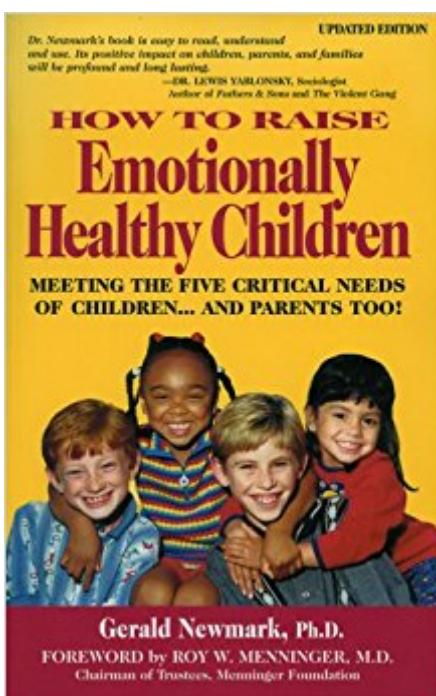


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# How To Raise Emotionally Healthy Children: Meeting The Five Critical Needs Of Children...And Parents Too! Updated Edition



## **Synopsis**

How To Raise Emotionally Healthy Children is a wake-up call to America that we are abandoning our children emotionally. Failure to support our children's emotional health at home and in schools is jeopardizing their future and that of our nation. The book has a compelling and provocative message about parent-child relations. It provides powerful and practical concepts and tools that enable parents, teachers, and childcare providers to interact with children and with each other in emotionally healthy ways. In the process, children learn to interact with each other in the same way. How to Raise Emotionally Healthy Children, shows parents and teachers how to nourish emotional health at home and at school. Failure to meet these emotional needs of our children is one of the most serious and under-recognized problems facing our country. The book enables parents to recognize and satisfy the five critical emotional needs that all children have: to feel respected, important, accepted, included, and secure, and in the process, parents will have their own needs satisfied too. Babies, toddlers, children, teenagers, parents and grandparents all have these same emotional needs. Meeting these needs in childhood provides the foundation for success in school, work, relationships, marriage and life in general.

## **Book Information**

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## **Customer Reviews**

Dr. Gerald Newmark's specialty for several decades has been people. He has had experience at every level of education from elementary school to university as a teacher, consultant or researcher. He has lectured extensively in the United States, and periodically in Europe, Japan and Mexico on doctor-patient, manager-employee, parent-child-teacher relations, and on innovative methods of teaching and learning. In these venues, he captivated his varied audiences with his ability to

connect with all cultures and groups and penetrate quickly to the heart of the subject. In non-technical, straightforward language he conveys his messages in an interesting and entertaining manner so as to produce understanding, learning, and smiles. He speaks French and German fluently and has a working knowledge of Spanish and Italian. For 15 years, he was a research scientist, first with the Rand Corporation and later with the System Development Corporation, where his work focused on the design, development, and evaluation of innovative training and instructional systems for public schools and military programs. With funding from the Ford Foundation, Dr. Newmark worked with children, parents, and teachers in Los Angeles city schools as co-director of a project to develop a model school. The results of this effort are described in his book, *This School Belongs to You and Me: Every Learner a Teacher, Every Teacher a Learner*. For this work, Dr. Newmark received a presidential citation. With his latest book, *How To Raise Emotionally Healthy Children: Meeting the Five Critical Needs of Children... and Parents Too!*, Dr. Newmark focuses on improving parent, child, teacher, family, and school relations as a foundation for creating an emotional-health-friendly nation. An important aspect of Dr. Newmark's adult life has been participation in civil rights and youth affairs. He was involved for six years with the Synanon Foundation in its pioneering work in the treatment of drug addiction, and with Operation Bootstrap in Central Los Angeles in projects to improve inter-racial relations. He has been a consultant to the California Special Olympics and the California State Department of Education. Dr. Newmark has served on the advisory boards of the National Commission on Resources for Youth, the Center for ReUniting Families, and two drug abuse programs Amity, Inc. in Arizona, and Tuum Est (now Phoenix House) in Los Angeles. He is presently on the Board of the Catticus Foundation. Dr. Newmark is a member of the American Association of Humanistic Psychology, the Charles F. Menninger Society, and the National Association For The Mentally Ill.

