

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



by
Tatianna Kufferath-Lin
Tracy A. Prout
& 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



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.centerforrrfp.org/parent-resources

