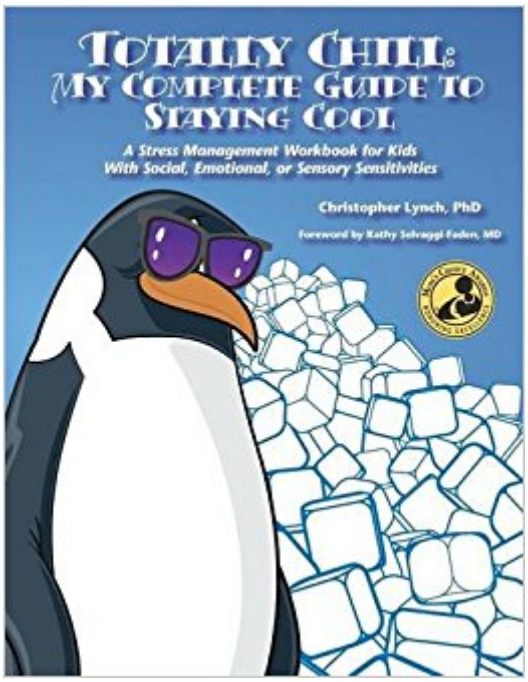
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Totally Chill: My Complete Guide To Staying Cool A Stress Management Workbook For Kids With Social, Emotional, Or Sensory Sensitivities



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Synopsis

When parenting, teaching and working with children who have social, emotional, and/or sensory sensitivities, we often put the emphasis on learning new skills. Countless hours are spent working on social skills, fine- and gross-motor skills, language skills, and academic skills, but stress management skills are often left unaddressed. This is unfortunate, as stress can create a multitude of challenges for learning and daily living. In other words, it can create barriers to the very things we are trying to teach. Besides, it can cause distress, which can lead to meltdowns and behavioral outbursts. In short, it is crucial that children learn and develop skills to help them to manage their stress as independently as possible. Totally Chill: The Complete Guide to Staying Cool is a stress management workbook that is meant to be read, completed, and used as much as possible by children themselves. Its fun graphics and interactive style make it ideal for children grades 3 through middle school. Everyone feels stress adults and children alike. It s part of life. But life can be a lot easier when we learn new skills and ideas to help us handle the stress in our lives.

Book Information

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Customer Reviews

Totally Chill: My Complete Guide to Staying Cool is a recipient of the prestigious Mom’s Choice Award (Gold).Ã Â The Mom’s Choice Awards honors excellence in family-friendly media, products and services.Ã Â An esteemed panel of judges includes education, media and other experts as well as parents, children, librarians, performing artists, producers, medical and business professionals, authors, scientists and others.Ã Â Parents, educators, retaliers and the media look

for the Mom’s Choice Awards seal when selecting quality materials and products for children and families.This book tackles the complex web of stress and breaks it down into manageable pieces. Incredibly user friendly, the book is full of practical strategies for helping children and adolescents learn skills to manage the triggers and stressors in their lives. I highly recommend this comprehensive book. -- Lauren Kerstein, LCSW, child and family psychotherapist; adjunct professor "University of Denver - Graduate School of Social Work"

Dr. Lynch is a clinical psychologist and the program coordinator for the Pediatric Behavioral Medicine department within Goryeb Children s Hospital. Dr. Lynch provides extensive services for children who have social, emotional, behavioral, and/or sensory needs. His passion and career focus has been on developing therapy services to help these children with developing stress and anxiety management skills. Dr. Lynch has 15 plus years of experience in the field of child behavioral health. He has practiced in a variety of settings including schools, hospitals, and clinics both at home and abroad, including 5 years in Ireland. Dr. Lynch has spoken on and published material on a wide range of topics that pertain to child behavioral health. He resides in Cranford, NJ with his wife and 3 sons.

We are loving this workbook so far!!! I love how positive it is, my 8yr old HFA/ ADHD/ ODD son can work on important life skills without the usual undertone of "there’s something wrong with you." As an Aspie/ HFA adult myself I can’t emphasize how important it is for these ideas to be presented with cold hard science to back them up & this workbook does exactly that. I plan to update this review further in the future, as we are currently only on chapter two, "the science of stress," but I wanted to share our experience so far for other people who may be on the fence about this purchase.

great resource

This book is set up as a work book and can be used with school age children who have special needs and those that do not. This book has many humorous inserts that make the subject easier to address. Very helpful to reader.

thanks

This book is wonderful. Know the author personally and he is so talented in connecting with children!

It really does a good job of teaching kids how to self regulate. Great tool for both home and school.

TOTALLY CHILL is a great new workbook to use with children with emotional, sensory or sensory sensitivities! I just finished reading it and can not wait to start using it!Learning to manage stress independently is an absolutely vital skill for children with sensitivities to attain. Often overlooked, stress management skills, or the ability to manage stress effectively, are not regularly included in the instruction these children receive. Finally, TOTALLY CHILL recognizes this need and provides an easy-to-use resource for teaching these crucial stress management skills. I love the way the author, Christopher Lynch, uses a very logical, straightforward approach to the instruction. He created a fun way for kids to learn about stress that also appeals to their concrete ways of thinking.Because I am so excited about this entire book---all 10 chapters---it is difficult to pick out a few highlights. Here are a few favorites so far:* Chapter 2 breaks down the Science of Stress and creatively teaches kids about stress. This chapter empowers kids by helping them understand what is happening in their bodies during a stress response---for example, there is a wonderful explanation of the Sympathetic and Parasympathetic Nervous System. I'm most impressed with the factual approach here--especially the emphasis on stress as a typical part of life. I think it will reassure kids that are struggling with stress. The author reinforces that stress is normal, sometimes even good, and they CAN learn to manage their stress. What an encouraging approach!* Chapters 3 & 4 teach great strategies for relaxation. What sets this book apart is the emphasis on learning to relax BOTH the body and the brain. So smart and so important!* Chapter 5 has to be top of my list. It is all about Flexible Thinking. What a tough, but critical area to address. A useful part of this chapter categorizes a variety of inflexible thought patterns, For example, "Setting off an Avalanche" and "Overgeneralization" and "Believing the Worst". I love the way each different type of inflexible thought pattern is described and then followed by a logical explanation of why each pattern doesn't make sense. Also included are activities that help the kids identify these thought patterns in real life situations. I will be using this chapter a lot!!!Without hesitation, I recommend TOTALLY CHILL to anyone that supports children with emotional, sensory or sensory sensitivities!

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