

nobody's Perfect

A Story
for Children
About
Perfectionism



by Ellen Flanagan Burns • Illustrated by Erica Pelton Villnave

Nobodys Perfect A Story For Children About Perfectionism

Mary Anne Richey, James W. Forgan



Nobodys Perfect A Story For Children About Perfectionism:

Nobody's Perfect Ellen Flanagan Burns,2021-12-03 Jill walked over and stood next to Sally She played right before Sally in the recital I liked your pieces Jill said Sally said But I messed up on the second one It sounded really bad Oh I didn t notice Jill said She shrugged I made a couple of mistakes too It s no big deal Sally thought Jill was just trying to be nice She couldn t remember Jill every making a mistake when she played In fact she made it look so easy all the time After another sip of punch and a chocolate chip cookie Sally was ready to leave She wasn t in a very good mood and most of all she didn t want to face Mrs Pratt Sally felt like she had let her down Sally Sanders is a perfectionist if can t she be the best she feels like a failure Sally procrastinates shies away from new things and constantly compares herself to others convinced she s not good enough With the help of her teachers and mother Sally learns how to relax and try new things without worrying so much about being the best She can just be herself and that is all she needs **Nobody's Perfect** Ellen Flanagan Burns,2008-08-01

Challenging Perfectionism Dawn Starley,2020-10-21 Perfectionism is frequently seen as a positive trait but it can have a stifling effect on young people s education and growth and can negatively impact any student regardless of their level of ability This guide offers professionals working with teenagers the latest research into perfectionism alongside tried and tested strategies to alleviate the anxiety associated with it The first section addresses the theory and context behind perfectionism including definitions prevalence links to other conditions and causal factors The second section offers easy to use activities based on CBT ACT and DBT to help young people and the professionals working with them to address the tendencies which negatively impact students lives and academic progress [What to Say to Kids When Nothing Seems to Work](#) Adele Lafrance,Ashley P. Miller,2020-02-05 Finalist for Best Overall Non Fiction and Best Parenting Family Book in the 2020 International Book Awards What to Say to Kids When Nothing Seems to Work offers parents an effective step by step guide to some of the most common struggles for kids aged 5 12 Written by mental health professionals with over 30 years experience listening to kids thoughts and feelings this book provides a framework to explore new ways of responding to your child that will help them calm down faster and boost their resilience to stress With a dose of humor and plenty of real life examples the authors will guide you to build a bridge into your child s world to make sense of their emotions and behavior Sample scenarios and scripts are provided for you to customize based on your caregiving style and your child s personality These are then followed by concrete support strategies to help you manage current and future situations in a way that leaves everyone feeling better Chapters are organized by common kid related issues so you can quickly find what s relevant to you Suitable for parents grandparents and other caregivers of children and pre teens as well as professionals working closely with families What to Say to Kids When Nothing Seems to Work is an accessible resource for efficiently navigating the twists turns and sometimes total chaos of life with kids **Letting Go of Perfect** Jill L.

Adelson,Hope E. Wilson,2021-06-01 Letting Go of Perfect gives parents and teachers the guidance and support they need to

