

Promoting Child and Parent Wellbeing: How to Use Evidence- and Strengths-Based Strategies in Practice

By Carole Sutton

Informed by a wealth of research, this accessible book focuses on a strengths-based approach to promoting children's wellbeing and giving them the best opportunities to succeed.

By identifying risk factors and the protective factors which can be used to counter them, this book stresses the importance of preventative measures and early intervention to effectively support parents and their children. It shows that there are many protective factors and practices that parents, teachers and carers can employ to support children's development, promote mental and emotional wellbeing, and reduce the risks of crime and anti-social behaviour. Each section explores the issues associated with specific age groups, from pregnancy to early teens. It identifies areas that should be a key focus for practitioners and services such as promoting attachment and communication, and highlights effective practices such as motivational interviewing and cognitive behavioural therapy (CBT).

Bringing together the international evidence-base concerning ways of working with young children and their families, this book offers practical advice for practitioners, managers and commissioners of services across health and social care.

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Review

Carole Sutton has provided a comprehensive and thought-provoking text that, whilst grounded in the evidence, is accessible to a range of practitioners and disciplines who are focused on making things better for children and young people. This is a compelling and tangible account of how promoting positive behaviours and emotions can make a real difference. -- Julie Taylor, Professor of Child Protection, Medical School, University of Birmingham This book is an excellent resource for all those who aspire to work more constructively with families. The author shows how by identifying protective factors in families, resilience can be developed and the wellbeing of children and their families promoted. -- Judith Milner, Freelance Solution Focused Trainer and Writer

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About the Author

Carole Sutton is currently a part-time lecturer at De Montfort University, Leicester. Following qualifying and practising as a social worker, she went on to gain a BA Psychology and an MSc Psychopathology, and then while teaching psychology to social workers and health visitors undertook the research for her PhD in the Psychology Department of Leicester University. Since that time she has been teaching social workers and health visitors for 18 years and has published many books and papers.

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