CENTER FOR REGULATION FOCUSED PSYCHOTHERAPY

A New Book for Parents

## Keeping it Together When Things Fall Apart

Harnessing the Power of Emotions to Understand Your Child's Behavior



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& Leon Hoffman



## Chapters

- Parents What about us?
- Why does my child act this way?
- Understanding your child's emotions
- Helping your child express emotions
- Limit setting & discipline
- Caring for yourself

2 How was I feeling?	
O non nacricomig	
Frustrated Sad	Helpless
Angry Defeated	Surprised
Sacred Anxious	Exhausted
Guilty Uncomfortable	Confused
Are there any other factors that might have been important?  What could my child have been feeling (but unable to express):	n this man
, and a second s	
Frustrated Sad	He"

## Special Features

- Stop, Look & Listen worksheet
- Guide for parents on using the Triangle of Conflict to understand behavior
- Practical guidance on looking inward, self-care and emotion regulation for parents & children

An invaluable resource for parents, clinicians, and anyone who works with families.





More Information www.centerforrfp.org/parent-resources