

PARENT & TEACHER GUIDE

By Jane Carey

NAVIGATING THE SHMOVIDS OF LIFE WITH YOUR CHILD

HELP YOUR CHILD develop healthy coping skills and patterns of response for when things go wrong and life gets tough. Kids sometimes need help navigating their way through a rough situation or set of circumstances they cannot change. In such times, a change of attitude can make all the difference. When life looks bleak, a shift in focus can be very powerful

HELPING A CHILD TO “CHOOSE FUN,” and to see the positive potential in tough times, can become a *lifetime tool for empowerment*, and can help *build resilience*. It is not denying or ignoring reality but providing a way to counteract the possible overwhelming helplessness, and hopelessness that a child may feel when facing tough life situations that he cannot change.

WHEN LIFE’S CHALLENGES ARISE, it can be as important for a child, as it is for an adult, to...

- acknowledge the reality of the situation (page 4),
- and express their feelings about it (page 5),
- talk about it with others who are supportive, and caring, (pages 14-17),
- and then to make a constructive choice, about how to respond in the situation (Page 8)

A POSITIVE, IMAGINATIVE, DISTRACTION, can lift the spirits in an otherwise negative situation, whether it be a protracted illness, a natural disaster, or another loss or stress.

LET IMAGINATION AND CREATIVITY TAKE YOU PLACES (page 24), and allow for growth (page 22), and *renew your soul and your child’s* in uncertain times.

This book is in some ways autobiographical of my own survival through the struggles of my childhood and life. Often, our lives are not defined by what happens to us, but rather, by what we make of it.

I have a tee shirt that I wear and love, that says:

“GROW THROUGH WHAT YOU GO THROUGH”.

That has been my life’s motto.