



Raising Kids Who Can Protect Themselves (Paperback)

By Debbie Gardner, Mike Gardner

McGraw-Hill Education - Europe, United States, 2004. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book presents a dynamic program for empowering children of any age to protect themselves from harm. In this invaluable - and possibly life- saving - book, self-defense experts, former law enforcement professionals, and parents Debbie and Mike Gardner show you how to teach your kids to protect themselves when you aren t there to take care of them. Faced with a threat or compromising situation, your children will draw upon an arsenal of action techniques they ve practiced at home, techniques that will help them defend their bodies and personal space, and move to safety. Discover everyday ways to fortify your children with the skills needed to survive a threatening situation, including: age-appropriate methods for overcoming fear, reducing vulnerability, and building self-protection instincts; courage coaching as a way to create a family defense system; life- saving skills, such as quality eye contact, voice control, breathing, control of inappropriate crying, development of positive self-talk, and space awareness; site-specific survival strategies, from parties to the mall to sports practice; five foundations of raising self-reliant and safe kids, including courage-building activities in the..



READ ONLINE
[2.49 MB]

Reviews

This pdf will be worth buying. Better than never, though i am quite late in start reading this one. I am easily can get a enjoyment of reading through a published book.

-- Paul Ankunding

It becomes an awesome publication that I actually have actually read. It really is writter in simple terms and not difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Talia Cormier

Other Kindle Books



[Self Esteem for Women: 10 Principles for Building Self Confidence and How to Be Happy in Life \(Free Living, Happy Life, Overcoming Fear, Beauty Secrets, Self Concept\)](#)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Self Esteem for Women 10 Principles for building self confidence and how to be happy in life (free living, happy...



[No Friends?: How to Make Friends Fast and Keep Them](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends? Are you tired of not having any friend and being lonely all the time...



[How to Make a Free Website for Kids](#)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...



[Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...



[The Savvy Cyber Kids at Home: The Defeat of the Cyber Bully](#)

Createspace, United States, 2014. Paperback. Book Condition: New. Taylor Southerland (illustrator). 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The adventures of CyberThunder (Tony) and CyberPrincess (Emma) continue in The Savvy Cyber Kids at Home: The...



[Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home](#)

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000, Homeschool Your Child for Free gave countless...