



Promoting Child and Parent Wellbeing: How to Use Evidence- and Strengths-Based Strategies in Practice

Carole Sutton

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Informed by a wealth of research, this accessible book focuses on a strengths-based approach to promoting children's wellbeing and giving them the best opportunities to succeed.

By identifying risk factors and the protective factors which can be used to counter them, this book stresses the importance of preventative measures and early intervention to effectively support parents and their children. It shows that there are many protective factors and practices that parents, teachers and carers can employ to support children's development, promote mental and emotional wellbeing, and reduce the risks of crime and anti-social behaviour. Each section explores the issues associated with specific age groups, from pregnancy to early teens. It identifies areas that should be a key focus for practitioners and services such as promoting attachment and communication, and highlights effective practices such as motivational interviewing and cognitive behavioural therapy (CBT).

Bringing together the international evidence-base concerning ways of working with young children and their families, this book offers practical advice for practitioners, managers and commissioners of services across health and social care.

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