

Based On A True Story Parents Guide



Based on a True Story: A Parent's Guide to Navigating Films and Books with Your Children

Are you a parent faced with the dilemma of choosing age-appropriate entertainment for your children? Finding engaging stories that are both entertaining and suitable can be a challenge, especially when faced with the alluring, yet sometimes unsettling, label: "Based on a true story." This guide provides a comprehensive framework for navigating this complex landscape, empowering you to make informed decisions about what your children watch and read. We'll explore how to assess content, discuss sensitive topics with your kids, and ultimately, leverage these powerful stories to foster important conversations and life lessons.

Understanding the "Based on a True Story" Label

The phrase "based on a true story" is often a powerful draw for both children and adults. However, it's crucial to understand that this doesn't necessarily mean the film or book is a verbatim account of events. Often, creative license is taken to enhance the narrative, making the story more compelling for audiences. This doesn't diminish the importance or impact of the story, but it requires a more discerning approach from parents.

Deciphering the Truth: What to Look For

Before allowing your child to consume media labeled "based on a true story," consider these crucial

aspects:

Target Age Range: Pay close attention to the suggested age rating provided by organizations like Common Sense Media or IMDB. These ratings consider the content's complexity, themes, and potential emotional impact on different age groups.

Source Material: If possible, research the original source material (book, article, etc.) the film or book is based on. This can give you a better understanding of the events and their context.

Themes and Content: Carefully review summaries, reviews, and even trailers to assess the themes explored in the story. Are there depictions of violence, trauma, or complex social issues? How might these affect your child?

Artistic License: Remember that creative liberties are often taken. The story may be dramatically altered to fit a specific narrative, so don't assume every detail is factual.

Engaging in Open Dialogue: Talking About Difficult Topics

Watching or reading a "based on a true story" production can open doors to important conversations. The emotional weight of these stories can provide valuable opportunities for learning and growth.

Fostering Understanding and Empathy

Use these stories as springboards to discuss the following:

The complexities of real-life events: Help children understand that life isn't always black and white. Discuss the nuances of the characters' motivations and the challenges they face.

Empathy and perspective-taking: Encourage children to consider the experiences of others and develop empathy for different perspectives.

Resilience and coping mechanisms: Many true stories involve characters overcoming adversity. Discuss how these individuals coped with challenges and what lessons can be learned.

Critical thinking and media literacy: Discuss the use of artistic license and the importance of verifying information from multiple sources.

Age-Appropriate Choices: A Case-by-Case Approach

There's no one-size-fits-all answer when it comes to choosing age-appropriate "based on a true story" content. The appropriateness depends on the maturity level of your child, the specific content of the story, and your family's values.

Assessing Maturity Levels

Consider these factors when assessing your child's readiness:

Emotional maturity: Can your child handle emotionally complex themes without becoming overwhelmed?

Understanding of abstract concepts: Can they grasp the complexities of the issues portrayed?

Capacity for critical thinking: Can they differentiate between fiction and reality?

Leveraging Educational Resources

Numerous educational resources can aid you in making informed decisions. Websites like Common Sense Media provide detailed reviews and age recommendations for movies, books, and TV shows. You can also consult with educators, librarians, or other parents for advice.

Conclusion

Choosing appropriate entertainment for your children is a crucial part of parenting. While "based on a true story" productions can offer powerful learning experiences, a thoughtful and proactive approach is essential. By carefully considering the content, engaging in open dialogue, and utilizing available resources, you can help your children appreciate the value of these stories while safeguarding their emotional well-being. Remember that your role as a parent is not just to protect, but also to guide and empower your child to navigate the complexities of the world around them.

FAQs

1. What if my child is scared after watching a "based on a true story" film? Talk to your child about their feelings. Validate their emotions and help them process what they saw. You can read a book together or engage in other calming activities.
2. How can I explain the concept of "artistic license" to a younger child? Use simple language. Explain that while the story is based on real events, some parts might be changed to make it a better story, like adding details or changing the order of events.
3. Are documentaries always appropriate for children? No, documentaries can vary widely in content and maturity level. Always preview the documentary before allowing your child to watch it.

