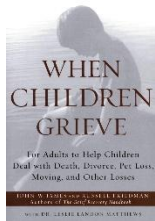


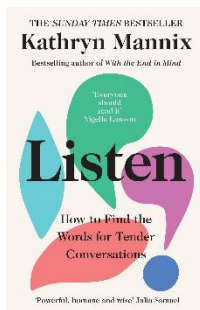
## Recommended books for parents.



### **When Children Grieve.** (Bereavement)

Following deaths, divorces, or the confusion of major relocation, many adults tell their children "Don't feel bad." In fact, say the authors of the highly praised *The Grief Recovery Handbook*, feeling bad or sad is precisely the appropriate emotion attached to sad events. Encouraging a child to bypass grief without completion can cause unseen long-term damage.

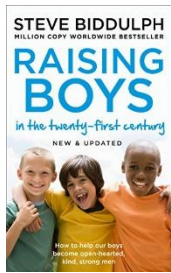
*When Children Grieve* helps parents break through the misinformation that surrounds the topic of grief. It pinpoints the six major myths that hamper children in adapting to life's inevitable losses. Practical and compassionate, it guides parents in creating emotional safety and spells out specific actions to help children move forward successfully. Available on Kindle Audio and Paperback



### **Listen** (Communication)

Listen:

A child coming out to their parent. A family losing someone to terminal illness. A friend noticing the first signs of someone's dementia. A careers advisor and a teenager with radically different perspectives. There are moments when we must talk, listen and be there for one another. Why do we so often come away from those times feeling like we could have done more, or should have been braver in the face of discomfort? Why do we skirt the conversations that might matter most? By bringing together stories with a lifetime's experience working in medicine and the newest psychology, Mannix offers lessons for how we can better speak our mind and help when others need to. Kindle audio paperback



## Raising boys (Parenting advice)

A word-of-mouth bestseller which has become one of the best loved and most successful books in the parenting field. With around 20% new material, Steve Biddulph's Raising Boys includes some startling new research on what helps – and what harms – boys.

In this expanded and updated edition, Steve Biddulph shares and gives practical and honest advice to parents so they can recognise the different stages of boyhood and learn how to raise happy, confident and kind young men.

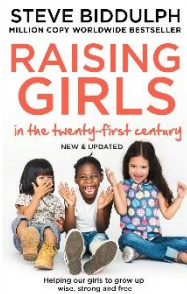
Boys need to be parented in a different way from girls with their own very special psychological and physical make-up. Home, society and education have failed boys badly – and these failures lead to unhappy men who cannot fully become happy, responsible, emotionally-confident adults.

While it is essential that boys spend more time learning about manhood from their fathers, Biddulph updates his classic to include helpful information for mothers and single mothers with baby boys.

This extended edition explores some important topics:

- How ADHD may be caused by stress in the first year of life.
- Whether boys should start school later than girls.
- How important it is to let boys cry, and how crying helps avoid violence, suicide, and risky behaviour.
- Two completely new stages of boyhood we didn't know about: the FULL-ON FOURS and the EMOTIONAL EIGHTS
- Help for single mothers raising sons.
- How to choose a sport that does more good than harm.
- What we can do about boys and binge drinking.
- What science can tell us about teenage boys and driving – and how we can keep our sons safe.

Raising Boys offers parents real-life situations, thought-provoking insights, humour and help.  
Kindle Audio paperback



## Raising Girls (Parenting advice)

Steve Biddulph's *Raising Boys* was a global phenomenon. The first book in a generation to look at boys' specific needs, parents loved its clarity and warm insights into their sons' inner world. But today, things have changed. It's girls that are in trouble.

There has been a sudden and universal deterioration in girls' mental health, starting in primary school and devastating the teen years.

*Raising Girls in the 21st Century* is both a guidebook and a call-to-arms for parents. The five key stages of girlhood are laid out so that you know exactly what matters at which age, and how to build strength and connectedness into your daughter from infancy onwards.

*Raising Girls in the 21st Century* is both fierce and tender in its mission to help girls more at every age. It's a book for parents who love their daughters deeply, whether they are newborns, teenagers, young women – or anywhere in between.

Feeling secure, becoming an explorer, getting along with others, finding her soul, and becoming a woman – at last, there is a clear map of girls' minds that accepts no limitations, narrow roles or selling-out of your daughter's potential or uniqueness.

All the hazards are signposted – bullying, eating disorders, body image and depression, social media harms and helps – as are concrete and simple measures for both mums and dads to help prevent their daughters from becoming victims. Parenthood is restored to an exciting journey, not one worry after another, as it's so often portrayed.

