

ELAINE M^CEWAN

Raising Balanced Children

In An Unbalanced World

THERE'S MORE TO LIFE THAN BEING SMART.

*Could your children be missing out on something
vital to their complete development?*

Raising Balanced Children In An Unbalanced World

Elaine K. McEwan-Adkins



Raising Balanced Children In An Unbalanced World:

Raising Balanced Children in an Unbalanced World Elaine K. McEwan-Adkins,1991 **Raising 4 Dimensional Children in a 2 Dimensional World** Tim McCarthy,2021-07-15

Worried about Whether You re being a Good Parent Maybe you have a newborn and you don t know what to expect Maybe your child gets angry and you don t understand why Maybe your child spends too much time on the Phone or Gaming Don t fret You have what it takes to get the results you desire with a little help New Knowledge is the First Step It s hard to solve a problem if you don t understand the problem You probably never realized that your child actually develops in 4 Dimensions The Physical Mental Emotional and Spiritual Neglecting even one dimension can be a source of problems When you understand your child s capabilities and limitations in each of the 4 Dimensions at each specific age you will see more clearly why he or she is acting that way Taking Action is the Second Step Knowledge isn t really power until it is put into action Once you have the theory you need practical solutions that will give you results You need clear actions you can take with your child to help him her develop in each dimension Raising 4 Dimensional Children in a 2 Dimensional World is a book that gives you both It has the knowledge you need and it also gives you over 400 educational and fun activities to help your child reach new milestones in growth in each dimension It s the Instruction Manual for Parenting that you didn t get with your child Parenting can be tough but you don t need a degree in psychology or education to raise your child because this book has the results of years of educational and psychological research explained in simple language then coordinates those results with easy and fun activities that your children will love Now is the time to develop a new relationship with your children using activities to enjoy the quality time you have after school after work and on weekends Parenting can be easy and even fun when you have the right tools You CAN do this

Tai Chi: the Way of Balance in an Unbalanced World Phil Robinson,2011-03-04 With a picture of Mr Robinson teaching his grandson the back page reads Mr Robinson a Master of Yang Tai Chi had undertaken two projects The first is to hand down to his grandson 46 years of knowledge and experience in the Martial Arts The second is to hand down this knowledge and experience to you through the pages of this book Much effort has been taken to give the reader a complete guide to Tai Chi in a language that is uncomplicated and yet very detailed This book is like none of the other books about Tai Chi you have ever seen This book written through the eyes of a Master raised in the South not only tells you of the history and origin of Tai Chi but explains how Tai Chi can be such a positive influence in your life The breathing the relaxation the harmony the exercise the philosophy the self defense the health and healing created in ancient China all come together in this book as a means to benefit you today This is a must read for everyone from the complete novice to the experienced in Tai Chi

Inspiring Ideas to Support Early Maths and Literacy Janet Rees,2016-02-05 Inspiring Ideas to Support Early Maths and Literacy takes a play based approach and draws on popular stories and rhymes to cover the key areas of mathematics and literacy Full of practical tried and tested ideas for developing understanding in mathematics and literacy this book aims to

help practitioners make these areas of learning exciting and meaningful for young children Each chapter shows how learning can be reinforced and brought to life through resources made from everyday materials providing children with an enjoyable and positive learning experience Key features include clear instructions and full colour photographs on how to make practical resources for indoor and outdoor environments vocabulary lists for inspiration and ideas for developing a new play space or overhauling an existing space key questions to consider when planning and designing an indoor or outdoor play space links to the Early Years Foundation Stage that will guide the development of a future playground and challenge providers to enhance their practice This practical resource will be essential reading for primary teachers early years practitioners students and all those interested in developing young children s confidence in mathematics and literacy **Raising**

Respectful Children in a Disrespectful World Jill Rigby,2013-08-06 Provides a guide for parents that recommends an alternative approach that encourages respect for the self and others in a reference that explains how to foster such values in children as thankfulness and unselfishness **Doctor, Teach Me to Parent** ALLAN G. HEDBERG Ph. D,2013-02-28 The information provided by Dr Hedberg in this book is excellent for parents as their childrens first teacher The book also provides helpful guidelines for educators offering parenting education to their families Al Sanchez Retired Principal Educational Consultant parent of three mature children Dr Hedberg presents a thoughtful recipe for healthy family living He begins with a candid assessment of desirable ingredients adds generous portions of practical training for parents in managing issues that happen in most families in developing leader qualities in children and even practical guidelines for the wise use of the internet Let it simmer in your mind and heart and enjoy the feast Dean M Johnson D Min Retired Former Minister and International Family Care Consultant Trails British Colombia Canada parent of five mature children Parenting is like being on a journey and not knowing where the next corner will be how high the next hill will be and how deep the next valley will be Dr Hedberg helps equip parents with goals that are practical and lessons that effectively give direction He addresses behavior patterns that cause negative influences and helps identify personality problems You will learn to equip your children to eventually leave home with a healthy emotional and spiritual confidence while building their self esteem Ron Hendricks CGPP Director of Planned Giving Trinity Western University Langley British Colombia Canada parent of three mature children Dr Hedberg provides understandable parenting advice in an easy to read book The Ask the Teacher section in each chapter provides practical questions to integrate a childs home and school life Joaquin Partida Clovis CA Teacher of the Year 2008 parent of two mature children *Helping Your Child Love to Read* Elaine K. McEwan-Adkins,1991