help children break free of the anxieties and behaviors related to perfectionism This second edition Explores a state of mind that manifests in unhealthy ways among kids and teens today the need to be perfect Features updated research on perfectionism new strategies and resources Delineates the major types of perfectionism and provides practical tips Explains how students can use their perfectionistic behaviors in a healthy way Shares advice and stories from real parents educators and students For children who believe their best is never good enough perfectionism can lead to excessive guilt lack of motivation low self esteem depression pessimism obsessive or compulsive behavior and a sense of rigidity This engaging practical book is a must have for parents and teachers wanting to help children overcome perfectionism raise self confidence lessen guilt increase motivation and offer a future free of rigidity Play-Based Interventions for Childhood Anxieties, Fears, and Phobias Athena A. Drewes, Charles E. Schaefer, 2018-03-26 Illustrating the power of play for helping children overcome a wide variety of worries fears and phobias this book provides a toolkit of play therapy approaches and techniques Coverage encompasses everyday fears and worries in 3 to 12 year olds as well as anxiety disorders and posttraumatic problems Leading practitioners describe their approaches step by step and share vivid illustrative case material Each chapter also summarizes the research base for the interventions discussed Key topics include adapting therapy to each child's developmental level engaging reluctant or less communicative clients and involving parents in treatment **You Can't Please Everyone!** Ellen Flanagan Burns, 2022-05-03 This is a hopeful helpful story for kids who need reassurance that they can be nice to others and be true to themselves Ellie feels like she is disappointing people if she says no One way or another she thinks she is hurting someone's feelings Or she puts other people's wants or needs in front of her own With help from her parents and her teacher Ellie finds the strength to be honest with people and do the right thing for herself by learning how to say no Dear Reader Chapter One Put on the Spot Chapter Two Heavy Feelings Chapter Three Jenna the Jacket Chapter Four Empty Cup Chapter Five It's Not My Job to Pick Your Ice Cream Chapter Six It's Okay to Say No Chapter Seven Not Guilty Chapter Eight Doing the Right Thing Not the Pleasing Thing Chapter Nine Friends for Life **Doing Play Therapy** Terry Kottman, Kristin K. Meany-Walen, 2018-06-04 Covering the process of therapy from beginning to end this engaging text helps students and practitioners use play confidently and effectively with children adolescents and adults struggling with emotional or behavioral problems or life challenges With an accessible theory to practice focus the book explains the basics of different play therapy approaches and invites readers to reflect on and develop their own clinical style It is filled with rich case material and specific examples of play techniques and strategies The expert authors provide steps for building strong relationships with clients exploring their clinical issues and underlying dynamics developing and working toward clear treatment goals and collaborating with parents and teachers A chapter on common challenges offers insightful guidance for navigating difficult situations in the playroom *The Road Back to You* Ian Morgan Cron, Suzanne Stabile, 2016-10-04 Join over 1 million other readers worldwide on a journey into self awareness compassion for others and love for God With wit

wisdom and storytelling Ian Morgan Cron and Suzanne Stabile introduce the ancient personality typing system the Enneagram and explore its insights into spirituality relationships and self knowledge *Anxiety Relief Workbook for Kids* Dr. Agnes Selinger PhD, 2021-07-06 Anxiety busting tools for kids ages 6 to 9 Being young doesn't stop kids from worrying This anxiety workbook for kids created by a clinical psychologist is full of fun exercises designed to help kids learn how to work through feelings of discomfort or worry Each of the activities features kid friendly instructions helping them understand both what they need to do and how it will help them feel better This anxiety workbook for kids features A variety of exercises Kids will find new ways to soothe child anxiety as they draw take quizzes practice breath work and more Evidence based approaches All of the exercises are rooted in proven anxiety treatment methods like CBT ACT and mindfulness Fun presentation Playful language and colorful pictures help kids engage with the material making it easy for them to learn Teach kids how to deal with some of their toughest emotions using this anxiety relief workbook for kids **Parenting Dual Exceptional Children** Denise Yates, 2022-03-21 This is the first comprehensive guide for parents of children with Dual and Multiple Exceptionality DME sometimes called Twice Exceptionality or 2E Children with high learning potential may also have conditions such as ASD ADHD dyslexia and dyspraxia having flashes of brilliance in some areas whilst needing additional support in others As a result their abilities may not always be recognised in an educational setting This book takes a strengths based approach towards helping parents recognise and focus on their child's areas of potential to support them towards better attainment and self esteem and build on these abilities while also identifying and addressing areas of difficulty It provides an understanding of the mixed learning profile of DME children explaining why they excel in some areas but not others as well as guidance for parents on working positively with schools and providing their child with the support they need With stories quotes from parents and examples throughout this is an essential guide to helping DME children achieve their full untapped potential **Stressed Out!** Mary Anne Richey, James W. Forgan, 2021-09-23 Stressed Out Solutions to Help Your Child Manage and Overcome Stress is an easy to read guide for parents to help their children understand stress its effects on kids day to day lives and how to handle it The book suggests stress management solutions that can be implemented by even the busiest parents and kids focusing on a variety of common stressful situations that are grouped according to three categories school family or environmental Strategies include sample dialogues parents can use in conversation with their child and activities to help children gain insight and understanding into the nature of their stress such as worksheets role play scenarios or children's stories Designed for maximum accessibility parents and their children can immediately apply and reinforce the solutions Inherent in each chapter is the underlying understanding that stress in children is very individual and solutions need to be individualized to fit the circumstances and personality of each child 2018 NAGC Book of the Year Award Winner Parenting Is Forever Elizabeth Green, 2017 Anxiety autism ADHD and learning problems make school hard Depression self harm cyberbullying and eating disorders are part of our complex lives Stress busyness and a digital world

changes parenting Parenting is Forever reflects the ongoing conversations of a paediatrician with those who care for children It is influenced by her experience as a parent and from helping more than 30 000 families over twenty five years Dr Elizabeth Green shares her practical tips for navigating the developmental stages of childhood From before birth through early childhood and adolescence to adulthood Parenting is not a competition It s okay to fail and try again That s what makes us better parents

