

A Mind of Their Own

Building your Child's Emotional Wellbeing
in a Fast-changing World

Katharine Hill



**Kilfinan
Press**

"This book could not be more timely. I believe it to be one of the most important parenting books of our time."

Rob Parsons, OBE, Founder and Chariman of Care for the Family

We live in anxious times. Many are struggling with mental health, and children are no exception. To always be told you can be anyone and do anything; to find the strength inside – what if you don't achieve your dream? What if you can't? What if there is always, always someone better, brighter, more beautiful on another screen? Children are growing up beset with anxiety and low self-esteem, and recent worldwide events, with yet more life online, has only increased and intensified these themes. So how can parents build mental wellbeing in their children so they can grow into well-adjusted adults, especially given these infamously 'unprecedented' circumstances?

From Katharine Hill comes this wise, clear and informative book, to equip parents to care for their children's mental wellbeing from the very start of their childhood.

Offering encouragement, insight, action points and practical activities, *A Mind of Their Own* explores the stages of brain and emotional development and the impact of social media, peer pressure, atmosphere in the home, isolation, and socio-economic environment on children and teenagers as they develop. Candidly told through real-life stories and with thorough, up-to-the-minute research, this book also tackles the more difficult topics such as anxiety and depression, eating disorders and self-harm, always in a non-sensational way, and always with practical advice on what to do in challenging situations.

Celebrating and affirming the strength of family life, as well as addressing the tests and trials of recent times, *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 own identity.

Author

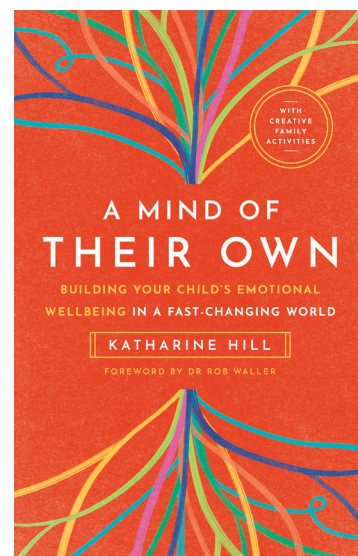
Katharine Hill LLB JP is UK Director at Care for the Family. She speaks and writes on family matters, is a regular author for The Huffington Post, and the author of several books. Katharine also leads on Care for the Family's policy agenda representing the organisation at government level, and has practised as a family lawyer. She is married to Richard and they have four grown-up children and seven grandchildren.

Key Selling points

- Combines up-to-date research and analysis of mental wellbeing in our society with seasoned parenting advice from a trusted expert
- Acknowledges and thoroughly engages with the inevitable challenges that accompany unprecedented events in a realistic, resourceful way
- 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 about the impact of family life on mental wellbeing
- 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
- Creative action points and activities for the whole family

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



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