Creating Balance in Children's Lives Lorraine O. Moore,Peggy Henrikson,2005-02-01 Formerly published by Peytral Publications This insightful resource helps educators parents and childcare providers discover how emotions affect learning and behavior recognize the symptoms and sources of imbalance and promote students physical mental emotional and social development Readers will learn more about the body mind heart connection the importance of nutrition and options for

correcting and preventing imbalance **Overcoming Emotional Chaos** Doc Childre, Deborah Rozman, 2002 Is there such a thing as caring too much Yes say the authors of this breakthrough book on emotional management and heart intelligence Readers learn concrete practical and quick personal tools for eliminating debilitating emotional habits resolving emotional imbalances and changing lives once and for all **Beyond the Indigo Children** P. M. H. Atwater, 2005-09-29 Connects the arrival of a new type of children with the fulfillment of the Fifth World of the Mayan Calendar and other great prophecies Provides detailed information about the world changes that will take place before and after December 21 2012 Explores the seven root races representing the genetic gene pool of the human family and the phenomenon of soaring intelligence Explains the grand sweep of human evolution and the worldwide ascension of energy now occurring which will take humanity to the next level of development According to prophecy the fifth sun or fifth world of the Mayan calendar moves into a higher octave of vibration or ascension on December 21 2012 This date represents a gateway of planetary development that will open humanity to new ways of living and new worlds of opportunity Ancient traditions have foretold that our successful passage through this gateway depends on the fifth root race new stock in the human gene pool destined to help us through the exciting and massive changes ahead In **Beyond the Indigo Children** P M H Atwater illuminates the characteristics of the fifth root race the capstone being the extraordinary new children those brilliant and irreverent kids born since 1982 She explores the relationship of the new children to the prophecies in the Mayan calendar and other traditions providing extensive background information about the seven root races the sixth and seventh of which haven't yet appeared and the great shifting of consciousness already underway She reveals the connection of the seven root races to the seven chakras and how the fifth chakra the chakra of willpower will be opened for humankind as the new children grow to maturity She also discusses the phenomenon of soaring intelligence and undeveloped potential and provides concrete guidance and tools for those who seek to understand and help the new children achieve their full potential **Beyond the Indigo Children** is the first major study of today's children and their place in our rapidly changing world that combines objective research with mystical revelation and prophecy **The Parenting Book** Nicky Lee, Sila Lee, 2018-05-03 We believe that healthy families are at the heart of a functioning society We developed our courses and wrote **The Marriage Book** and **The Parenting Book** because the church has the opportunity to offer support to people at a practical grassroots level Every family strengthened makes a difference to a child and to our nation Drawing on their own experience of bringing up four children and having talked to thousands of parents over the years on their parenting courses Nicky and Sila Lee bring fresh insights and time tested values to the task of parenting The book covers the following areas Understanding how families work Meeting our children's needs Building character through setting boundaries Helping our children make good choices Passing on our beliefs and values Full of valuable advice and practical tips **The Parenting Book** is a tool to come back to again and again **My Mother, My Daughter** Elaine K. McEwan-Adkins, 1992 **AMT Conference Manual 2003** Alex Kent, Susan Courtney, 2003-06 Contains

papers from workshops presented at the Third European Energy Therapies Conference held in August 2003 The AMT is at the forefront of education and information about the new Energy Psychology and Meridian and Energy Therapies approaches In August 2003 an extraordinary group of people met to learn and share their knowledge expertise and energies at the Third European Energy Therapies Conference The manual contains papers from workshops presented at the conference giving readers the opportunity to learn the latest in this exciting field and share the flavour of this gathering

