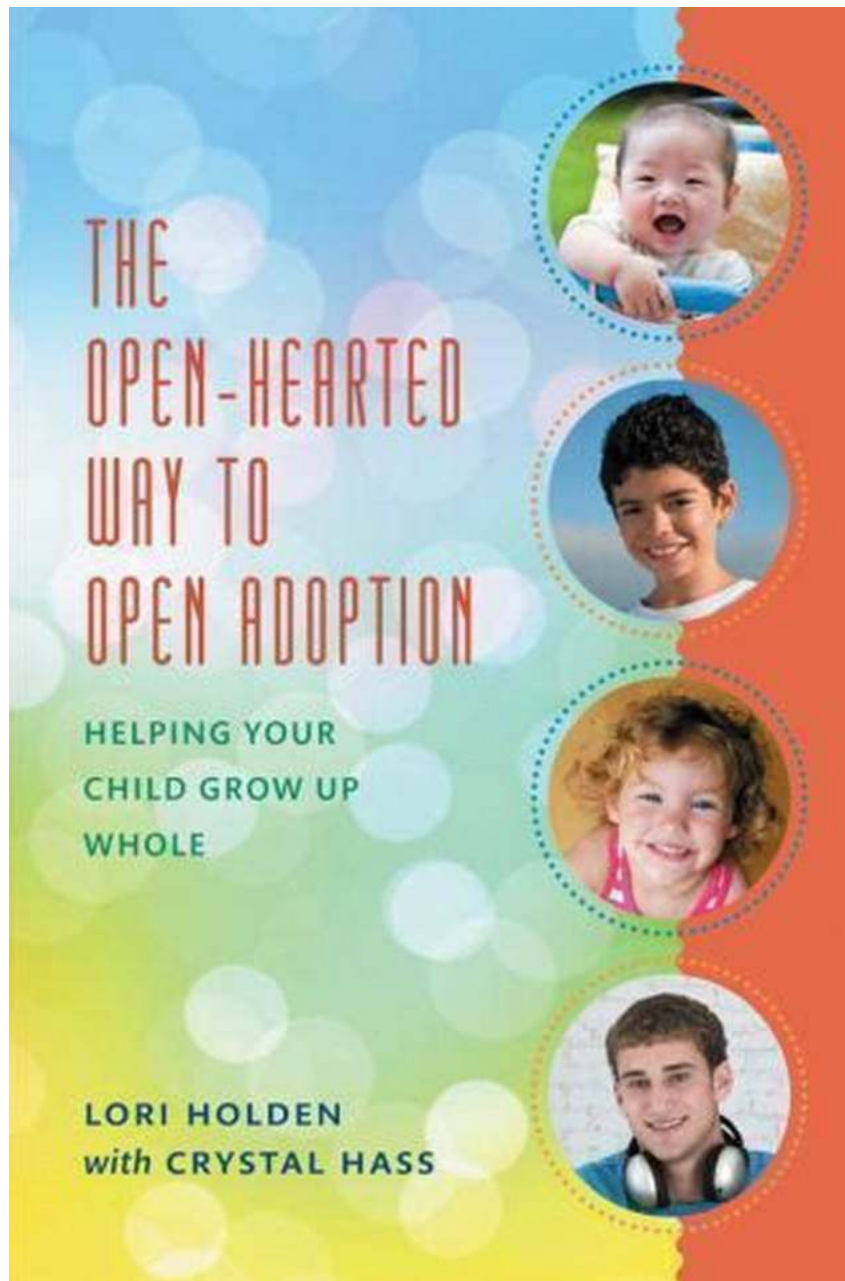


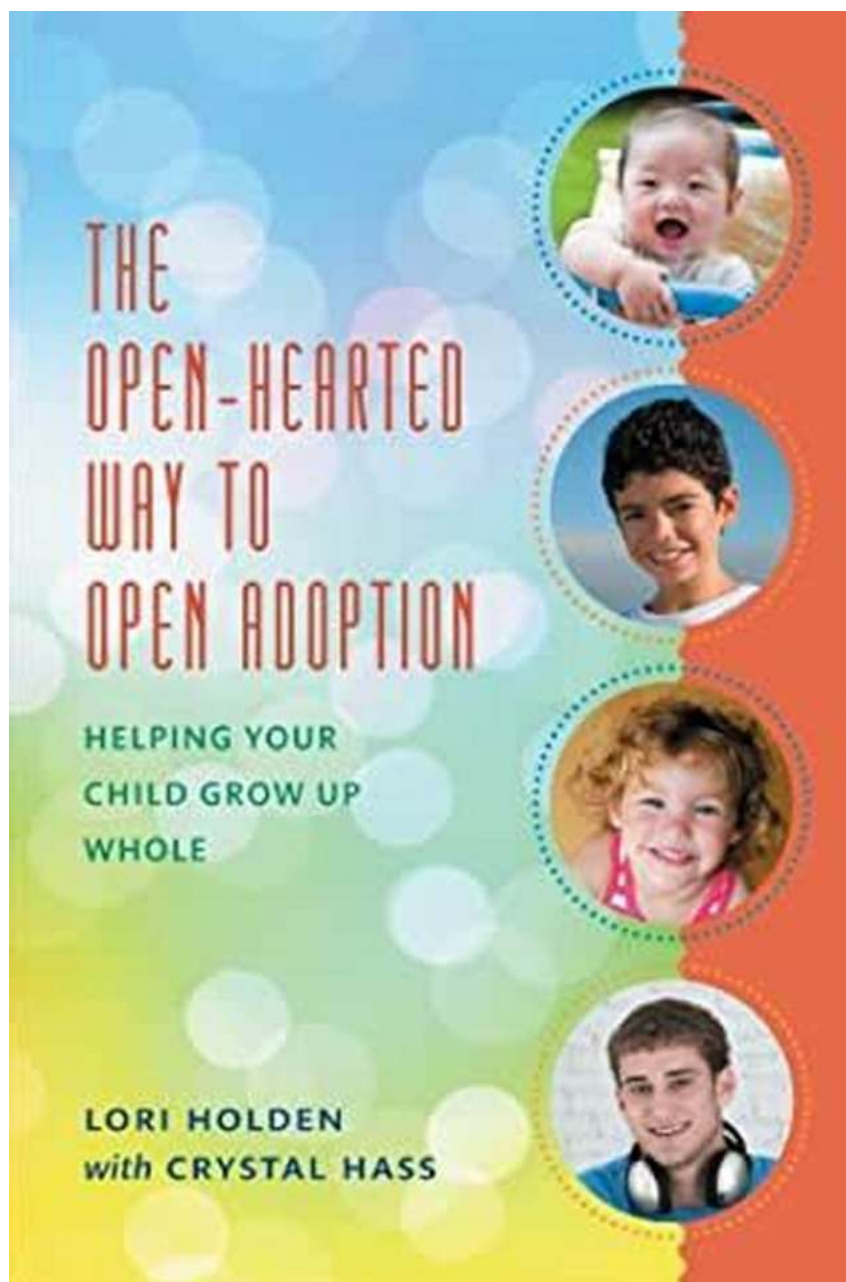
5 Essential Steps to Help Your Child Grow Up Whole



Every parent wants to see their child grow up into a confident, well-adjusted individual who is capable of handling life's challenges. However, navigating the journey of childhood can be complex and challenging. It requires parents to play

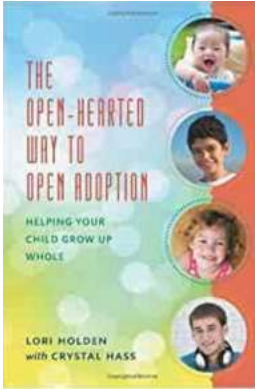
an active role in their child's growth and development, ensuring they grow up whole.

