

# *Raising an Optimistic Child*



**A Proven Plan for Depression-Proofing  
Young Children—For Life**

**A SAFE, DRUG-FREE APPROACH**

**BOB MURRAY, Ph.D., and ALICIA FORTINBERRY**

# Raising An Optimistic Child

**Matthew D. Selekman**



## **Raising An Optimistic Child:**

**Raising an Optimistic Child** Bob Murray, Alicia Fortinberry, 2006-01-13 A program for fostering positive relationship building habits in children to help alleviate and even prevent childhood depression Raising an Optimistic Child offers you tools for creating a positive supportive family atmosphere that helps children who are already depressed and can even prevent this crippling disorder Steps and additional techniques will help you combat your own depression tackle parental issues and enhance learning and coping skills It also alerts you to circumstances that put a child at risk for depression and suggests ways to ward it off

**The Optimistic Child** Martin E. P. Seligman, Karen Reivich, Lisa Jaycox, Jane Gillham, 2007-09-17 New York Times bestselling author Martin E P Seligman's The Optimistic Child is the first major work to provide an effective program for preventing depression in childhood and probably later in life Aaron T Beck author of Love is Never Enough The epidemic of depression in America strikes 30% of all children Now Martin E P Seligman the bestselling author of Learned Optimism and his colleagues offer parents and educators a program clinically proven to cut that risk in half With this startling research parents can teach children to apply optimism skills that can curb depression boost school performance and improve physical health These skills provide children with the resilience they need to approach the teenage years and adulthood with confidence For more than thirty years the self esteem movement has infiltrated American homes and classrooms with the credo that supplying positive feedback regardless of the quality of performance will make children feel better about themselves But in this era of raising our children to feel good the hard truth is that they have never been more depressed As Dr Seligman writes in this provocative new book Teaching optimism is more than I realized than just correcting pessimism It is the creation of a positive strength a sunny but solid future mindedness that can be deployed throughout life not only to fight depression and come back from failure but also to be the foundation of success and vitality

**How to Cultivate Happiness in Your Child** Pilula Digital, 2024-02-15 Parents must have a GOAL to RAISE their children to live lives with purpose and HAPPINESS However how CAN we accomplish this task with the ups and downs of our lives if our CHILD has the pessimistic gene First let's DEFINE what is an OPTIMISTIC child discuss whether OPTIMISM is genetic and how the world SEES optimism versus pessimism in a child Then we'll look at how you can TEACH OPTIMISM genetics in favor or not using your EXAMPLES and LOVE

**Raising Happiness** Christine Carter, Ph.D., 2011-03-01 What do we wish most for our children Next to being healthy we want them to be happy of course Fortunately a wide array of scientific studies show that happiness is a learned behavior a muscle we can help our children build and maintain Drawing on what psychology sociology and neuroscience have proven about confidence gratefulness and optimism and using her own chaotic and often hilarious real world adventures as a mom to demonstrate do's and don'ts in action Christine Carter Ph D executive director of UC Berkeley's Greater Good Science Center boils the process down to 10 simple happiness inducing steps With great wit wisdom and compassion Carter covers the day to day pressure points of parenting how best to discipline

get kids to school and activities on time and get dinner on the table as well as the more elusive issues of helping children build healthy friendships and develop emotional intelligence In these 10 key steps she helps you interact confidently and consistently with your kids to foster the skills habits and mindsets that will set the stage for positive emotions now and into their adolescence and beyond Inside you will discover the best way avoid raising a brat changing bad habits into good ones tips on how to change your kids attitude into gratitude the trap of trying to be perfect and how to stay clear of its pitfalls the right way to praise kids and why too much of the wrong kind can be just as bad as not enough the spirit of kindness how to raise kind compassionate and loving children strategies for inspiring kids to do boring but necessary tasks and become more self motivated in the process Complete with a series of try this tips secrets and strategies Raising Happiness is a one of a kind resource that will help you instill joy in your kids and in the process become more joyful yourself

**Cultures of Optimism** Oliver Bennett,2015-01-02 What are the functions of optimism in modern societies How is hope culturally transmitted What values and attitudes does it reflect This book explores how and why powerful institutions propagate cultures of optimism in different domains such as politics work the family religion and psychotherapy

