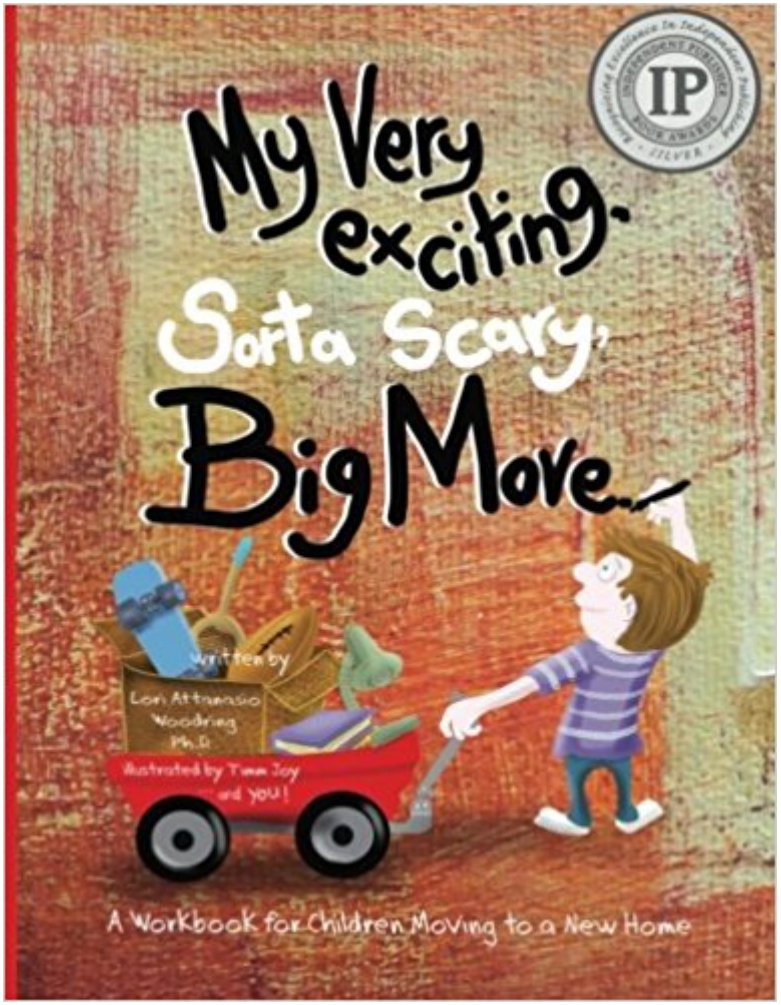
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My Very Exciting, Sorta Scary, Big Move: A Workbook For Children Moving To A New Home



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Synopsis

Now available in Spanish (Mi Gran Mudanza, muy emocionante y un poco aterradora)! This award winning book makes one of the most stressful life events for kids - moving - a little less hectic and a little more exciting. "My Very Exciting, Sorta Scary, Big Move: A Workbook for Children Moving to a New Home" guides kids from worry to wonder and fear to new friends. This one-of-a-kind workbook walks kids ages 5-11 step by step through the entire moving process, including understanding change, strategies for managing emotions, ways to say goodbye, taking part in a new adventure, tips for making new friends, and more. The charming illustrations and engaging activities allow children to take control of their feelings and experiences and become active participants in their exciting new adventure.

Book Information

Paperback: 68 pages
Publisher: Child’s View Press (December 14, 2013)
Language: English
ISBN-10: 061587942X
ISBN-13: 978-0615879420
Product Dimensions: 8.5 x 0.2 x 11 inches
Shipping Weight: 8.2 ounces (View shipping rates and policies)
Average Customer Review: 4.6 out of 5 stars 37 customer reviews
Best Sellers Rank: #58,074 in Books (See Top 100 in Books) #41 inÃ Â Books > Children’s Books > Growing Up & Facts of Life > Family Life > Moving #209 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Emotions #574 inÃ Â Books > Children’s Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings

Customer Reviews

Dr. Lori Attanasio Woodring received her BS from Cornell University and her PhD from Fordham University. She is a licensed psychologist in New York and Connecticut and served as an Adjunct Professor in the Graduate School at Fordham University. Dr. Woodring has worked with children and parents in school, hospital, and private settings. Her research with children and families has been presented at national and international conferences. For more information, please visit www.movingwithcildren.com.

This book really helped open up some dialogue between my first grader before we moved across

the country. She was able to use the activities in the book to help express what she was feeling, and the coping mechanisms offered were actually quite helpful. While I think there might be an over-emphasis on the sad and scary aspects of moving, it was over-all beneficial. I wish there were a few more sections included that helps get kids really excited about moving.

We were so crazed when we moved from CT to CA, that I was in desperate need of ways to prepare the kids without time to do the research. This workbook was exactly what we needed. I got one for each of my three children, ages 3, 6, and 9, and they each completed it in different ways. It helped them each to process such a stressful time for them through the fun exercises in the book. Now they will always have it to look back on and reference, but at the time, it gave them a sense of fun and confidence without as much of the anxiety. It gave us all words to discuss it openly. I highly recommend!!!

This is a great little book that helps kids cope with the stressors of moving. I worked through it with my nine year-old son, and found it very helpful.

I have purchased thousands of items on and this is the first time I've ever written a review. That's how much I love this book! Helped my anxious 6 year old so much and we are only moving across town. Hope this psychologist does more workbooks on other subjects!

Bought this for a student of mine who was scared to move and it helped her so much. Highly recommend!!!

My 6 year old son and 8 year old daughter loved this workbook. I would recommend one workbook per child as they become possessive of it as they work on it because it becomes unique to them. They worked on it non-stop and it evoked a bunch of questions that i didn't know they had and allowed us to talk about the anxiety issues surrounding our move.

Such a great book to prompt a dialogue regarding a childs anxiety about moving

This book made our big move not so scary for our 6-year-old. She loved the activities in it and diligently worked on this during our long car trips back and forth throughout the move. Definitely recommend this book! I wish there was one for grown-ups because my kid dealt with everything

better than I did :)

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