

COPING

WHEN A

PARENT GOES BACK TO WORK

GWEN K. PACKARD



Coping When A Parent Goes Back To Work

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Coping When A Parent Goes Back To Work:

Coping when a Parent Goes Back to Work Gwen K. Packard,1995 Describes the effects on the individual involved the children and everyday life within the family when a parent who has been staying at home rejoins the labor force Family Disintegration Anton Purcell,2002 The contemporary family is being distracted disturbed and distraught by societal pressures from every direction The nuclear family concept believed crucial to child rearing is becoming pass according to census data Or has the wave of disruption to families crested It is hoped that this bibliography will serve as a useful tool to researchers seeking further information on families and the pressures being exerted upon them in the 21st century

Navigating the Return-to-Work Experience for New Parents Maria Karanika-Murray,Cary Cooper,2020-02-18 Parenthood can be one of the most fulfilling altering and challenging life events This book is set within the background of the reality of many parents return to work experience the task of re engaging with work and maintaining a job or a career and the difficulties that parenthood poses for balancing the demands of a new family with the demands of work It helps us understand this reality give voice to new parents and offer relief in the knowledge that we know a lot about these challenges and most importantly how we can start to address them The book brings together a number of internationally recognized experts from research practice and policy to explore the issues and offer evidence based solutions around return to work after having children It takes a balanced approach to theory and practice to cover topics such as equality stereotypes work family conflict training and development and workplace culture among others whilst integrating research and policy and illustrating learnings with case studies from parents and examples from countries that lead the way It will appeal to parents researchers and employers in any sector or economy across the world Ultimately it will help develop ways for new parents to re engage with work successfully while maintaining their work family well being Parent Grief Paul C.

Rosenblatt,2016-02-04 Explores what couple and individual stories say and do not say about the child s dying and death and about parent grief The author uses narratives as his tool for the introduction and exploration of the many facets of parental grief **Parenting Your Internationally Adopted Child** Patty Cogen,2011-05-14 Parenting Your Internationally Adopted Child guides adoptive parents in promoting a child s emotional and social adjustment from the family s first hours together through the teen years It explains how to help an adopted child cope with the Big Change bond with new parents become part of a family and develop a positive self image that incorporates both American identity and ethnicity origins Parents waiting to meet their adoptive children will appreciate Cogen s advice about preparing for the trip and handling the first meeting The author s main focus though is the child s adaptation over the next months and years Cogen explains how to deal with the child s mixed maturities how and why to tell the child s story from the child s point of view how to handle sleep problems and resistance to household rules and how to encourage eye contact and ease transitions and separations The reassuring narrative tone and the breadth and depth of information make this the most substantive and accessible book

available and an indispensable resource for parents who adopt professionals who advise adoptive parents and teachers of adoptive children *Be a Happier Parent with NLP* Judy Bartkowiak, 2011-01-28 *Be A Happier Parent with NLP* will give you exactly the skills you need to raise a confident secure child in a confident and secure manner It uses the tried trusted and proven techniques of neuro linguistic programming to help tackle areas in which you feel you lack confidence as a parent while at the same time giving you the skills to help your child be happy fulfilled and confident themselves You will find yourself feeling less guilty more in control and communicating better with your child at the same time you will be able to support your child in difficult situations and help them grow into a well rounded adult Meeting the Needs of Parents

Pregnant and Parenting After Perinatal Loss Joann O'Leary, Jane Warland, 2016-06-17 Despite research which highlights parents increased anxiety and risk of attachment issues with the pregnancy that follows a perinatal loss there is often little understanding that bereaved families may need different care in their subsequent pregnancies This book explores the lived experience of pregnancy and parenting after a perinatal loss *Meeting the Needs of Parents Pregnant and Parenting After Perinatal Loss* develops a helpful framework which integrates continuing bonds and attachment theories to support prenatal parenting at each stage of pregnancy Giving insight into how a parent's world view of a pregnancy may have changed following a loss readers are provided with tools to assist parents on their journey The book discusses each stage of a pregnancy as well as labor and the postpartum period before examining subjects such as multi fetal pregnancies reluctant terminations use of support groups and the experiences of fathers and other children in the family The chapters include up to date research findings vignettes from parents reflecting on their own experiences and recommendations for practice Written for researchers students and professionals from a range of health social welfare and early years education backgrounds this text outlines what we know about supporting bereaved families encountering the challenges of a subsequent pregnancy