**Optimistic Thinking** Lila Santoro,2025-03-14 Optimistic Thinking offers a guide to cultivating optimism for personal growth and well being Using positive psychology and cognitive behavioral therapy CBT it introduces cognitive restructuring techniques to reframe negative thoughts fostering a resilient and positive mindset A core idea is that optimism isn t just a trait but a skill that can be learned For example studies show optimists often experience better health outcomes The book starts by debunking common misconceptions about positive thinking then guides readers through identifying and challenging negative thought patterns using CBT Chapters delve into cultivating gratitude and mindfulness enhancing positive emotions and developing coping strategies for adversity Practical exercises and real world examples are provided to help readers integrate optimistic thinking into their daily routines

**What to Do When You're Cranky & Blue** James J. Crist,2013-10-23 Everyone feels down sometimes Who wouldn t feel blue if their best friend moved away or if they were being teased or bullied in school Counselor and clinical psychologist James J Crist has written a book that kids can turn to for support encouragement and ideas for coping when they feel bad sad grumpy or lonely Kids learn 10 Blues Busters to help shake those unhappy feelings They also discover lots of ideas they can use to talk about feelings take care of themselves boost their self esteem make and keep friends and enjoy their alone time A special section addresses hard to handle problems like grief roller coaster feelings and depression Includes resources and a Note to Grown Ups

**Raising Confident Boys** Elizabeth Hartley-Brewer,2007-04-04 Boys need to be noticed admired understood and accepted to feel good about themselves Boys who lack appropriate emotional support from the adults close to them are at risk of believing they don t fit in and are likely to act accordingly engaging in risky behaviors including at worst using drugs and acting out violently Raising Confident Boys teaches readers what makes boys prone to low self esteem and provides practical effective tips for managing these situations

as they arise      **The A to Z Guide to Raising Happy, Confident Kids** Dr. Jenn Berman,2010-09-24 As an experienced therapist a parenting expert on television and radio an award winning columnist and a parent Dr Jenn Berman provides insightful and informative advice to parents as they guide their children through early childhood The A to Z Guide to Raising Happy Confident Kids addresses twenty six of the most important issues that modern parents face Each self contained and easy to read chapter covers a different topic allowing busy parents to quickly find and read what they need You ll turn to this great resource again and again as your children grow      **Raising Confident Girls** Elizabeth Hartley-Brewer,2008-08-04 Girls need ample loving demonstrations from adults close to them that they are appreciated and can be trusted to know what they need for themselves They also need to be given plenty of opportunity to develop their talents Girls who lack sufficient emotional support may feel neglected and unworthy of attention and easily find themselves at greater risk of exploitation and abuse even as adults Raising Confident Girls provides parents and teachers with the best hands on practical advice available for nurturing girls in a changing and challenging social environment      **Raise Your Kids Without Raising Your Voice** Sarah Chana Radcliffe,2007-09 Radcliffe shows parents how to eliminate yelling criticism and other unpleasant communications and foster a family wide atmosphere of cooperation closeness love and respect      **Flourishing in the First Five Years** Donna Wilson,Marcus Conyers,2013-10-25 Flourishing in the First Five Years Connecting Mind Brain and Education Research to the Development of Young Children will take you on a fascinating journey of discovery about what you can do to experience the thrill of helping all young children realize more of their unique potential Packed with practical strategies and inspiring research about how learning changes the brain this book will empower you with ideas you can apply right away that can positively change children s lives forever      *The Secret of My Child's Success* Gizel Hazan,2017-03-20 Every parent brings her his child into the world wishing that the child will be healthy happy and successful What is SUCCESS and what is the SECRET of being successful There are two different ideas in the education world Does the child develop a personality by nature or by nurture Even if we accept both views to a certain degree we need to know that every minute we can educate and change ourselves by improving our brain s functioning In recent years even people who were raised under difficult conditions have been able to find opportunities to improve and educate themselves thanks to self help books This book draws on my educational and professional experience on child psychology as well as on information derived from other helpful books We should perform our parenthood duties as set forth in the famous Khalil Gibran poem Children At the end of my book an unexpected surprise will surprise you Please read until the end of my book to learn what the surprise is      **Raising Optimistic Kids** Benjamin Silliman,University of Wyoming. Cooperative Extension Service,2000      *Understanding and Loving Your Bonus Child* Stephen Arterburn,Connie Clark,2022-08-02 Twenty first century how to advice embracing and celebrating the nonbiological parent and his or her bonus children from the author of the internationally best selling Understanding Your Child series and host of New Life Live the nation s number one Christian call

in counseling show Most of the parenting books currently in circulation were written decades ago Therefore they do not address nor could they address all the issues parents face today in the era of technology and excess Parents do not need another article that contradicts the last one they read rather they need insights techniques and strategies to tackle the pressing issues of twenty first century parenting That s what the Understanding and Loving Your Child series of books will do Understanding and Loving Your Bonus Child takes a look at a very familiar family dynamic Not being the biological parent to your spouse s child doesn t mean you don t have a voice This book helps celebrate the role of a bonus parent in a child s life

