

DBP Book Review

Name of Book: Listening to Fear: Helping Kids Cope, from Nightmares to the Nightly News	Author: Marans, Ph.D., Steven (Associate Professor of Psychiatry at Yale University School of Medicine and Director of the National Center for Children Exposed to Violence)
Publisher: Henry Holt and Company	Date of Publication: 2005
Name of Reviewer: Virginia Pierce	Date of Review: October 2006
Intended Audience (choose from Parents, Children, Professional, Other): Parents	
Purpose of the book: The purpose of this book is to help parents understand how children's fears are similar to and differ from those of adults – to understand what children, from infants to adolescents, are really afraid about – and through such understanding, to be better equipped to address their children's fears in developmentally appropriate ways.	
Theoretical Basis: Marans uses the fundamental tasks of childhood development as a framework for understanding the specific nature of fears of children in various developmental stages, as well as what their adaptive and maladaptive coping strategies might be, and how parents and other caregivers can use their knowledge of development to best support children in dealing with fears. The author also focuses on the importance of allowing children opportunities to express themselves, and then addressing the true content of these expressions, rather than on adults' own fears or interpretation of events.	
Strengths: The information discussed is generalizable to simple developmental fears as well as to major traumatic events. Anecdotes from the author's experience and professional practice illustrate theoretical points. The book explores in detail the "behavioral language of fear" that children employ more often than verbal communication.	
Weaknesses: The book focuses more on offering a theory from which to approach helping children deal with fears than on providing practical tools for parents.	
Recommendation of Reviewer (please choose one and put "X" in box next to selection):	
<input checked="" type="checkbox"/>	Highly recommend for all parents
<input type="checkbox"/>	Highly recommend for parents with specific problems/issues
<input type="checkbox"/>	May be useful to some parents
<input type="checkbox"/>	Would not recommend
Additional Comments: NONE	