



Creating Balance in Children's Lives: A Natural Approach to Learning and Behavior

Lorraine Moore

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Through the 1990s and into the present, concerns have increased regarding children's learning, behavior and health. In this book, educators, parents, and childcare providers will find options for addressing these concerns. The strategies presented will help balance and optimize children's physical, mental, emotional, and social development. Look inside to learn more about; the many aspects of balance; how the body, mind, and heart work together; how emotions affect learning and behavior; the importance of nutrition; meeting children's basic needs; how to recognize symptoms and sources of imbalance; options for preventing and correcting imbalances. Children are the world's most precious resources. A cooperative effort on the part of adults in behalf of all children is urgently needed to set the course for our future. This book can be a guide for this important process.

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