Step 1: Foster a Nurturing Environment



The Open-Hearted Way to Open Adoption: Helping Your Child Grow Up Whole

by Lori Holden (Reprint Edition, Kindle Edition)

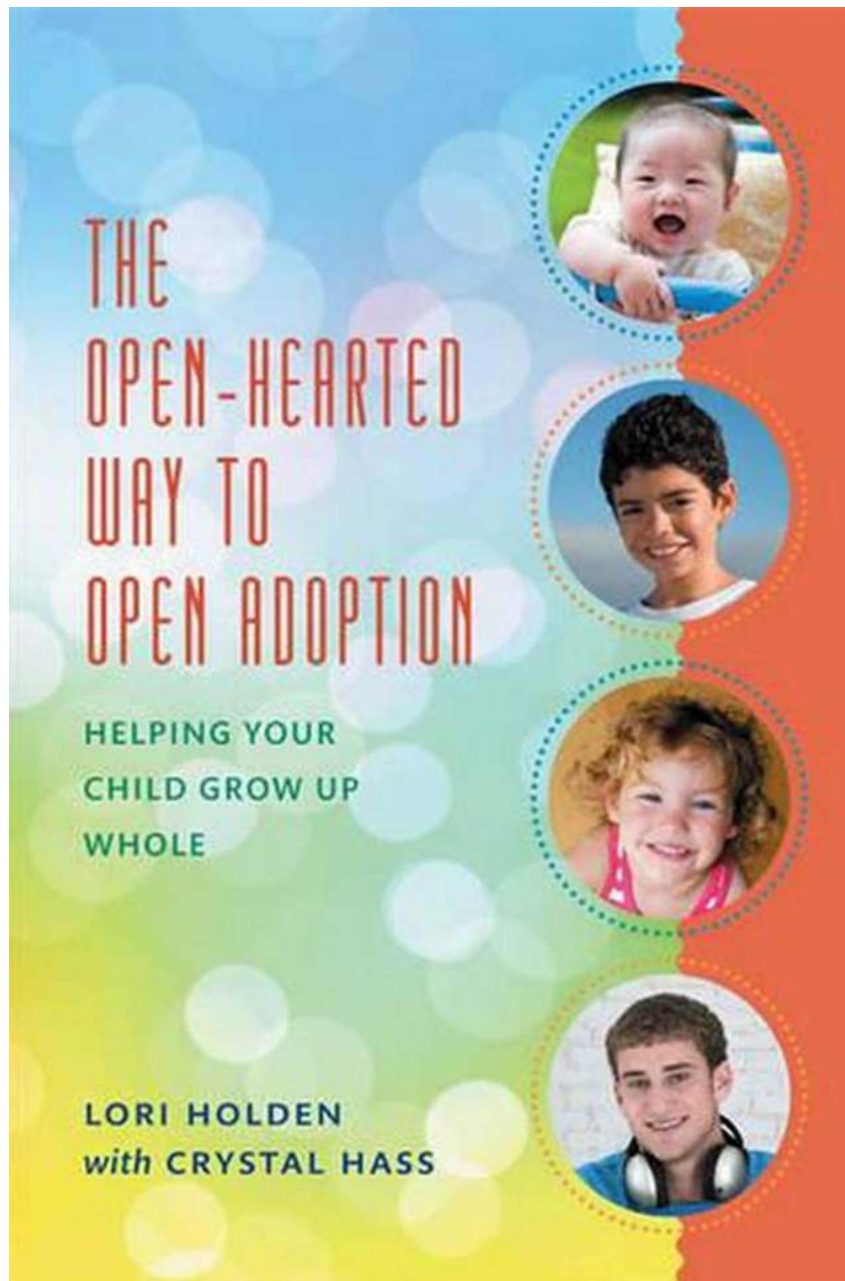


★★★★☆ 4.6 out of 5
Language : English
File size : 2447 KB
Text-to-Speech : Enabled
Screen Reader : Supported