Steve talks to the world's leading voices on girls' needs and makes their ideas clear and simple, adding his own humour and experience through stories that you will never forget. Even the illustrations, by Kimio Kubo, provide unique and moving glimpses into the inner lives of girls.

Along with his fellow psychologists worldwide, Steve is angry at the exploitation and harm being done to girls today. With *Raising Girls in the 21st Century* he strives to spark a movement to end the trashing of girlhood; equipping parents to deal with the modern world, and getting the media off the backs of our daughters.

*Raising Girls in the 21st Century* is powerful, practical and positive. Your heart, head and hands will be strengthened by its message. Kindle , Audio, paperback



## **Cyber Safety (Online safety)**

A Must read to avoid the temptations and perils of cyberspace

### Key Features

- Understand that the Internet is a very public space, with our online lives and real-world lives closely intertwined, each affecting the other.
- Importance of Netiquette, good etiquettes when online, and the importance of leaving clean digital footprints.
- Tips for protection of very young kids (5yr-8 yr), when online.
- Cyber-bullying/online abuse: staying away from online abuse and steps to deal with cyber abuse.
- Identifying and keeping potential online predators and pedophiles at a distance.
- Knowing what information is considered personal information and why it is to be kept private.

### Description

Children's online life is different from those of grown-ups, if their online safety is a constant worry this book is a great resource to use. It tells you the kind of trouble children can get into when they are online, and suggests simple yet effective ways to deal with such situations. JaagoTeens has written a book based on their live interactions with students, and most of the examples given here are true incidents. Schools have been inviting them for repeat sessions because they are aware of the issues plaguing students of various age groups, and are able to address the same. This book is a must-read for every parent, teacher or child who wants to avoid the temptations and perils of cyberspace.

### What will you learn

- Awareness of the IT Act, including clauses that deal with hacking, impersonation, stealing of another's online data, cyberbullying, etc.
- Gaining knowledge of (post-Nirbhaya) women-centric laws to tackle online sexual harassment, voyeurism and stalking.
- Concept of plagiarism and the importance of avoiding plagiarism and copyright violation.

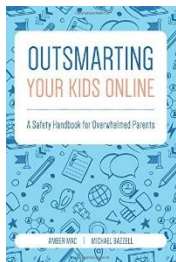
- To modify the privacy settings on FaceBook, Whatsapp, LinkedIn, Instagram, SnapChat, Twitter, Flickr, Pinterest, to ensure one's personal safety.

Who this book is for

This Book is a useful resource for anyone who wishes to know about Internet Safety. It can be used to introduce internet safety to students to ensure that safety becomes second-nature to them.

Table of Contents

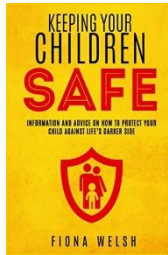
1. An Introduction to Internet Safety
  2. Real World and the Virtual World
  3. Basic Do's and Don'ts
  4. Protection of very young kids (5 to 8-year olds)
  5. Online Gaming
  6. Recognizing cyber bullying and dealing with it
  7. Privacy of Personal Information
  8. Online Predators
  9. Smartphone Safety
  10. Safe Online Payments
  11. Laws that protect against Online Harassment
  12. Online Plagiarism
  13. Privacy Settings for Facebook, Instagram, SnapChat and other online platforms
- Kindle and paperback



**Outsmarting your kids online.** (Safety on line)

In this book, tech expert Amber Mac and Internet security expert Michael Bazzell provide the ultimate handbook for parenting in today's digital world. From understanding social media concerns to learning about tomorrow's technology trends; from considering app risks to reporting digital bullies; from enabling monitoring solutions to identifying warning signs, this book empowers overwhelmed parents to make smarter online decisions to properly protect their kids. This handbook provides parents new and unconventional tools that allow them to look into their child's online life in a way never possible before. It identifies dozens of free resources that simplify and automate in-depth searching of your child's social network activity. While popular sites such as Twitter, Instagram, and Facebook are covered in detail (including

techniques that legally access some "hidden" content), the book goes much deeper into the online activity that may be exposing your child to unnecessary risk. Paper back



**Keeping your children safe (personal safety)**

Being a parent is one of the hardest jobs you will ever do. Keeping your children safe is one of the top priorities for parents.

In this book, you will find useful hints and tips about how to keep your child safe today.

So much has changed from when we as parents were growing up, it is important to reassess the possible dangers our children could face.

*This book is a great guide to help you minimise the risks. Kindle and paperback*