



Skills for Families, Skills for Life, 2nd Ed.: How to Help Parents and Caregivers Meet the Challenges of Everyday Living

Amy, M.A. Simson, Paula, M.Ed. Kohrt, Linda, M.S.W. Shadoin

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Professionals who work with them know that families in crisis usually are dealing with far more than just parenting issues. Not only are parents having trouble with child behavior and discipline at home, but they may face problems such as substandard housing, loss of a job, a high-crime neighborhood, or a chronic health concern. Abuse, domestic violence, substance use, or mental illness may impact these families. Even accomplishing routine tasks such as keeping a clean and safe home, preparing nutritious meals, paying bills, and getting children to school may be a struggle for parents. To make such homes safe and healthy for children, parents may need to learn many new skills in order to solve their daily living problems. This revised and expanded edition of *Skills for Families, Skills for Life* can help family practitioners and other professionals incorporate the teaching of life skills into the assessment of and treatment planning for the families they work with. More than one hundred thirty basic to complex skills in thirteen caregiving areas are outlined in step-by-step detail. Skills areas have expanded to include Relationships, Mental Health Needs, Preventing Abuse, and Community Safety, and more skills have been added to chapters on Housing, Money Management, Informal and Formal Supports, and Education. An enclosed CD-ROM allows you to print skill sheets to use as checklists, make notes, and list resources as you counsel individual families. A new chapter also helps you locate public and private, local and national sources of assistance for families.

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