4. My child wants to read a book based on a true crime story. How should I approach this? Consider your child's maturity level. You might start by reading reviews and summaries, and then discussing the content together before they read it independently.

5. What if a "based on a true story" movie portrays violence or trauma? Use this as an opportunity to discuss the impact of violence and trauma, and the importance of seeking help if needed. This can lead to important conversations about safety and well-being.

based on a true story parents guide: *True Story* Michael Finkel, 2015-06-09 The improbable but true story of a man accused of murdering his entire family and the journalist he impersonated while on the run In 2001, Mike Finkel was on top of the world: young, talented, and recently promoted to a plum job at the New York Times Magazine. Then he made an irremediable slip: Under extraordinary pressure to keep producing blockbuster stories, he fabricated parts of an article. Caught and excommunicated from the Times, he retreated to his home in Montana, swearing off any contact with the media. When the phone rang, though, he couldn't resist. At the other end was a reporter from the San Francisco Chronicle, whom Finkel congratulated on being the first in what was sure to be a long and bloodthirsty line of media watchdogs. The reporter was puzzled. In Waldport, Oregon, Christian Longo had killed his young wife and three children and dumped their bodies into the bay. With a stolen credit card, he fled south, making his way to Cancun, where he lived for several weeks under an assumed identity: Michael Finkel, journalist for the New York Times. *True Story* is the tale of a bizarre and convoluted collision between fact and fiction, and a meditation on the slippery nature of truth. When Finkel contacts Longo in jail, the two men begin a close and complex relationship. Over the course of a year, they exchange long letters and weekly phone calls, playing out a cat-and-mouse game in which it's never quite clear if the pursuer is Finkel or Longo—or both. Finkel's dogged pursuit of the true story pays off only at the end, in the gripping trial scenes in which Longo, after a lifetime of deception, finally tells the whole truth. Or so he says.

based on a true story parents guide: *It* Stephen King, 2019-07-30 *It*: Chapter Two—now a major motion picture! Stephen King's terrifying, classic #1 New York Times bestseller, "a landmark in American literature" (Chicago Sun-Times)—about seven adults who return to their hometown to confront a nightmare they had first stumbled on as teenagers...an evil without a name: *It*. Welcome to Derry, Maine. It's a small city, a place as hauntingly familiar as your own hometown. Only in Derry the haunting is real. They were seven teenagers when they first stumbled upon the horror. Now they are grown-up men and women who have gone out into the big world to gain success and happiness. But the promise they made twenty-eight years ago calls them reunite in the same place where, as teenagers, they battled an evil creature that preyed on the city's children. Now, children are being murdered again and their repressed memories of that terrifying summer return as they prepare to once again battle the monster lurking in Derry's sewers. Readers of Stephen King know that Derry, Maine, is a place with a deep, dark hold on the author. It reappears in many of his books, including *Bag of Bones*, *Hearts in Atlantis*, and *11/22/63*. But it all starts with *It*. "Stephen King's most mature work" (St. Petersburg Times), "It will overwhelm you...to be read in a well-lit room only" (Los Angeles Times).

based on a true story parents guide: *The Giver* Lois Lowry, 2014 *The Giver*, the 1994 Newbery Medal winner, has become one of the most influential novels of our time. The haunting story centers on twelve-year-old Jonas, who lives in a seemingly ideal, if colorless, world of conformity and contentment. Not until he is given his life assignment as the Receiver of Memory does he begin to understand the dark, complex secrets behind his fragile community. This movie tie-in edition features cover art from the movie and exclusive Q&A with members of the cast, including Taylor Swift, Brenton Thwaites and Cameron Monaghan.

