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An essential element of parenting is attending to one's own thoughts and feelings. This enables parenting from a self-regulated state. There are three key elements to parental self-reflection. Parents ...

### **Psychology Today**

Therapists Clare Ward & James Gilpin talk about their new Anxiety workbook supporting neurodivergent teens to cope with uncertainty (sp) ...

### **Coping with uncertainty: Supporting teens who “learn differently”\* GIVEAWAY!**

It's hard to know how to respond when your child says they hate school, but this expert advice will help you navigate these

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difficult conversations ...

### **What To Do & Say When Your Child Says They Hate School**

This article introduces Interpersonal Therapy and examines the link between the quality of interpersonal relationships and mental health.

### **Your Ultimate Interpersonal Therapy Toolkit**

Have you noticed your child struggling in school? Perhaps they are having a hard time learning to read, can't grasp multistep math problems, or are having difficulty staying focused in class. So what ...

### **Child Missing Milestones? When the Next Step is an IEP**

Low-content coloring books and activity books for markets of all ages represent a continuing opportunity for authors interested in

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self-publishing. Here's what you need to know about publishing them ...

### **How to Self-Publish Coloring Books and Activity Books**

Darkness to Light is a nationwide initiative designed to teach caregivers and community members how to protect children by teaching them the five steps to protecting children from sexual abuse.

### **Five steps to protecting children from sexual abuse**

Some couples forced to stay at home together during the pandemic have found all that togetherness trying. Some tips on managing conflict from Jacinta Gallant, a Charlottetown family lawyer and ...

### **Pandemic have you bickering? How to fight fair**

This one's for all the parents out there who have been teaching

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their kids at home for way longer than they ever dreamed ...

### **An Ode to Everyone Who Was a Reluctant Parent-Teacher This Past Year**

Schools seeking assessment for the purpose of evaluating and improving family and community connection can earn a family-friendly school designation by the Department of Education. The recognition is ...

### **Bridging the gap between school safety and emotional wellness during a pandemic: Part 2**

The burnout, trauma and exhaustion healthcare workers are experiencing during the third wave of the pandemic are resulting in some leaving the profession.

### **'I couldn't take it anymore': Why some medical staff are calling it quits amid COVID-19**

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In the middle of the deadly political unrest that has rocked Haiti for more than two months, another crisis is unfolding — most schools are closed, leaving Haitian children with nothing to do and ...

### **With schools shuttered, Haiti kids endure crisis**

Tyquine Lee's treatment at Virginia's Red Onion State Prison is one of the thousands of stories of long-term solitary confinement in America.

### **A prisoner was 'covered in filth and barking like a dog' after 600 days of solitary confinement in a Virginia jail**

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