**Happy Campers** Audrey Monke,2019-05-07 Audrey Sunshine Monke mother of five and camp owner director shares nine powerful parenting techniques inspired by the research based practices of summer camp to help kids thrive and families become closer Research has proven that kids are happier and gain essential social and emotional skills at camp A recognized parenting expert Audrey Monke distills what she s learned from thousands of interactions with campers camp counselors and parents and from her research in positive psychology to offer intentional strategies parents can use to foster the benefits of camp at home Our screen obsessed competitive society makes it harder than ever to raise happy thriving kids But there are tried and true methods that can help Instead of rearing a generation of children who are overwhelmed anxious depressed and who struggle to become independent responsible adults parents can create a culture that promotes the growth of important character traits and the social skills kids need for meaningful successful lives Thousands of parents attest to the magical benefits of summer camp for their kids noting their children return more joyful positive confident and resilient after just a few weeks But you can learn exactly what it takes to promote these benefits at home Complete with specific ideas to implement the most effective summer camp secrets Happy Campers is a one of a kind resource for raising happy socially intelligent successful kids

*Girlhood* Maggie Dent,2022-05-31 Maggie is a national treasure Tracey Spicer AM sage wisdom for parenting and supporting girls Mona Delahooke PhD bestselling author and pediatric psychologist The early years of a little girl s life will shape her future in powerful ways Maggie Dent Australia s queen of common sense parenting has investigated the development period from birth to age eight Drawing on nearly 5 000 survey results the latest research and her own extensive experience as an educator counsellor facilitator mum and grandmother Maggie shows us how to help our girls build an emotional and psychological base for life Secure foundations Maggie argues will help insulate our girls against anxiety and other mental health challenges as they grow into their teens and feel more capable and resilient while keeping their own authentic voice as they enter womanhood Written with all the rigour compassion and humour we have come to expect from one of Australia s best loved parenting voices this is both a deeply practical guide to raising girls as well as a celebration and intimate meditation on the state of being female which women of all ages will relate to

**Collaborative Brief Therapy with Children** Matthew D. Selekman,2010-03-18 In this engaging guide Matthew Selekman presents cutting edge strategies for helping children and their families overcome a wide range of emotional and

behavioral challenges Vivid case material illustrates how to engage clients rapidly and implement interventions that elicit their strengths Integrating concepts and tools from a variety of therapeutic traditions Selekman describes creative applications of interviewing family art and play postmodern and narrative techniques and positive psychology He highlights ways to promote spontaneity fun and new possibilities especially with clients who feel stuck in longstanding difficulties and entrenched patterns of interaction The book updates and refines the approach originally presented in Selekman s acclaimed Solution Focused Therapy with Children

**Don't Give Me That Attitude!** Michele Borba, 2004-03-11 Does your kid never take no for an answer and demand things go his way Do her theatrics leave you drained at the end of the day Are you resorting to bribes and threats to get your kid to do chores Does he cheat complain or blame others for his problems Do you feel you re running a hotel instead of at home Are you starting to feel like your child s personal ATM machine What happened You thought you were doing the best for your child and didn t set out to raise a selfish insensitive spoiled kid In her newest book Don t Give Me That Attitude parenting expert Michele Borba offers you an effective practical and hands on approach to help you work with your child to fix that very annoying but widespread youthful characteristic attitude If you have a child who is arrogant bad mannered bad tempered a cheat cruel demanding domineering fresh greedy impatient insensitive irresponsible jealous judgmental lazy manipulative narrow minded noncompliant pessimistic a poor loser selfish uncooperative ungrateful or unhelpful this is the book for you

*Intentional Grandparenting* Peggy Edwards, Mary Jane Sterne, 2008-06-01 This comprehensive guide offers ten basic principles for effective grandparenting combining solid advice from experts with inspirational and humorous real life stories Intentional Grandparenting helps ease the transition for grandparents who face a vastly changed world of parenting by explaining the differences between then and now in childbirth and child rearing practices as well as what to expect in diverse family situations such as blended families and same sex unions This handbook includes a wealth of practical ideas such as how to baby proof your home how to stay in touch including cyber grandparenting and how you can best support your adult children as they become parents Informative and fun this book is an indispensable tool for anyone entering this challenging and rewarding life stage

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