



I Can Be Me: A Helping Book for Children of Alcoholic Parents

Ed.D Dianne S. O'Connor

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Excellent and much needed; it offers children hope and a sense of control." -Kathleen Michael, M.H.S.S., Therapist & Consultant, Toronto, Ontario Has drug or alcohol abuse in your family caused your child to become withdrawn or to act out? Is addiction in a family member contributing to upset and stress in your child? Do you want to help your child understand the problem and communicate about his/her feelings? Do you want to help your child develop healthier coping strategies? I Can Be Me is a helping book for professionals and parents who want to help children of alcoholic parents. Written for children ages 4 to 12, it can be read by a child alone or worked through with a caring adult. Simple line drawings and text speak to children in a language they understand and are based on the real experiences of children with addicted parents. Written from the perspective of children whose parents are addicted to alcohol and various other drugs, this book helps children take off the masks that hide their true feelings and educates them about alcohol or drug abuse in the family. Entertaining drawings and simple text make this book easy to understand and invite children to add their own thoughts and feelings. Children often feel alone in homes where alcoholism or drug abuse is present. I Can Be Me helps children understand more about addiction and realize that they are not to blame for their parents' problems. Through a series of creative exercises and activities children learn about healthy coping strategies and that they are not alone. Eight separate units make this book an ideal companion to counseling or support group sessions. Parents or counselors can also use a single section to address the unique concerns of an individual child.

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From reader reviews:

Kelley Thornton:

Why don't make it to be your habit? Right now, try to prepare your time to do the important action, like looking for your favorite publication and reading a guide. Beside you can solve your trouble; you can add your knowledge by the e-book entitled I Can Be Me: A Helping Book for Children of Alcoholic Parents. Try to make book I Can Be Me: A Helping Book for Children of Alcoholic Parents as your friend. It means that it can to get your friend when you experience alone and beside regarding course make you smarter than ever. Yeah, it is very fortunated in your case. The book makes you much more confidence because you can know every little thing by the book. So , we need to make new experience in addition to knowledge with this book.

Eddie McCoy:

The reason why? Because this I Can Be Me: A Helping Book for Children of Alcoholic Parents is an unordinary book that the inside of the publication waiting for you to snap that but latter it will surprise you with the secret it inside. Reading this book beside it was fantastic author who else write the book in such remarkable way makes the content on the inside easier to understand, entertaining method but still convey the meaning totally. So , it is good for you because of not hesitating having this any longer or you going to regret it. This book will give you a lot of positive aspects than the other book have got such as help improving your talent and your critical thinking approach. So , still want to hold off having that book? If I were being you I will go to the e-book store hurriedly.

Susan Douglas:

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Rose Engle:

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