

Raising the Shy Child: A Parent's Guide to Social Anxiety

Christine Fonseca

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Created for parents and educators as well as those suffering from any form of social anxiety disorder, or SAD, school psychologist Christine Fonseca's *Raising the Shy Child: A Parent's Guide to Social Anxiety* is a comprehensive, interactive handbook "designed to provide a bridge between research, clinical practice, and application."

Case studies and real-life sketches intermingle with the more technical side of social anxiety, such as the neurological and physiological aspects as well as biological and environmental causes. For those with no formal diagnosis, Fonseca explores the differences between shyness, introversion, and SAD. Assessment and reflection are promoted through numerous worksheets, questionnaires, and tip sheets with practical applications and intervention methods. Particular attention is paid to classroom and school environments, which are often the site of much panic and distress for children and adolescents, with or without SAD. Fonseca uses relatable language and an earnest, supportive tone throughout. She ends with a Q&A chapter and an offer to partner with families as they confront insecurities and build self-confidence in the "shy child."

PALLAS GATES MCCORQUODALE (Summer 2015)

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