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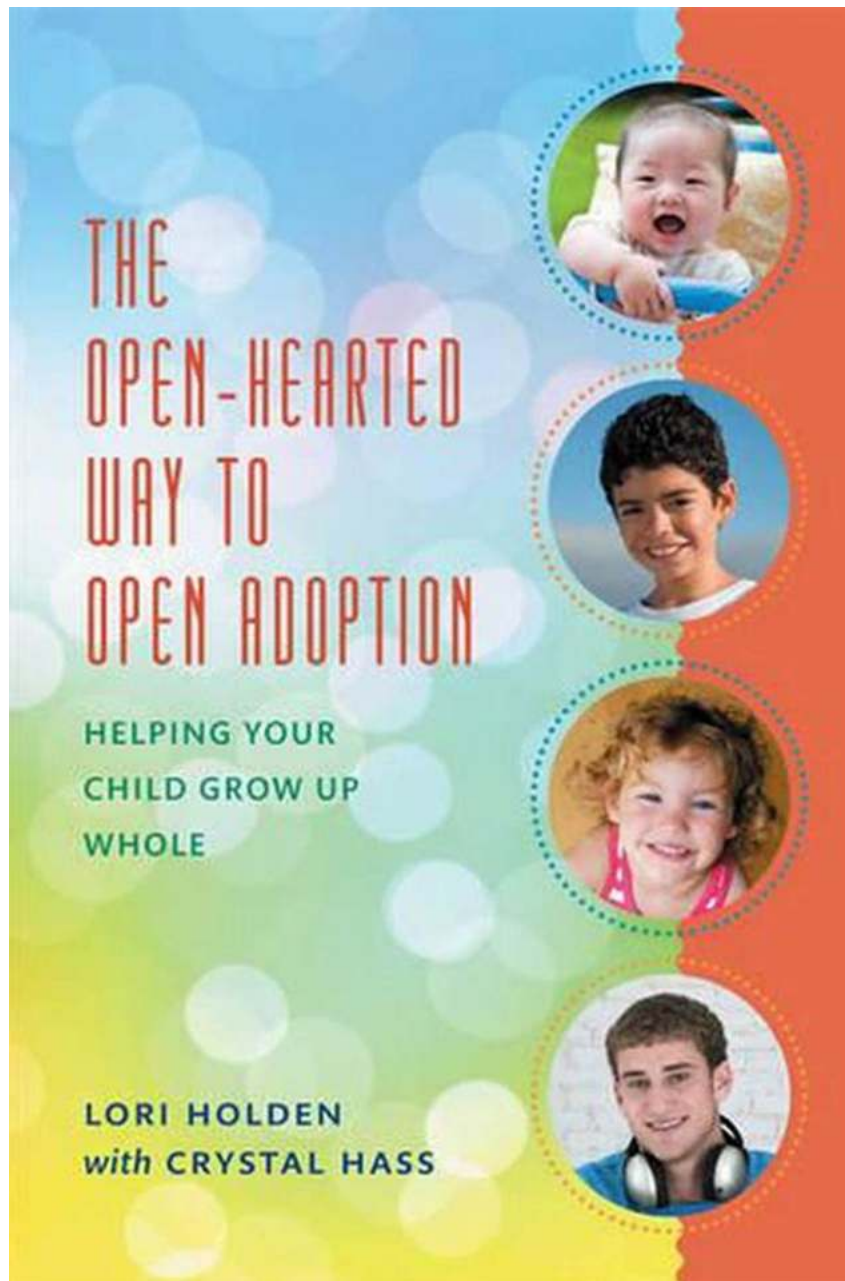
Creating a nurturing environment is crucial for your child's overall well-being. This begins with providing a safe and loving home where they feel secure and supported. Encouraging open communication, active listening, and showing empathy will help your child develop strong emotional intelligence.