based on a true story parents guide: *A Long Walk to Water* Linda Sue Park, 2010 When the Sudanese civil war reaches his village in 1985, 11-year-old Salva becomes separated from his family

and must walk with other Dinka tribe members through southern Sudan, Ethiopia and Kenya in search of safe haven. Based on the life of Salva Dut, who, after emigrating to America in 1996, began a project to dig water wells in Sudan. By a Newbery Medal-winning author.

based on a true story parents guide: *All of This Is True* Lygia Day Peñaflor, 2018-05-15 "Devious, delicious, and gasp-worthy." (Kathleen Glasgow, New York Times bestselling author of *Girl in Pieces*) In this genre-defying page-turner from Lygia Day Peñaflor, four teens befriend their favorite novelist, only to find their deepest, darkest secrets in the pages of her next book—with devastating consequences. Miri Tan loved the book *Undertow* like it was a living being. So when she and her friends went to a book signing to hear the author, Fatima Ro, they concocted a plan to get close to her. Soleil Johnston wanted to be a writer herself one day. When she and her friends started hanging out with her favorite author, Fatima Ro, she couldn't believe their luck—especially when Jonah Nicholls started hanging out with them, too. Penny Panzarella was more than the materialist party girl everyone at the Graham School thought she was—and she was willing to share all her secrets with Fatima Ro to prove it. Jonah Nicholls had more to hide than any of them. And now that Fatima's next book is out in the world, he's the one who is paying the price... Perfect for fans of *One of Us Is Lying*—and told as a series of interviews, journal entries, and even pages from the book within the book—this gripping story of a fictional scandal will keep you on the edge of your seat from beginning to end.

based on a true story parents guide: *Parents Guide to Autism: True Life Story, Tips and More!* Kym Kostos, 2016-06-22 My dear sweet little guy was sunny-side up and turned around, so I was scheduled for a C-Section on August 10, 2004 in the morning. They had estimated a few weeks too early and my son was taken to NICU (Neonatal Intensive Care Unit) and hooked up to all sorts of machines and a life support machine was waiting nearby. His lungs weren't fully developed yet. He stayed in the NICU for about three weeks. There were complications of him not breathing or he would stop breathing when he would be fed. Finally I was able to bring him home and then the adventure of Nick started! After I brought Nick home from the hospital, he started progressing as any normal child would. He began speaking with words like, mama, dada, kitty (we have two cats). He started to first roll around and then shortly thereafter he began to crawl.

based on a true story parents guide: *The Dragonet Prophecy (Wings of Fire #1)* Tui T. Sutherland, 2012-07-01 A thrilling new series soars above the competition and redefines middle-grade fantasy fiction for a new generation! The seven dragon tribes have been at war for generations, locked in an endless battle over an ancient, lost treasure. A secret movement called the Talons of Peace is determined to bring an end to the fighting, with the help of a prophecy -- a foretelling that calls for great sacrifice. Five dragonets are collected to fulfill the prophecy, raised in a hidden cave and enlisted, against their will, to end the terrible war. But not every dragonet wants a destiny. And when the select five escape their underground captors to look for their original homes, what has been unleashed on the dragon world may be far more than the revolutionary planners intended . . .

based on a true story parents guide: *A Good Girl's Guide to Murder* Holly Jackson, 2020-02-04 THE MUST-READ MULTIMILLION BESTSELLING MYSTERY SERIES—COMING SOON TO NETFLIX! • This is the story about an investigation turned obsession, full of twists and turns and with an ending you'll never expect. Everyone in Fairview knows the story. Pretty and popular high school senior Andie Bell was murdered by her boyfriend, Sal Singh, who then killed himself. It was all anyone could talk about. And five years later, Pip sees how the tragedy still haunts her town. But she can't shake the feeling that there was more to what happened that day. She knew Sal when she was a child, and he was always so kind to her. How could he possibly have been a killer? Now a senior herself, Pip decides to reexamine the closed case for her final project, at first just to cast doubt on the original investigation. But soon she discovers a trail of dark secrets that might actually prove Sal innocent . . . and the line between past and present begins to blur. Someone in Fairview doesn't want Pip digging around for answers, and now her own life might be in danger. And don't miss the sequel, *Good Girl, Bad Blood!* The perfect nail-biting mystery. —Natasha Preston, #1 New

