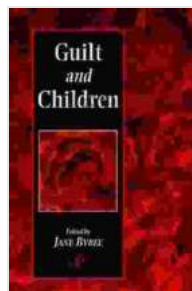


Guilt and Children: Helping Kids Understand Right and Wrong

Guilt is a normal emotion that all children experience at some point. It can be a helpful emotion, as it can motivate children to make amends for their mistakes and learn from their experiences. However, guilt can also be harmful if it is excessive or if it is not properly addressed.



Guilt and Children by Tracy L. Morris

★★★★☆ 4.5 out of 5

Language : English

File size : 20253 KB

Print length: 296 pages



This book provides parents and educators with the tools they need to help children understand guilt and develop healthy coping mechanisms. The book begins by explaining what guilt is and how it develops in children. It then discusses the different ways that children can express guilt, and the factors that can contribute to excessive guilt.

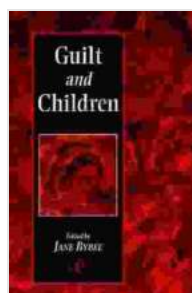
The book also provides a number of practical strategies for helping children to cope with guilt. These strategies include:

- Talking to children about guilt
- Helping children to understand the difference between guilt and shame

- Encouraging children to make amends for their mistakes
- Teaching children how to forgive themselves
- Helping children to develop healthy self-esteem

This book is an essential resource for parents and educators who want to help children understand guilt and develop healthy coping mechanisms. It is a well-written and informative book that provides a wealth of practical advice.

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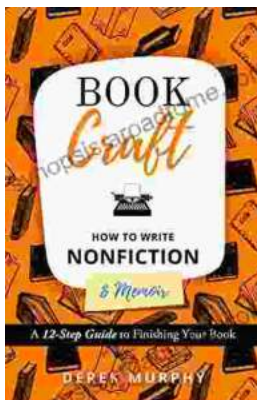
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