Step 2: Encourage Independence and Resilience



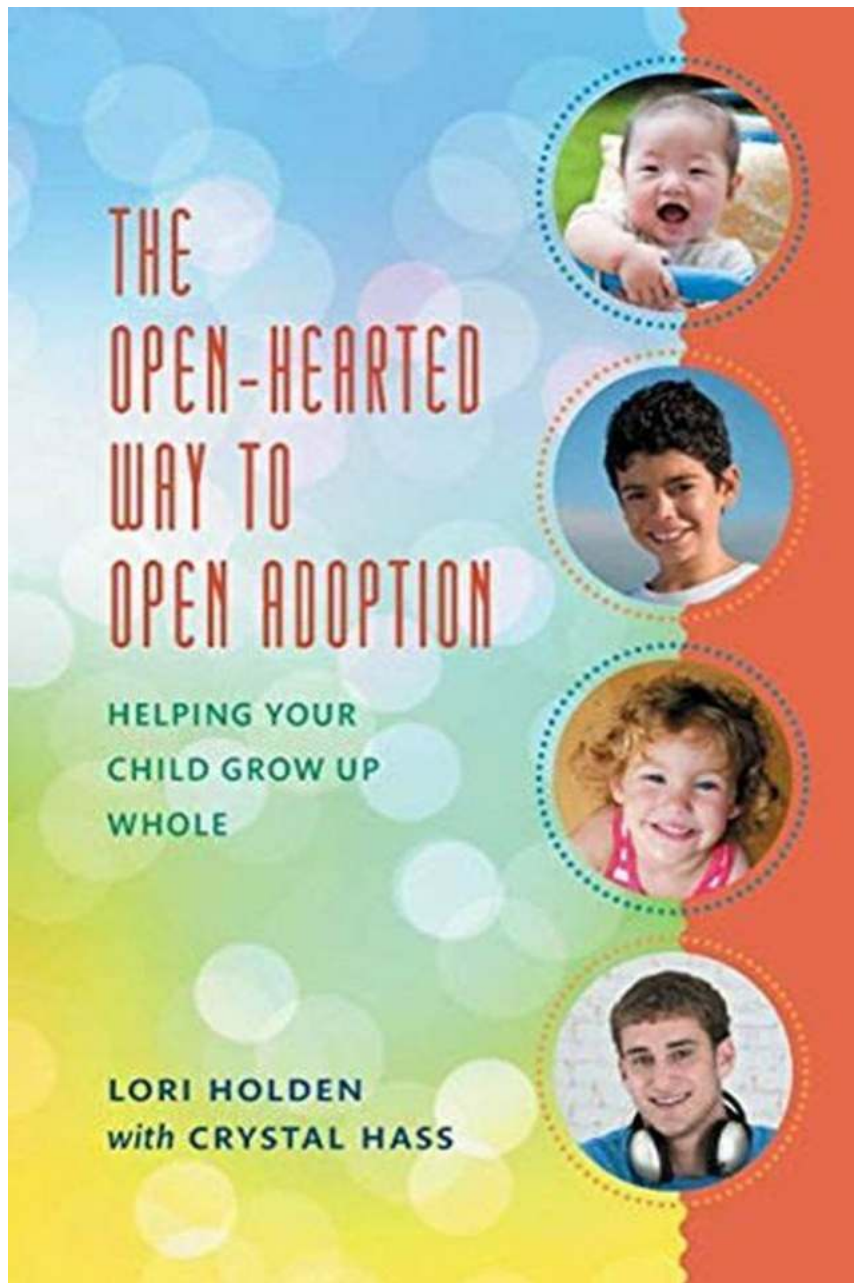
To help your child grow up whole, it is important to encourage independence and resilience. Allow them to make decisions, take risks, and experience failure. Encouraging them to learn from their mistakes and develop problem-solving skills will build their self-confidence and ability to cope with adversity.

Step 3: Teach Healthy Coping Mechanisms



Life is full of ups and downs, and teaching your child healthy coping mechanisms is essential. Encourage them to express their emotions in a healthy way, whether through creative outlets like art or writing, physical activities, or mindfulness practices. Helping them understand their emotions and providing tools to manage stress will contribute to their overall well-being.

Step 4: Promote Positive Relationships



Developing positive relationships is crucial for your child's social and emotional development. Encourage them to build friendships and be a good friend in return. Teach them the values of respect, empathy, and kindness. Monitor their social interactions and offer guidance when needed to ensure they establish healthy connections.

Step 5: Emphasize the Importance of Self-Care

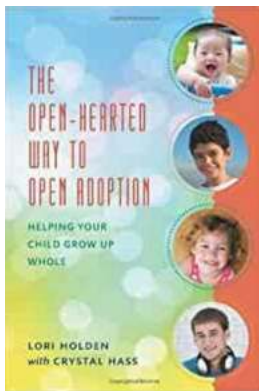
Five Easy Ways To Teach Your Child To Practice Self-care



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Teaching your child the importance of self-care sets the foundation for a healthy life. Encourage them to prioritize their physical and mental well-being by engaging in activities they enjoy, getting enough sleep, eating nutritious food, and maintaining a balanced lifestyle. By taking care of themselves, they will be better equipped to face life's challenges.