York Times bestselling author

based on a true story parents guide: *Everything Sad Is Untrue* Daniel Nayeri, 2020-08-25
A National Indie Bestseller An NPR Best Book of the Year A New York Times Best Book of the Year
An Amazon Best Book of the Year A Booklist Editors' Choice A BookPage Best Book of the Year A
NECBA Windows & Mirrors Selection A Publishers Weekly Best Book of the Year A Wall Street
Journal Best Book of the Year A Today.com Best of the Year PRAISE A modern masterpiece. —The
New York Times Book Review Supple, sparkling and original. —The Wall Street Journal
Mesmerizing. —TODAY.com This book could change the world. —BookPage Like nothing else you've
read or ever will read. —Linda Sue Park It hooks you right from the opening line. —NPR SEVEN
STARRED REVIEWS □ A modern epic. —Kirkus Reviews, starred review □ A rare treasure of a book.
—Publishers Weekly, starred review □ A story that soars. —The Bulletin, starred review □ At once
beautiful and painful. —School Library Journal, starred review □ Raises the literary bar in children's
lit. —Booklist, starred review □ Poignant and powerful. —Foreword Reviews, starred review □ One of
the most extraordinary books of the year. —BookPage, starred review A sprawling, evocative, and
groundbreaking autobiographical novel told in the unforgettable and hilarious voice of a young
Iranian refugee. It is a powerfully layered novel that poses the questions: Who owns the truth? Who
speaks it? Who believes it? A patchwork story is the shame of the refugee, Nayeri writes early in the
novel. In an Oklahoman middle school, Khosrou (whom everyone calls Daniel) stands in front of a
skeptical audience of classmates, telling the tales of his family's history, stretching back years,
decades, and centuries. At the core is Daniel's story of how they became refugees—starting with his
mother's vocal embrace of Christianity in a country that made such a thing a capital offense, and
continuing through their midnight flight from the secret police, bribing their way onto a
plane-to-anywhere. Anywhere becomes the sad, cement refugee camps of Italy, and then finally
asylum in the U.S. Implementing a distinct literary style and challenging western narrative
structures, Nayeri deftly weaves through stories of the long and beautiful history of his family in
Iran, adding a richness of ancient tales and Persian folklore. Like Scheherazade of One Thousand
and One Nights in a hostile classroom, Daniel spins a tale to save his own life: to stake his claim to
the truth. EVERYTHING SAD IS UNTRUE (a true story) is a tale of heartbreak and resilience and
urges readers to speak their truth and be heard.

based on a true story parents guide: *The Power of One* Bryce Courtenay, 2011-05-20 First
with your head and then with your heart ...So says Hoppie Groenewald, boxing champion, to a
seven-year-old boy who dreams of being the welterweight champion of the world. For the young
Peekay, its a piece of advice he will carry with him thr...

based on a true story parents guide: *The Boys in the Boat* Daniel James Brown, 2013-06-04
Now a Major Motion Picture Directed by George Clooney The #1 New York Times–bestselling story
about the American Olympic rowing triumph in Nazi Germany—from the author of *Facing the
Mountain*. For readers of *Unbroken*, out of the depths of the Depression comes an irresistible story
about beating the odds and finding hope in the most desperate of times—the improbable, intimate
account of how nine working-class boys from the American West showed the world at the 1936
Olympics in Berlin what true grit really meant. It was an unlikely quest from the start. With a team
composed of the sons of loggers, shipyard workers, and farmers, the University of Washington's
eight-oar crew team was never expected to defeat the elite teams of the East Coast and Great
Britain, yet they did, going on to shock the world by defeating the German team rowing for Adolf
Hitler. The emotional heart of the tale lies with Joe Rantz, a teenager without family or prospects,
who rows not only to regain his shattered self-regard but also to find a real place for himself in the
world. Drawing on the boys' own journals and vivid memories of a once-in-a-lifetime shared dream,
Brown has created an unforgettable portrait of an era, a celebration of a remarkable achievement,
and a chronicle of one extraordinary young man's personal quest.