When Parents Die, 2006-01-27 This new edition of *When Parents Die* will speak to bereaved children of all ages in a very accessible style Rebecca Abrams draws on both her personal and professional understanding of parental loss to provide the reader with a compassionate and insightful exploration of the experience of losing a parent *When Parents Die* has already established itself as an indispensable aid both to the bereaved seeking some understanding of their loss and to the many professionals who work with them This new edition takes into account new research and theories and considers in more depth the continuing importance of the dead parent in one's life the critical role played by the surviving parent the experiences of younger children the impact of divorce and adoption Retaining its clear direct and sympathetic style this text will continue to appeal to the bereaved their friends and family counsellors social workers doctors nurses and teachers

The Creative Toolkit for Working with Grief and Bereavement Claudia Coenen, 2020-05-21 The one book you need to help your grieving clients move from heartache to hope Heather Stang Understanding loss and its effects is integral to effective counseling and support in the treatment of grief This book is both a guide to the key theories of bereavement and a

practical workbook that can be used with clients to help them understand and work through their grief in a positive transformative way Divided into two parts the first section presents current models of grief used by thanatologists and advice on when to apply them these models provide a springboard to deepen the conversation with clients allowing them to discover insights consider memories and express their pain In the second part of the book creative exercises encourage clients to engage with their stories and actively apply their discoveries to their own healing Offering a straightforward guide to bereavement models and therapeutic approaches with photocopiable exercises and worksheets *The Creative Toolkit for Working with Grief and Bereavement* is a valuable resource for information on grief and how to help grieving clients and an invitation to explore creative possibilities for healing

Helping Children Cope with the Death of a Parent Paddy Greenwall Lewis, Jessica G. Lippman, 2004-02-28 The mourning of a parent's death can take many years for some it may take a lifetime The first year of separation however is often the most difficult and heart wrenching The first birthday holiday spring summer autumn and winter spent without the loved one often revives or increases the pain This unique guide is organized according to a timeline of a child's first year of mourning the loss of a parent It is a warm insightful yet practical guide to help the families and community members surrounding a child who has suffered such a loss to anticipate and cope with the many difficulties that arise Practical suggestions for providing comfort information and advice are provided for adults struggling to help children endure the trauma A range of difficult situations that bereaved children encounter are identified helping to prepare adults for a child's potential reactions and providing them with realistic coping strategies Lewis and Lippman child psychologists who have provided therapy to children who have lost a parent suggest answers to questions that these children frequently ask They offer methods for dealing with particularly difficult times such as birthdays and share practical advice for everyday situations and events They begin with helping the child through anticipation of death if it is expected or through the initial shock of unexpected death Poignant vignettes from the therapists experience dealing with young and older children are included

Returning Well Kirstie Sneyd, 2025-05-06 There are recognised challenges on returning to work after parental leave ranging from managing guilt and feeling overwhelmed to dealing with missed career opportunities There are also changes in the way parents return with increased working from home and more fathers taking parental leave leading to additional demands such as getting up to speed with changes and dealing with stereotypes from others Despite changes in legislation and an increase in workplace policies progress in supporting parental returners is still limited Managers often lack the experience time or skills to effectively manage those returning from parental leave whilst parental returners may not recognise how they can best support themselves This practical evidence based guide sees the return to work as a shared responsibility aimed at professionals who are returning after taking parental leave and managers who are supporting these parental returners Grounded in psychological research this book provides examples and practical tools and techniques for new parents to equip themselves for both going on parental leave and returning to the workplace For managers there is clear

guidance and checklists to effectively support these returning parents

Loss, Grief, and Attachment in Life

Transitions Jakob van Wielink, Leo Wilhelm, Denise van Geelen-Merks, 2019-07-23 Loss Grief and Attachment in Life

Transitions gives readers an attachment informed grief counseling framework and a new way of understanding non death loss and its treatment Loss and grief are viewed through a wide angle lens with relevance to the whole of human life including the important area of career counseling and occupational consultation The book is founded on the key themes of the Transition Cycle welcome and contact attachment and bonding intimacy and sexuality separation and loss grief and meaning reconstruction Rich in case material related to loss and change the book provides the tools for adopting a highly personalized approach to working with clients facing a range of life transitions This book is a highly relevant and practical volume for grief counselors and other mental health professionals looking to incorporate attachment theory into their clinical practice