Helping your child grow up whole requires conscious effort and dedication. By fostering a nurturing environment, encouraging independence and resilience, teaching healthy coping mechanisms, promoting positive relationships, and emphasizing self-care, you are laying the groundwork for your child's holistic development. Remember, every child is unique, so adapt these steps to suit their individual needs. Together, let's empower our children to grow up whole!



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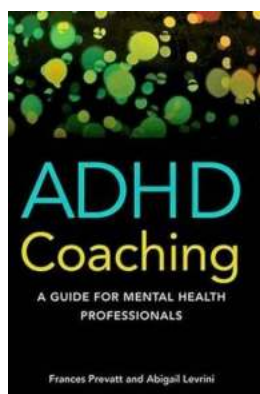
Prior to 1990, fewer than five percent of domestic infant adoptions were open. In 2012, ninety percent or more of adoption agencies are recommending open adoption. Yet these agencies do not often or adequately prepare either adopting parents or birth parents for the road ahead of them! The adult parties in open adoptions are left floundering.

There are many resources on why to do open adoption, but what about how? Open adoption isn't just something parents do when they exchange photos, send emails, share a visit. It's a lifestyle that may feel intrusive at times, be difficult or inconvenient at other times. Tensions can arise even in the best of

circumstances. But knowing how to handle these situations and how to continue to make arrangements work for the child involved is paramount. This book offers readers the tools and the insight to do just that. It covers common open-adoption situations and how real families have navigated typical issues successfully. Like all useful parenting books, it provides parents with the tools to come to answers on their own, and answers questions that might not yet have come up.

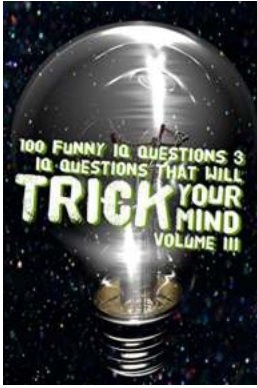
Through their own stories and those of other families of open adoption, Lori and Crystal review the secrets to success, the pitfalls and challenges, the joys and triumphs. By putting the adopted child at the center, families can come to enjoy the benefits of open adoption and mitigate the challenges that may arise.

More than a how-to, this book shares a mindset, a heartset, that can be learned and internalized, so parents can choose to act out of love and honesty throughout their child's growing up years, helping that child to grow up whole.



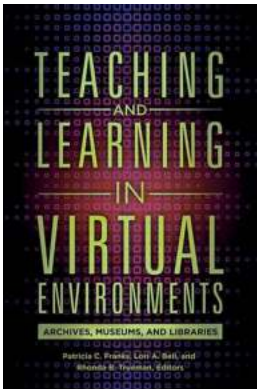
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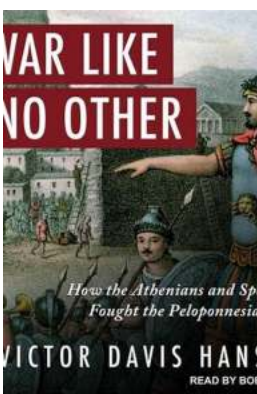
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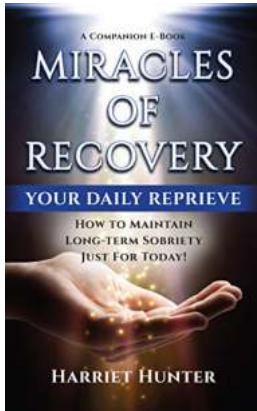
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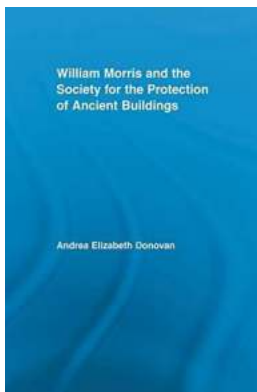
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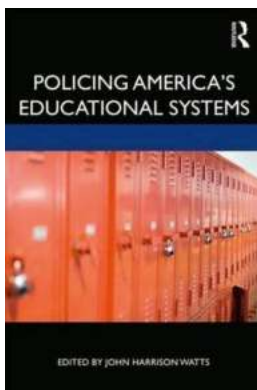
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