based on a true story parents guide: *We Were Liars* E. Lockhart, 2014-05-13 #1 NEW YORK
TIMES BESTSELLER • A modern, sophisticated suspense novel from National Book Award finalist,
and Printz Award honoree E. Lockhart. Don't miss the #1 New York Times bestselling prequel,

Family of Liars. A beautiful and distinguished family. A private island. A brilliant, damaged girl; a passionate, political boy. A group of four friends—the Liars—whose friendship turns destructive. A revolution. An accident. A secret. Lies upon lies. True love. The truth. Read it. And if anyone asks you how it ends, just LIE. Thrilling, beautiful, and blisteringly smart, *We Were Liars* is utterly unforgettable. —John Green, #1 New York Times bestselling author of *The Fault in Our Stars*

based on a true story parents guide: *A Parent's Guide to Harry Potter* Gina Burkart, 2005-01-01 Explores the Christian parallels within the themes of the Harry Potter books and explains how parents can use these stories to address everyday issues and challenges with children.

based on a true story parents guide: *The Parents' Guide to Specific Learning Difficulties* Veronica Bidwell, 2016-05-19 Packed full of advice and practical strategies for parents and educators, this book is a one-stop-shop for supporting children with Specific Learning Difficulties (SpLDs). Part one introduces a spectrum of SpLDs, ranging from poor working memory, dyslexia, dyspraxia, dyscalculia, through to ADHD, Autism Spectrum Disorder (ASD), Auditory Processing Disorder (APD), Specific Language Impairment and Visual Processing Difficulty. It explains clearly what each difficulty is, how it can affect a child's learning and how to help a child to succeed despite their difficulties. Part two includes a host of tips, tools and strategies to support your child's efforts in areas such as reading, writing, spelling and handwriting, as well as advice on motivation, confidence and managing life's setbacks. Written by an experienced Educational Psychologist, this is the perfect guide for parents and carers who are looking for ways to support their child's learning, as well as for educators and teachers looking for advice on how to differentiate lessons and motivate pupils with SpLDs.

based on a true story parents guide: *Catch Me If You Can* Frank W. Abagnale, Stan Redding, 2002-11-19 The uproarious, bestselling true story of the world's most sought-after con man, immortalized by Leonardo DiCaprio in DreamWorks' feature film of the same name, from the author of *Scam Me If You Can*. Frank W. Abagnale, alias Frank Williams, Robert Conrad, Frank Adams, and Robert Monjo, was one of the most daring con men, forgers, imposters, and escape artists in history. In his brief but notorious criminal career, Abagnale donned a pilot's uniform and copiloted a Pan Am jet, masqueraded as the supervising resident of a hospital, practiced law without a license, passed himself off as a college sociology professor, and cashed over \$2.5 million in forged checks, all before he was twenty-one. Known by the police of twenty-six foreign countries and all fifty states as The Skywayman, Abagnale lived a sumptuous life on the lam—until the law caught up with him. Now recognized as the nation's leading authority on financial foul play, Abagnale is a charming rogue whose hilarious, stranger-than-fiction international escapades, and ingenious escapes—including one from an airplane—make *Catch Me If You Can* an irresistible tale of deceit.

