Raising Your Voice

Every parent, every teacher, every grandparent, everyone who deals with children should have a copy of this book. They should read it and apply what they learn from it. I am a trauma therapist and I have given a copy of it to everyone in my own family who has kids as well as recommending it to

clients with children. It is the consummate book to help create a happier and healthier generation. Trauma will occur no matter what and if a child is taught ways to keep their nervous system regulated and running smoothly they will be less likely to develop long term trauma related illnesses. If you use this book with your kids and you become a grandparent, you can be sure that your kids raise their own resilient children. Here is a way to make the world a better place, starting at home and letting it spread.

Great book, quick delivery, as described

Every parent should read it.

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