

Presenting...

Good Parenting Strategies (GPS)

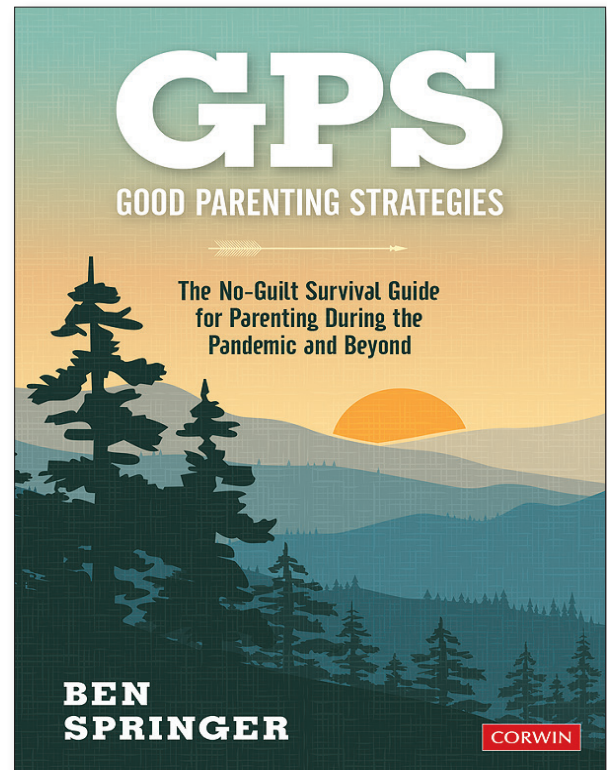
The No-Guilt Survival Guide for Parenting During the Pandemic and Beyond

Ben Springer

To say the pandemic threw parents and educators a curveball would be an understatement. Suddenly, we were charged not only with meeting our children's emotional and social needs, but also helping them fulfill their academic tasks outside of the school and classroom.

While you're recreating the structure and routine of school and attending to students' mental health, the Good Parenting Strategies (GPS) offered in this essential guide will help you help your children succeed while learning at home. Ben Springer, an expert educator and school psychologist, provides you with real-life scenarios and ready-to-use tools rooted in positive psychology that show you how to:

- Manage stress and anxiety at home
- Focus on the key ingredients to learning
- Prevent problem behaviors before they occur
- Build resilience and find happiness
- Over 25 charts and tools that are accessible online



\$18.95, ISBN: 9781071847251

"Dr. Springer has written a must-read for parents, whether it's during a pandemic or not. This book provides at-a-glance guidance and resources for busy moms seeking guilt-free and healthy long-term parenting solutions. Good Parenting Strategies is funny, practical, and includes tips and tricks that encourage us all to be superhero parents!"

—Stacey Moore
Mother