Clinical Practice of Cognitive Therapy with Children and Adolescents, Second Edition Robert D. Friedberg, Jessica M. McClure, 2018-02-21 Widely regarded as the definitive practitioner reference and teaching text this book provides a complete introduction to doing cognitive behavioral therapy CBT with 6 to 18 year olds The authors offer a blueprint for formulating cases and tailoring treatment to each child s or adolescent s unique developmental and clinical needs Coverage includes how to orient children and families to cognitive therapy structure each session and implement a wide range of CBT techniques Rich case material illustrates ways that CBT can help children struggling with specific emotional and behavioral problems Reproducible forms and handouts can be downloaded and printed in a convenient 8 1 2 x 11 size New to This Edition Incorporates the latest advances in CBT with youth and gives increased attention to cultural issues including new case examples Chapter on working with patients with autism spectrum disorder Chapter on cognitive behavioral family therapy Pull out boxes throughout that summarize key points Epilogue on developing clinical wisdom See also the authors Cognitive Therapy Techniques for Children and Adolescents Tools for Enhancing Practice which presents creative ways to address challenging problems

Anxiety Joey Mandel, Ted Heeley, 2014-10-10 The most common mental health problem facing Canadian children today is anxiety It s easy to dismiss the emotional psychological and physical effects of anxiety in children as being all in their heads but doing so can have a profoundly negative impact on a child s development socially academically and emotionally This accessible illustrated book helps all kids understand anxiety better and offers practical ideas for coping Filled with information quizzes definitions and helpful hints Deal With It Anxiety helps young people identify and deal with the many different ways that anxiety is expressed from phobias to panic attacks in settings as diverse as home the schoolyard and the mall It offers insight to everyone to the child experiencing anxiety to someone who doubts the problem is real and to a young person who witnesses another s problem This book adds an important new topic to the Deal With It series approachable and non threatening approach to different forms of conflict in the lives of young people

Social and Emotional Well-Being Connie Jo Smith, Charlotte M. Hendricks, Becky S. Bennett, 2014-01-14 Activities to help children identify and express feelings and gain self awareness and confidence

Anxiety and Depression in the Classroom Nadja Reilly, 2015-04-27 Guidance for teachers on two pressing problems in student mental health Anxiety and depression are two of the most common mental health problems for young students and can be particularly hard to detect and support In this book the first of its kind for teachers Nadja Reilly lays out with richly detailed examples the signs to look for so educators can direct their students to help and ensure emotional wellness in the classroom Grounded in recent

psychological research and practical self regulation tools Reilly opens her study out onto nourishing emotional wellness in all students communicating with parents and schoolwide mental health advocacy Life and Loss Linda Goldman,2021-08-04 For decades Life and Loss has been the book clinicians have relied on for a full and nuanced presentation of the many issues with which grieving children grapple as well as an honest exploration of the interrelationship between unresolved grief educational success and responsible citizenry This classic edition which includes a new preface from the author brings this exploration firmly into the twenty first century and makes a convincing case that children s grief is no longer restricted only to loss identified children Children s grief is now endemic it is global Life and Loss is not just the book mental health professionals need to understand grief in the twenty first century it s the book they need to work with grief in a practical and constructive way School Library Journal ,2009 Nobody's Perfect David Elliott,2015-02-10 Not being perfect has its virtues in this irresistible child s eye view Your best friend is kind of a show off Your baby sister is loud And Mom can be pretty stubborn Not perfect But sometimes they come pretty close and you do too David Elliott s winning tongue in cheek text combines with Sam Zuppardi s fresh kid friendly illustrations to show that life may be more about patience than perfection and that focusing on the positive reaps its own rewards

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