based on a true story parents guide: *That's Not What Happened* Kody Keplinger, 2018-08-28 From New York Times bestseller Kody Keplinger comes an astonishing and thought-provoking exploration of the aftermath of tragedy, the power of narrative, and how we remember what we've lost. It's been three years since the Virgil County High School Massacre. Three years since my best friend, Sarah, was killed in a bathroom stall during the mass shooting. Everyone knows Sarah's story—that she died proclaiming her faith. But it's not true. I know because I was with her when she died. I didn't say anything then, and people got hurt because of it. Now Sarah's parents are publishing a book about her, so this might be my last chance to set the record straight . . . but I'm not the only survivor with a story to tell about what did—and didn't—happen that day. Except Sarah's martyrdom is important to a lot of people, people who don't take kindly to what I'm trying to do. And the more I learn, the less certain I am about what's right. I don't know what will be worse: the guilt of staying silent or the consequences of speaking up . . .

based on a true story parents guide: *Children of the Corn* Stephen King, 2016-05-22 Driving through the cornfields in rural Nebraska, Burt and Vicky run over a young boy—only to discover that they may not be responsible for his death. Out in the corn, something is watching them, and help is nowhere to be found. From the unrivaled master of horror and the supernatural, Stephen King. “Children of the Corn,” first collected in the extraordinary collection *Night Shift* in 1973 and then

adapted into a horror film franchise of the same name, is a terrifying and unforgettable classic of the genre. A Vintage Short.

based on a true story parents guide: Xenocide Orson Scott Card, 2009-11-30 The war for survival of the planet Lusitania will be fought in the heart of a child named Gloriously Bright. On Lusitania, Ender found a world where humans and pequininos and the Hive Queen could all live together; where three very different intelligent species could find common ground at last. Or so he thought. Lusitania also harbors the descolada, a virus that kills all humans it infects, but which the pequininos require in order to become adults. The Starways Congress so fears the effects of the descolada, should it escape from Lusitania, that they have ordered the destruction of the entire planet, and all who live there. The Fleet is on its way, a second xenocide seems inevitable. Xenocide is the third novel in Orson Scott Card's The Ender Saga. THE ENDER UNIVERSE Ender series Ender's Game / Ender in Exile / Speaker for the Dead / Xenocide / Children of the Mind Ender's Shadow series Ender's Shadow / Shadow of the Hegemon / Shadow Puppets / Shadow of the Giant / Shadows in Flight Children of the Fleet The First Formic War (with Aaron Johnston) Earth Unaware / Earth Afire / Earth Awakens The Second Formic War (with Aaron Johnston) The Swarm /The Hive Ender novellas A War of Gifts /First Meetings At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

based on a true story parents guide: A Parent's Guide to Helping Teenagers in Crisis Rich Van Pelt, Jim Hancock, 2009-07-13 You've seen it on the news too many times to count. School shootings, adolescent addictions, bullying, eating disorders, depression and suicide, cutting, pregnancy. There is no lack of bad news to be told about teenagers today. Maybe you believe that will never happen to "my child." And maybe it won't. But crises aren't always the stories that make the evening news. The spectrum of crises an adolescent may face can range from something as (seemingly harmless) as getting caught cheating on a test to dealing with the breakdown of the family, to acting out and getting in trouble with the law. And the reality is that someone they know will likely experience some kind of crisis—and that can affect your teen significantly. Either way, when a crisis affects your teen, wouldn't you want to be prepared? Rich Van Pelt and Jim Hancock, both of whom have raised teenagers into adulthood and have spent decades in youth ministry and crisis management, bring together their expertise and insight to help you identify and understand what a crisis is and how you can help your teen live and grow through it. Inside, you'll find practical responses for issues like: • Suicidal thoughts or behavior • Accidents • Cheating • Death (of a friend or loved one) • Divorce • Eating disorders • Hazing • Pregnancy • Sexual abuse • Sexual identity confusion • Substance abuse or addiction • And more... In addition to learning appropriate responses to crises, you'll learn how to prevent some of these issues, and how to get professionals involved when necessary. Whatever it is your teen is dealing with, your influence in their life is still the most important one. So be prepared to walk them through their crisis with wisdom, compassion, and the tools to help them heal.

