

A Mind of Their Own

Katharine Hill



MuddyPearl

We live in an anxious world, where many in our society are struggling with their mental health. Our children are no exception to this. They are growing up being told that they can be anyone and can do anything, and to look inside themselves to find what is required to achieve this – a belief that is often reinforced by social media. But what if they don't achieve this? Children grow up feeling anxious, believing they are a failure, with low self-esteem and uncertain about their identity. How can parents build mental wellbeing in their children so they can grow into well-adjusted adults?

From Katharine Hill, author of *Left To Their Own Devices? Confident Parenting in a World of Screens*, comes this wise, clear and informative book, to equip parents to care well for their children's mental wellbeing from the very start of their childhood.

Offering encouragement, wisdom and practical advice, *A Mind of Their Own* explores the various stages of brain and emotional development and the impact of topics such as social media, peer pressure, family life and socio-economic environment on children and teenagers as they develop. Told through real-life stories and with thorough research, this book also tackles the more difficult topics such as anxiety and depression, eating disorders and self-harm, in a non-sensational way, with practical advice on what parents can do when challenge comes.

Celebrating and affirming each child's unique identity, *A Mind of Their Own* is a lifeline for parents who want to build resilience in their children, helping them to see good mental wellbeing as part of the bigger story, and to raise children who are secure in their identity.

Author

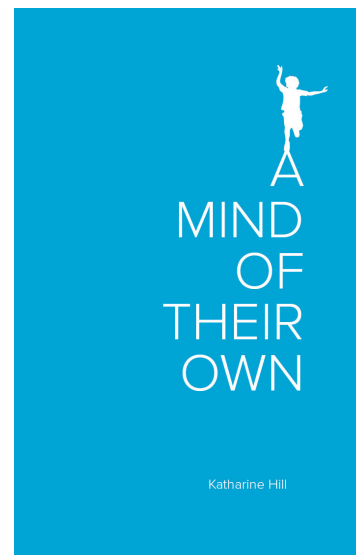
Katharine Hill LLB JP is UK Director at Care for the Family. She speaks and writes on family matters, is a regular author for *The Huffington Post*, and the author of several books. Katharine also leads on Care for the Family's policy agenda representing the organisation at government level, and she is a board member of the International Commission on Couple and Family Relations. Prior to joining Care for the Family in 2004, Katharine practised as a family lawyer. She is married to Richard and they have four grown-up children.

Key Selling points

- Combines up-to-date research and analysis of mental wellbeing in our society with seasoned parenting advice from a trusted expert
- Practical and approachable, with level-headed advice on parenting styles, developing healthy emotions, building resilience and self-esteem and creating a mental-wellbeing-friendly environment
- Real-life stories from parents and children about the impact of mental wellbeing on family life
- Addresses serious issues like anxiety and depression, eating disorders and self-harm in a non-sensational way, giving clear steps for when things go wrong
- Celebrates and affirms each child's unique identity as well as the different kinds of families – single parents, blended families, adoption etc.

Readership

- Parents, grandparents and carers of children of all ages
- Parents worried about their children's mental wellbeing and self-esteem
- Youth workers, teachers and other professionals working with children



Publishes: April 2020

Format: 216mm x 138mm, paperback, 192 pages

Price: £12.99

Category: Parenting and Wellbeing

BIC Codes: VFXC (Advice on parenting, childcare and upbringing); VF (Family and health); JMC (Child and developmental psychology)

Rights: World excl. South Africa

ISBN: 978-1-910012-31-4

Trade Orders:

Booksources, 50 Cambuslang Road, Cambuslang, Glasgow, G32 8NB
Tel: 0845 370 0067
(International +44 141 642 9192)
Fax: 0845 370 0068
orders@booksources.net

Individual orders:

Muddy Pearl
Mull | Central Hall
2, West Tollcross
Edinburgh
EH3 9BP
Scotland
books@muddypearl.com

Contact:

books@muddypearl.com

Website:

www.muddypearl.com