The Dolphin Way Shimi Kang,2014-05-01 In this inspiring book Harvard trained child and adult psychiatrist and expert in human motivation Dr Shimi Kang provides a guide to the art and science of inspiring children to develop their own internal drive and a lifelong love of learning Drawing on the latest neuroscience and behavioral research Dr Kang shows why pushy tiger parents and permissive jellyfish parents actually hinder self motivation She proposes a powerful new parenting model the intelligent joyful playful highly social dolphin Dolphin parents focus on maintaining balance in their children s lives to gently yet authoritatively guide them toward lasting health happiness and success As the medical director for Child and Youth Mental Health community programs in Vancouver British Columbia Dr Kang has witnessed firsthand the consequences of parental pressure anxiety disorders high stress levels suicides and addictions As the mother of three children and as the daughter of immigrant parents who struggled to give their children the best in life Dr Kang s mother could not read and her father taught her math while they drove around in his taxicab Dr Kang argues that often the simplest benefits we give our children are the most valuable By trusting our deepest intuitions about what is best for our kids we will in turn allow them to develop key dolphin traits to enable them to thrive in an increasingly complex world adaptability community mindedness creativity and critical thinking Life is a journey through ever changing waters and dolphin parents know that the most valuable help we can give our children is to assist them in developing their own inner compass Combining irrefutable science with unforgettable real life stories The Dolphin Way walks readers through Dr Kang s four part method for cultivating self motivation The book makes a powerful case that we are not forced to choose between being permissive or controlling The third option the option that will prepare our kids for success in a future that will require adaptability is the dolphin way

The Complete Idiot's Guide to Yoga with Kids Eve Adamson,Jodi Komitor,2000-07-09 Yoga is not only beneficial for adults but for kids as well With The Complete Idiot s Guide to Yoga with Kids learn Practical advice for making yoga a family affair Safe and sensible teaching tips and fun positions for both adults and kids Idiot proof ways to use yoga to promote good health build self confidence and more

Smart Medicine for a Healthier Child Janet Zand,Robert Rountree,Rachel Walton,2003-01-06 Revised updated and expanded to reflect the latest thinking and information on children s health issues Smart Medicine for a Healthier Child enables parents to combine the best of conventional and alternative approaches Part One explains the full spectrum of techniques that can be employed to effectively treat childhood health problems providing an overview of the history fundamentals and uses of conventional medicine herbal medicine homeopathy acupuncture diet and nutritional

supplementation Part Two contains a comprehensive A to Z guide to the various health problems of childhood from acne to chickenpox to thumb sucking Finally Part Three offers guidance on using the therapies and procedures suggested in Part Two from locating acupressure points to preparing herbal remedies Written by a naturopathic physician a medical doctor and a pediatric nurse this unique book gives parents easy access to current information and advice regarding their children's health and acts as a bridge between time honored healing systems and mainstream medicine Illustrated with line art

Spiritual Growth Begins at Home Elaine K. McEwan-Adkins,1991 Resources in Education ,1998 **Serving Young Teens and 'Tweens** Sheila B. Anderson,2006-11-30 Notable teen experts and stellar practitioners from across the country explain why library service to adolescents in this age range is so important and how you can enhance your collection and services to accommodate and win over this important group Topics range from understanding adolescent informational needs and building and promoting a winning collection to creating programs with tween appeal Contributors include Sheila B Anderson James Rosinia Deb Taylor Robyn Lupa and Kristine Mahood Brimming with valuable insights and fresh ideas as well as nuts and bolts directions this is a must read for all librarians who work with young adolescents If someone is described as a young adult what image comes to mind In fact a young adult can be a twelve year old middle schooler or a high school graduate Libraries have traditionally offered a variety programs and services for YAs and although more emphasis has been given to serving teens in recent years little has been done to distinguish between groups within the category and meet the specific developmental needs of this broad range of library users This collection complements Anderson's previous collection *Serving Older Teens* by focusing on the needs of tweens and young teens ages 11-14 This is the age range when many young people stop using the library and lose interest in reading Notable teen experts and stellar practitioners from across the country explain why service to adolescents in this age range is so important and how you can enhance your collection and services to accommodate and win over this important group Topics range from understanding adolescent informational needs and building and promoting a winning collection to creating programs with tween appeal Contributors include Sheila Anderson James Rosinia Deb Taylor Robyn Lupa Brenda Hager and Kristine Mahood Brimming with valuable insights and fresh ideas as well as nuts and bolts directions this is a must read for all librarians who work with young adolescents

Raising Teens with Diabetes Moira McCarthy,2013-06-04 2013 Mom's Choice Awards Winner Hormones Growth spurts Mood swings All combined with blood sugars The teen years with diabetes on board are a challenging time for parents and anyone who cares about a child with diabetes *Raising Teens with Diabetes A Survival Guide for Parents* by well known diabetes mom author and advocate Moira McCarthy is a no nonsense honest approach at not just surviving but thriving in those years from a mom who has been there *Raising Teens with Diabetes* is a must have resource for anyone navigating the waters of parenting a child with diabetes

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