based on a true story parents guide: The Everything Parent's Guide to Sensory Processing Disorder Terri Mauro, 2014-05-09 If your child has been diagnosed with sensory processing disorder (SPD), you understand how simple, everyday tasks can become a struggle. With The Everything Parent's Guide to Sensory Processing Disorder, you can help your child learn how to reduce stress and minimize the symptoms of SPD. In this all-in-one guide, Terri Mauro provides all the information you need regarding SPD, including: An in-depth definition of SPD and its effects. The newest treatments, therapies, and diets. Techniques for use outside of the therapist's office. The latest research on physical causes of SPD. Advice for coping at school, home, and play. Your child deserves to live a life free of the difficulties SPD can bring. The Everything Parent's Guide to Sensory Processing Disorder gives you professional advice to help your child to manage sensory needs and feel calmer, happier, and in control, now and in the future.

based on a true story parents guide: The Parents' Guide to Managing Anxiety in Children with Autism Raelene Dundon, 2019-11-21 This guide for parents is a complete introduction to autism and anxiety. Drawing on the author's clinical experience working with children and their families, it

provides parents and carers with everything they need to know to help support their child. It covers the basics such as what anxiety is, how it manifests behaviourally and why it is common in autism, before presenting CBT-informed practical strategies for managing a common range of anxieties: separation, social, performance, phobias, and generalised anxiety. It also has chapters dedicated to related behaviours including Pathological Demand Avoidance (PDA) and advice on managing meltdowns. This is a clear, concise and practical guide that answers any questions that parents and carers might have about anxiety and provides support strategies to help children with autism manage a range of anxieties.

based on a true story parents guide: The Adoptive Parents' Handbook Barbara Cummins Tantrum, 2020-09-01 The essential guide to parenting adopted and foster kids--learn to create felt safety, heal attachment trauma, and navigate challenging behaviors and triggers Children who have been adopted and/or shuttled through the foster-care system experience trauma at a much higher rate than other kids, which can make it difficult for them to trust, relax, regulate their emotions, and connect with their new families. As a parent, learning how to heal attachment trauma, attune to your child's needs, identify triggers, and create felt safety is essential to providing the loving, supportive, and stable home they need to thrive. Written for parents of adopted and foster kids of all ages, this book offers resources for handling common concerns like sleep issues, food sensitivities, anger, fear, and reactivity. It also provides guidance on navigating transracial adoptions, working through parents' own hang-ups, and recognizing signs of developmental and psychological conditions. The book highlights practical strategies and provides real-life examples to address questions like: How do I help my adopted child adjust? Is this kind of behavior normal? How do I help my child live, heal, and thrive with PTSD?

based on a true story parents guide: *The Parent's Guide to Understanding and Supporting Your Child with Literacy Difficulties* Valerie Muter, 2024-06-21 Why do some children experience literacy difficulties? How can I identify if my child finds reading and spelling challenging? What is the best way to support them at home? As a parent, it can be difficult to identify how your child's literacy difficulties may present in a home setting and supporting the child with literacy difficulties doesn't end at the school gates! Child psychologist, Valerie Muter, goes beyond the classroom to offer a wealth of resources for parents to use at home to help engage their child in reading and writing. From giving you a guidance on how to communicate with teachers about your concerns and requesting screenings and assessments to giving you lots of tips and tricks that you can implement at home to support your child's growth, this is the ultimate guide to answer all of the questions you might have about literacy difficulties and more.

based on a true story parents guide: **The Parents' Guide to ADHD Medicines** Peter Hill, 2021-04-21 This reassuring guide explains prescribed ADHD medicines for children in clear, everyday language. Based on questions the author has received from countless families in his work as a Consultant Psychiatrist, the expert information in this book answers the most pressing questions a parent will have about ADHD medicines: how they work, what they do, what is available and how to talk about them to your children. This book sheds light on why not all medicines are easily available, the differences between certain medications and their level of effectiveness, all based on scientific evidence. This information will support parents in discussions with medical professionals, explaining the practicalities and demystifying the terminology around medication and treatments. The book also provides insights into the decisions behind prescribing certain medicines and how they should be taken. Armed with this guide, parents - as well as teachers and others working with kids with ADHD - can feel confident and assured when their child is prescribed treatments for ADHD.

