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help, though. I can fix it all by myself, she thought. Sophie did not have an easy start in life and now she cannot trust grown-ups to help her. Luckily, her new mum is good at guessing when Sophie needs a helping hand.

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Description. Today Sophie Spikey has a
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Sarah Naish ...

They have been beyond smitten with their daughter Willa since welcoming her into the world on July 22. And Sophie Turner, 24, and husband Joe Jonas, 31, were spotted taking an evening stroll with ...

Today Sophie Spikey has a very big problem. She has lost her shoes, again! There is no way she is asking her mum for help, though. I can fix it all by myself, she thought. Sophie did not have an easy start in life and now she cannot trust grown-ups to help her. Luckily, her new mum is good at guessing when Sophie needs a helping hand. Written by a mum who understands, and her daughter (who did not like asking for help), this is a story for children functioning at age 3-10.

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Following huge acclaim for Sophie's brother, 'William Wobbly and the Very Bad Day'. Sophie Spikey is now also here to help! Sophie did not have an easy start in life. She has attachment difficulties, (RAD) and she cannot trust adults to help her. Now she has a big problem. She has lost her shoes again and has no idea how she is going to be able to leave the house. One thing she knows for sure, is that she will NOT be asking her new mum for help. Feeling overwhelmed by shame, and with her head feeling 'busy and hot' Sophie is frozen and needs some help. Luckily, Sophie's new mum has a good idea about how to help Sophie. She has had to learn to be very clever, since she adopted Sophie and her siblings. Second in the Therapeutic Parenting series, this is a simple straightforward story which gets straight to the heart of the matter. Written by an adopter and her eldest daughter,

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Sophie Spikey gives therapeutic parents the words they need to find, to help heal their children.

Therapeutic parenting is a deeply nurturing parenting style, and is especially effective for children with attachment difficulties, or who experienced childhood trauma. This book provides everything you need to know in order to be able to effectively therapeutically parent.

Providing a model of intervention, The A-Z of Therapeutic Parenting gives parents or caregivers an easy to follow process to use when responding to issues with their children. The following A-Z covers 60 common problems parents face, from acting aggressively to difficulties with sleep, with advice on what might trigger these issues, and how to respond. Easy to navigate and written in a straightforward style, this book is a 'must have' for all

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A concise, clear overview of Therapeutic Parenting with integrated links to short inspirational, often humorous videos, demonstrating practical applications of therapeutic parenting techniques. Suitable for all carers, parents and supporting professionals working with children who have suffered early life trauma. Sarah Naish uses her first hand experience to clearly explain the differences between 'standard' parenting and 'therapeutic' parenting, with case studies and examples of good therapeutic parenting strategies, along with practical applications. Written with the busy parent and supporting professional in mind, this short book provides answers for all those caring for children with attachment difficulties, explaining why we need to parent our children differently, common additional

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challenges faced by Therapeutic Parents, and the best way to resolve them. The book may be read as a 'stand alone' document, but used in conjunction with the videos and video based courses, it provides a powerful foundation in caring for children who have suffered early life trauma. The author provides essential advice to supporting professionals about overcoming blocked care, and helping Therapeutic Parents to stay connected to their child. This book contributes to the new Level 3 Diploma in Therapeutic Parenting, which will be launched by Fostering Attachments Ltd, (Inspire Training Group) in the Autumn of 2016.

William Wobbly is having a very bad day. He didn't want to go to school and when he got there things just got worse. The wobbly feeling got bigger and bigger and BIGGER until... Something happened to

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William Wobbly when he was very little which makes it hard for him to understand or control his feelings. Luckily, his new mum is here to help with his wobbly wobbly feelings. Written by a mum who understands, and her daughter (who used to have a lot of wobbly feelings), this is a story for children functioning at age 3-10 who struggle with sensory overload.

Charley Chatty likes to talk. Charley talks so much that her mouth gets dry but there's just so much to say! "Why is the pavement brown?" "I have got two shoes. Everyone has two shoes." "I can hear the radio. Who is on the radio? Why is there a button on the radio?" Sometimes, Charley's imagination takes over and she tells stories about things that didn't really happen. She doesn't mean to but she likes how it makes her feel important and the wiggly worry worm inside her belly goes away. Written

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Today Rosie Rudey has had enough!
"Rosie, put your coat on, it's cold outside."
"Rosie, bring your sandwich box to the
kitchen, please." "Rosie, stop being nasty
to your brother." LEAVE ME ALONE,
she thought. Rosie did not have an easy
childhood which has made her build a
hard shell around herself so no one can get
in. Luckily her new mum knows just how
to help soften Rosie's hard exterior.
Written by a mum who understands, and
her daughter (who was also a bit prickly),
this is a story for children functioning at
age 3-10.

Callum Kindly is a kind and caring boy,
who lives alone with his mum. That is

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Story Katie Careful comes to stay with them who Callum thinks is a very weird child! Katie manages to get in the way whenever Callum wants to speak to his mum or have snuggle time. She cries and sulks on his birthday and she steals his toy car. Luckily, his mum can explain to him why Katie acts differently. Written by an adoptive mum and her daughter, this is a story that explains what it's like for children aged 3-10 living with foster or adopted children, or with new children in the family.

Katie Careful has just moved in with her siblings and their new parents. Even if she's sad or scared, she smiles and smiles to try and hide her wobbly feelings. She clings on to her Mum's leg and won't let go and she even follows her to the toilet, banging on the door to remind her that she's there. Luckily, her Mum understands

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why Katie acts this way. Written by a mum who understands and her daughter, who is adopted, this insightful story will help your whole family to feel a bit better.

Charley Chatty likes shiny things, especially shiny pennies. Sometimes Charley thinks her siblings get more than her so she likes to keep the pennies safe in her pocket. Charley spots some pennies lying around the house, and puts them in her piggy bank. But she gets very nervous when her Dad starts looking for the missing pennies. Luckily, Charley's Dad is good at working out what might have happened and helps Charley to put it all right again. Written by a mum who understands and her daughter, who is adopted, this insightful story will help your whole family to feel a bit better.

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