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What Do We Do After School (Paperback)

By Deneen Renae

Wiblets, LLC, United States, 2014. Paperback. Book Condition: New. Leslie Pinto (illustrator). 203 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Wiblets were inspired out of a need for an alternative way to effectively teach children how to manage their emotions. When a child is in a heightened emotional state, it is difficult to stop them and teach them a lesson. We have found that when our son is in a loving-calm state, like at bedtime, it is easiest to help him connect his emotional dots. Having studied mindfulness and acceptance based practices myself and seeing how valuable they were to me in my adult life with my adult emotions, I thought how amazing it would be to expose a child to these principles early on in life. The Wiblets Children s Book Series using whimsical characters to teach children and parents how to deal with challenging emotions children encounter, and encourage better ways to handle them.



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-- **Dr. Irma Welch**

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