based on a true story parents guide: **Substance Abuse Education** , 1992-10

based on a true story parents guide: *The Conscious Parent's Guide to Autism* Marci Lebowitz, 2016 Contains material adapted from *The Everything Parent's Guide to Children with Autism*, 2nd edition by Adelle Jameson Tilton...and *The Everything Parent's Guide to Raising Mindful Children* by Jeremy Wardle and Maureen Weinhardt...--Title page verso.

based on a true story parents guide: The Conscious Parent's Guide to Executive Functioning Disorder Rebecca Branstetter, 2016-02 Help your child feel confident and capable! If your child has been given a diagnosis of executive functioning disorder, you may be feeling overwhelmed and unsure of what to do next. You want your child to be able to master certain basic skills, such as being organized, staying focused, and controlling impulses and emotions. But what if your child is having trouble with one or all of these skills? With *The Conscious Parent's Guide to Executive Functioning Disorder*, you'll learn how to take a relationship-centered approach to parenting as you help improve your child's executive functioning skills: Task initiation Response inhibition Focus Time management Working memory Flexibility Self-regulation Completing tasks Organization Conscious parenting is about being present with your children and taking the time to understand how to help them flourish. With the strategies and advice in this guide, you and your child will build sustainable bonds, develop positive behaviors, and improve executive functioning skills for life. And you'll find that conscious parenting helps create a calm and mindful atmosphere for the whole family, while helping your child feel competent, successful, and healthy.

based on a true story parents guide: The Parent's Guide to Solving School Problems Don Fontenelle, 2001-12 *The Parent's Guide to Solving School Problems* About The Book: *The Parent's Guide to Solving School Problems* is a comprehensive guide to effectively dealing with the most commonly experienced school problems. Written by Dr. Don Fontenelle, a nationally recognized psychologist with over 25 years of experience in working with children and adolescents with all types of problems, this book serves as an invaluable resource for parents of children and adolescents. Every conceivable problem is covered from learning disorders such as dyslexia and mathematics disorder to emotional problems such as anxiety, depression, and others, to anger and violence and other behavioral problems. This book provides a thorough and comprehensive guide for dealing with the most common school problems any child can experience. Must reading for any parent who has children that are still in school. About The Author: Dr. Don Fontenelle received his Ph.D. in Clinical Psychology from Oklahoma State University. He is in private practice in Metairie, Louisiana. Dr. Fontenelle has spent most of his career helping children and their parents. His workshops for teachers and parents on Child/Adolescent Behavior and for parents are widely praised for the positive results experienced by participants. Dr. Fontenelle has authored 13 books on children/adolescents for parents and teachers some of who have been translated into French, Spanish, Portuguese, and Arabic.

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child misbehaves, the situation can quickly escalate into an uphill battle of yelling, tears, and resistance--on both sides. But what if you could avoid all that? Conscious parenting is about being present with your child and taking the time to understand the reasons and motivations behind behaviors. This relationship-centered approach means that you respect your child's point of view as you both learn how to create a mutually-beneficial set of behavioral rules. By practicing this mindful method, you can support your child emotionally and help nurture important social development. Parent coach Jennifer Costa teaches you how to: Communicate openly with your child about proper behavior Build a supportive home environment Determine your child's behavioral triggers Learn strategies that will help your child feel calm Teach your child long-term coping skills Discipline your child without embracing anger With *The Conscious Parent's Guide to Positive Discipline*, you will learn to create a calm and mindful atmosphere for the whole family, while helping your child feel competent, successful, and healthy.

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