



# Verbal First Aid: Help Your Kids Heal from Fear and Pain--and Come Out Strong

*Judith Simon Prager, Judith Acosta*

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## **Words as Medicine**

**What to say to your children to get them through the bumps, bruises, and crises of childhood.**

Falling off a bike, having a bad dream, getting stitches...sometimes a kiss isn't enough to make it all better. But what you say to your child in those first moments of pain or fear could make all the difference.

Using techniques the authors have taught to doctors, nurses, and first responders, *Verbal First Aid(tm)* explains how words can be used to promote healing from burns, bruises, nightmares, asthma attacks, and more. It provides scripts and tips on how to short-circuit traumatic memories, sometimes just by speaking a sentence or two.

This revolutionary book gives parents the responses they need to immediately stabilize their children's emotions. And these methods will build a foundation of confidence and inner strength that will help kids heal at the deepest level, and weather whatever hardships and difficulties they encounter throughout life.

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