

The 1st Family Feelings Guide - Maree Watkins:
104 pages, recommended selling price R185.
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Sue Mackenzie, a registered Counselling Psychologist in private practice in Bryanston, Sandton, writes:

In terms of target market, this book is definitely written for young children and their caregivers - teachers, parents and grandparents. It is a delightful book and I would happily share some of the stories with my eldest grandchild who is nearly three. He would both enjoy them and benefit from them. For primary school children the book has multiple uses. One could read it on an individual basis to a child or learner or grandchild, but it is also cleverly designed for use in groups such as Life Orientation classes. In fact, one could even use the stories with young adolescents if one facilitated the forum for age appropriate responses.

The sincerity and warmth of the author permeates the book. I really felt that I would enjoy seeing her working with children as she projected a lightheartedness into a serious subject.

Maree Watkins' reference to alexythymia, a difficulty in naming and expressing emotions, resonates with the work that I have done as a Counselling Psychologist working in schools. Many of the adult caregivers find it difficult to express their own emotions and are challenged by the emotional outbursts of the children in their care. This book cleverly and symbolically outlines a large spectrum of frequently experienced emotions and offers guidelines in the management of these. I think it would be a helpful tool for teachers to use as part of a holistic educational experience in which emotional growth is recognised to be important.

THE 1ST FAMILY FEELINGS GUIDE

MAREE WATKINS

(100 MEMBERS, 11-5 CLASS POINTS)

An A-Z to understanding
feelings in YOUR family

Illustrated by Michele Offerman



The illustrations are delightful and symbolically meaningful.

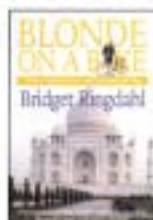
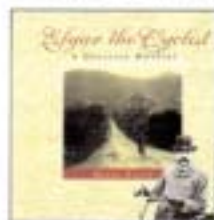
As a Counselling Psychologist myself I am fully aware of the importance of nurturing the emotional life of children and think that this is a valuable and user friendly book.

Colleen Smith, a parent writes:

My children, like all human beings, are sometimes emotional and difficult to reason with. I often wonder how to provide guidance for them when they are struggling with their feelings. This book covers all emotions alphabetically, from A for angry to Z for Zero-tolerance, through fun-filled stories about the colourful Freaky Family characters. I enjoy reading them with my children, knowing that it is helping them (and me!) identify emotions, feel safe and learn how to cope in situations. I recommend it to anyone working with children - parents, teachers and counsellors.

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