



# Raising Kids in the 21st Century: The Science of Psychological Health for Children

*Sharon K. Hall*

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# Raising Kids in the 21st Century: The Science of Psychological Health for Children

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**Raising Kids in the 21st Century: The Science of Psychological Health for Children** Sharon K. Hall

An easy-to-read guide on raising emotionally healthy children that is based on sound psychological research. The book's format makes it a good choice for students, parents, or practitioners.

- Focuses on seven key areas of child development in raising psychologically healthy children
- Paints an overall picture of the skills children need to become functioning adults through translating the latest scientific research into workable guidelines
- Explores how early cognitive and social development is linked to universal issues of tolerance, sexism, and racism
- Written in a language suitable for the student or general reader
- A useful resource for clinicians to share with families under their care

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