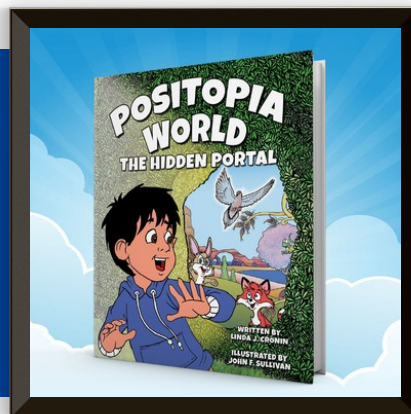


# Attention-Seeking Behaviors in Children are Really Connection-Seeking Behaviors

Teaching children to verbalize their emotions, and use simple self-regulation tools, will help them better connect with others, gain coping skills to be more resilient, be more empathic, and adopt a positive sense of self for lifelong well-being.



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One of the major challenges in working with children today is their inability to self-regulate. Through the use of a child's imagination and their propensity for fun and play, this book teaches kids how to more easily verbalize their feelings and to use the simple yet effective self-regulating techniques. ... I highly recommend that every parent, grandparent, therapist, counselor, and elementary school teacher get a copy of this book and read it to the kids you care about.

—Jack Canfield, Coauthor of the bestselling Chicken Soup for the Soul® series

## Story Ideas

- Red, yellow, and green: A visual way to identify your children's emotions
- Every emotion is ok and good: It's how you react to them that matters
- Connection Before Correction: When Kids are in fight or flight, reasoning is offline
- How to unpack anger and deal with the underlying emotion
- Overwhelmed Caretaker: What to do when you don't have time to take care of you
- When Love is not enough: Upside down parenting for children from hard places
- Mental health crisis facing our youth: Insurance won't pay for crucial treatments.

Linda J. Cronin lives on Cape Cod in Massachusetts with her two children, adopted from Guatemala, and their three awesome cats. Linda graduated from Smith College with a degree in Physiological Psychology. She is the founder of the non-profit *Help Children Heal*, and the inventor of a therapeutic toy and board game for adopted and foster children with trauma. Linda is passionate about helping children overcome their trauma through fun books and toys.



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