



## Hungry Feelings Not Hungry Tummy: Investigate, Understand, Translate and Transform Your Child's Behavior (Paperback)

By Ava Parnass

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English. Brand new Book. Ava Parnass MSN CS, AKA "The Kid Whisperer," is an author, songwriter and child therapist. Ms. Parnass helps parents become Behavior Detectives to investigate hidden feelings, to improve behavior and overeating. As Behavior Detectives parents will learn to Investigate Hungry Feelings not Hungry Tummy, mood issues, tantrums and misbehaving. After reading Behavior Detective Investigate: Hungry Feelings not Hungry Tummy, parents and teachers will understand how to translate and transform a child's behaviors into new feelings, new words and new actions. Using the conversation starters, activities, feelings maps and many techniques in the book to investigate behavior, will help families turn self soothing with food into talking about feelings. There are easy step-by-step investigating skills in the book to understand and improve a child's behavior. Most behaviors such as tantrums, anxiety, moods, begging, repetitive activity, overactivity, overeating or not sleeping can be understood as common outward manifestations of a child's attempt to communicate feelings and emotional needs. If we change our parenting skills and teaching for the better, a child's behavior WILL improve. It is also important that we stop blaming our kids for their bad...



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