This was an excellent, informative read. As a childless woman who is committed to personal growth & recovery from my own childhood, this book hit home. It's a must read for parents/grandparents/aunts/uncles, non parents & educators. This short book is simple, straight forward, practical & has reflective exercises that can begin immediately. The material content is easy to comprehend & not overwhelming. I would love to see this topic & book taught daily in all school curriculum so that people become emotionally intelligent which is a better indicator for success in life. It should be a mandatory read for high schoolers & college students which can allow for early intervention & awareness. Emotional health & stability would reduce the amount of violence/hate/crime/cruelty/failed relationships/broken homes that this world experiences daily.

Emotionally intelligent individuals are more resilient & excel in all aspects of life! Kids model the behavior of the adults they are exposed to. It really is easy & cheaper to raise emotionally healthy kids than it is to fix broken adults.

Dr. Gerald Newmark's excellent book inspires those who love children and families to be attentive to the 5 critical emotional needs that we all share: to feel respected, accepted, important, included, and secure. He points out that actively promoting emotional health is the missing agenda that is unfortunately relegated to a low priority in many homes and schools. Adults often claim they don't have the time to pay attention and work on planning emotional health! Fortunately, Dr. Newmark provides some user-friendly practical guidance and activities for how adults and children can readily incorporate emotional health into their daily lives by addressing the 5 critical needs. This book is a wonderful resource for both parents and professionals who work with families!

This book is a valuable Resource to have on hand. I have turned to the guidance and information included many times. I am an Early Childhood Professional, and this is a book that I can keep digitally and access from anywhere. I recommend it to parents, teachers, and other professionals that work with children.

I've only read the Bible more than this book. Searching for questions, a friend offered this book to me. I must admit, hesitation was my best friend at the time. I immediately thought of the movie "she's out of control" staring Tony Danza. He had a teenage daughter who was starting to grow out of control, so Tony character turned to a radio psychologist, whom offered him sound advice about parenting. How funny the dialogued played out, but the more advice tony received the worse is relationship with is daughter developed, until finally tony asked the doctor, do these methods work with your own daughter? The doctor replied, "I don't even have children". That's where my dilemma began, i wanted advice and knowledge, but i was careful from where. Then i realized that anything better than what i knew couldn't be bad. So i read Emotionally healthy children. This book will not only make you a better parent, but a person in whole. We could easily call this book raising an emotionally healthy world. Who doesn't want to feel respected or included? i recommend this book to anyone whether you have children or not. Rarely do we make conscious decision, for we live by programmed memory, this book however forces your mind to think and create new strategies to

interact with your children. you may not believe this book is perfect for parenting, however, i trust each page will have you challenging the idea of perfecting your parenting. Parents are children first teachers, why shouldn't we have the right curriculum to teach from. Thank you Dr. Gerald Newmark, your book has help me immensely.

This book is not just resourceful for the parent-child relationship, but also the child-parent and teacher-child relationship. To take this even further, this book gives the essence to building and securing relationships, In general (e.g., friendships, partnership, etc).The author's five critical needs - respect, importance, acceptance, inclusion, and security - make complete sense to me, because these needs are the foundations of the beginnings of forming any healthy, reciprocating relationship. More to this, I understand why "love" is not included in his five needs, because in a way, within each need, there entails a sense of love and/or deep caring for the individual when acting or responding in genuine, consistent ways that fulfills these needs in him/her.Although each chapter had important points and examples, the most important chapters for me were chapters one and four - "The Five Critical Needs of Children" and "Becoming a Professional at Parenting", respectively. These chapters had also been denser and harder for me to digest, mainly because I am not a parent yet. However, thinking from a preschool teacher's perspective, I was able to transform and apply the information to how I have been interacting with the children, and if I have been meeting these needs within each child. Moreover, this book helped me to reflect back on my childhood and determine whether these five critical emotional needs were met in me by my parents, care givers and teachers.....This book is very affordable, and if you find the right vendor, the books can be as humble as 5 dollars per book (in English).Thank you Jerry and Deborah Newmark~!

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