Grief Sucks and How a Dog Saved My Spirit Linda Louis, 2010-10-25 A mothers journey back to caring about

life after the death of her daughter and a guide to Social Dog Therapy

A Parent's Guide to Managing Childhood Grief

Katie Lear, 2022-07-05 Help your child navigate feelings of sadness and loss with 100 unique activity based approaches that help them manage their childhood grief in a healthy and constructive way The loss of a loved one is a complex confusing experience for a child to understand Children may struggle to express process and manage their complicated and conflicting feelings whether the loss is a parent grandparent sibling or even a pet So what should you do to help your child process their sadness loss and frustration in a more healthy positive way In A Parent's Guide to Managing Grief you ll learn everything you need to know about how children grieve and what you can do to support them during their most difficult moments From there you ll find 100 activities that you can use in a group setting activities that you or another caregiver can do alone with your child and ways to make the most of virtual interactions to support a grieving child Explore activities like Making a scream box Playing with clay Feelings charades game Making a memory bracelet And many more It can feel difficult to connect with your child as you process your own complicated emotions surrounding loss Use these activities to help bridge the gap between you and your child and to help you both find comfort in a difficult situation You ll find all the tools you need to help your child and even yourself healthily process your grief and move towards happiness understanding and acceptance together

First-Time Parents Miriam Stoppard, 2009-03-02 First time Parents is an updated and redesigned edition of a practical guide to parenting that focuses especially on first time parents There is advice on pregnancy and birth day to day baby care feeding washing and dressing as well as guidance on the longer term emotional issues of adapting to becoming a family The book also addresses all other issues such as maintaining your relationship and going back to work There are special panels that give not only the mother's but also the father's points of view on a variety of issues to help both parents understand the other's needs In this easy to read guide Miriam Stoppard gives new mothers and fathers the confidence to fashion their own brand of family life

Human Development Crandell, Thomas Leon Crandell, Beiger, 1994

Healing

Children's Grief Grace Hyslop Christ, 2000-01-27 In this unique book Grace Christ relates the powerfully moving stories of eighty eight families and their 157 children ages 3 to 17 who participated in a parent guidance intervention through the terminal illness and death of one of the parents from cancer Using extensive case examples throughout Healing Children's Grief Surviving a Parent's Death from Cancer provides a detailed examination of how children and adolescents cope with this loss Covering a critical 20 month period from 6 months before to 14 months after the death of a parent Christ reports that a majority of the children successfully adapted to the loss during the subsequent months after the death The book is divided into two major sections The first summarizes the theoretical background and methodology The second presents the findings of the five developmentally derived age groups 3 5 6 8 9 11 12 14 and 15 17 Using qualitative analytic methods these findings clarify important differences in children's grief and mourning processes in their understanding of events in their interactions with families and in their varying needs for help and support The author describes how parents participated in healing their children's grief by preparing informing and guiding children through the experience understanding their developmental needs supporting and resonating with their unique expressions of grief helping them construct a positive legacy and reconstituting relationships without the day to day presence of the parent who died Healing Children's Grief Surviving a Parent's Death from Cancer provides practical guidance and direction for professionals and physicians nurses social workers therapists guidance counselors and teachers

Coping with a Parent Who Overdrinks Michelle Shreeve, 2025-04-01 Teenagers who live with a parent who overdrinks often feel isolated and alone but the unfortunate truth is that far too many young people live with a parent who drinks too much alcohol Coping with a Parent Who Overdrinks Insights and Tips for Teenagers offers comfort and guidance for anyone struggling with a parent who overdrinks Readers will learn How to take care of themselves Valuable coping methods That they are not alone Insight from others with an overdrinking parent Tips for seeking out support With expert advice useful resources relevant organizations and movie references to provide additional perspective Coping with a Parent Who Overdrinks is a valuable guide to help teenagers face the challenging road ahead with knowledge courage and care

HOT TOPIC- Assessment and Treatment of Infant Sleep Ignacio E. Tapia, Christopher M. Cielo, Liat Tikotzky, 2024-04-16 Ideal for sleep specialists pediatricians or family medicine practitioners Assessment and Treatment of Infant Sleep provides in depth information about normal aspects of sleep in infancy as well as both medical and behavioral sleep problem assessment and management This unique resource offers concise consolidated guidance when preparing for a clinic or rotation with patients in infancy or when engaging in treatment planning for young children with sleep problems Covers normal and abnormal aspects of infant sleep and provides evidence based tools to direct assessment and treatment of medical and behavioral sleep concerns Discusses new protocols and treatments specific to children under 24 months of age Highlights the unique evaluation and management of medical sleep disorders specific to infants with a focus on special populations Contains full color illustrations throughout including

diagrams photographs and sleep studies polysomnography Distills a growing body of research related to the spectrum of medical and behavioral disorders in infant sleep in a single reference ideal for clinicians or researchers Working with Anger and Young People Nick Luxmoore,2006-07-15 Working with Anger and Young People warns against quick fix solutions to dealing with anger and draws on the author s experiences of youth counselling and training workshops to propose helpful interventions for addressing anger effectively and moving on from it

Coping When A Parent Goes Back To Work: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have enthralled audiences this year. Coping When A Parent Goes Back To Work : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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