

The Champion Parents Guide



The Champion Parent's Guide: Nurturing Success Beyond the Trophy

Are you striving to raise confident, resilient, and successful children? Do you find yourself overwhelmed by the pressure to achieve academic excellence, athletic prowess, or artistic mastery? This isn't about winning medals; it's about fostering well-rounded individuals equipped to navigate life's challenges. This comprehensive guide, "The Champion Parent's Guide," offers practical strategies and insightful perspectives to help you nurture champions in your home, champions of character and competence. We'll explore beyond the typical definition of "champion" to uncover the true foundations of success.

Understanding True Success: Beyond Trophies and Achievements

The pursuit of external validation, whether through academic accolades or athletic victories, can often overshadow the development of crucial internal strengths. This guide emphasizes a holistic approach, focusing on building character and resilience alongside achievement. We'll delve into the crucial elements that contribute to lasting success:

1. Fostering a Growth Mindset: Embracing Challenges and Learning from Failure

A growth mindset, championed by Carol Dweck, emphasizes the belief that abilities can be developed through dedication and hard work. This contrasts with a fixed mindset, where talent is seen as innate and unchangeable. Champion parents cultivate a growth mindset by:

Praising effort over outcome: Focus on the child's perseverance, strategies, and learning process rather than solely on the result.

Encouraging risk-taking: Embrace mistakes as opportunities for learning and growth. Help children view challenges as exciting opportunities for development.

Modeling a growth mindset: Share your own struggles and successes, demonstrating how you learn and grow from setbacks.

2. Cultivating Emotional Intelligence: Understanding and Managing Emotions

Emotional intelligence (EQ) is as vital as IQ for success. Champion parents prioritize teaching their children to:

Identify and label emotions: Help children understand and express their feelings effectively.

Manage emotions effectively: Teach coping mechanisms for dealing with stress, frustration, and disappointment.

Empathize with others: Foster understanding and compassion towards others' feelings and perspectives.

3. Building Resilience: Overcoming Obstacles and Bouncing Back

Resilience is the ability to bounce back from adversity. Champion parents equip their children with resilience by:

Teaching problem-solving skills: Provide opportunities for children to tackle challenges independently, offering support and guidance as needed.

Promoting self-compassion: Encourage children to be kind to themselves during setbacks, acknowledging their efforts and learning from mistakes.

Building strong support systems: Foster positive relationships with family, friends, and mentors who provide encouragement and support.

4. Promoting Healthy Habits: Physical and Mental Well-being

A healthy body and mind are essential for success. Champion parents prioritize:

Healthy nutrition: Encourage balanced meals and limit processed foods and sugary drinks.

Regular exercise: Promote physical activity and outdoor play.

Adequate sleep: Ensure children get enough restful sleep for optimal cognitive function and emotional well-being.

Mindfulness and stress reduction techniques: Introduce practices like meditation or deep breathing exercises.

Nurturing Independence and Responsibility: Empowering Your Child

Champion parents understand the importance of empowering their children to become independent and responsible individuals. This involves:

Setting clear expectations and boundaries: Establish clear rules and consequences, consistently enforced.

Providing age-appropriate responsibilities: Assign chores and tasks that help children develop a sense of contribution and responsibility.

Encouraging self-advocacy: Teach children to express their needs and opinions respectfully.

Giving children choices and autonomy: Allow children age-appropriate decision-making power, fostering their independence.

The Champion Parent's Journey: A Continuous Process of Learning and Growth

Raising successful children is an ongoing journey, not a destination. It requires patience, understanding, and a commitment to continuous learning. Embrace the challenges, celebrate the successes, and remember that the true measure of success lies not in external achievements but in the development of strong character, resilience, and well-being.

Conclusion:

The "Champion Parent's Guide" emphasizes a shift from a solely achievement-focused approach to a holistic one that prioritizes the development of well-rounded, resilient individuals. By fostering a growth mindset, cultivating emotional intelligence, building resilience, promoting healthy habits, and empowering independence, parents can nurture champions who are not only successful but also fulfilled and happy.

FAQs:

1. How can I balance my child's extracurricular activities with their academic work? Prioritize and streamline activities. Involve your child in the decision-making process, ensuring balance and avoiding over-scheduling.
2. My child struggles with failure. How can I help them develop resilience? Focus on effort and learning from mistakes rather than outcome. Help them identify their strengths and use positive self-talk.
3. What are some practical ways to foster emotional intelligence in my child? Label emotions together, use books and media to explore feelings, and model emotional regulation.
4. How do I avoid pushing my child too hard to achieve? Prioritize intrinsic motivation over external pressure. Focus on effort and enjoyment rather than solely on achieving high scores or winning.
5. My child is struggling academically. What can I do to support them? Seek professional help if needed, create a supportive learning environment at home, and work with the school to identify learning challenges and develop strategies for success.

Lu's New York Times bestselling LEGEND trilogy—perfect for fans of THE HUNGER GAMES and DIVERGENT! He is a Legend. She is a Prodigy. Who will be Champion? June and Day have sacrificed so much for the people of the Republic—and each other—and now their country is on the brink of a new existence. June is back in the good graces of the Republic, working within the government's elite circles as Princeps Elect while Day has been assigned a high level military position. But neither could have predicted the circumstances that will reunite them once again. Just when a peace treaty is imminent, a plague outbreak causes panic in the Colonies, and war threatens the Republic's border cities. This new strain of plague is deadlier than ever, and June is the only one who knows the key to her country's defense. But saving the lives of thousands will mean asking the one she loves to give up everything he has. With heart-pounding action and suspense, Marie Lu's bestselling trilogy draws to a stunning conclusion. New York Times bestseller YALSA BFYA ALA Top 10 nominee Chicago Public Library Best Book VOYA YA Perfect Ten List Bank Street Best Book Featured on Entertainment Weekly's Must-List From ENTERTAINMENT WEEKLY: "Fine writing and excellent execution. Sequel, please!" From THE NEW YORK TIMES: "Legend doesn't merely survive the hype, it deserves it." From USA TODAY: "Marie Lu's dystopian novel is a 'Legend' in the making."

the champion parents guide: *A Parents' Guide for Children's Questions* Benito Casados, 2010-07-16 Children by nature are curious about the world and people around them. As they grow older their level of awareness increases and questions begin to pour from their inquiring minds. Their questions maybe motivated by what they hear and see in their surroundings, what they see on television or what they are trying to learn in school. In most cases the burden of answering these questions falls on the parents. Parents are busy people. Children want the answers right now. This guide will provide answers for many questions traditionally asked by children between the ages of eight and sixteen. This guide is published in E-Book format only and is intended to reside in your e-book reader so the information is easily accessed whether at home or on the road.

the champion parents guide: *The Champion* Taran Matharu, 2021-08-10 In Taran Matharu's *The Champion*, the explosive final book in the Contender trilogy, Cade and his friends wage the ultimate battle for their lives—and the fate of Earth itself—in the Game set by the cruel and mysterious Pantheon... Cade has managed to survive the duel with the Hydra Alpha—barely. But the Games are far from over. By order of their cruel and mysterious overlord, Abaddon, Cade and his friends are sent off to war against the Greys, a humanoid race who have far surpassed humans in technology on their home planet. This attempt to move up the leaderboard, however, leads Cade to a game-changing revelation: The Pantheon—the millennia-old alien masterminds behind the Games—have a weakness. With the right artifacts scavenged from the land of Acies and a heavy dose of courage and luck, Cade has exactly one chance to end their tyranny forever. But if he fails, the lives of his friends—and the survival of Earth itself—will be forfeit.

the champion parents guide: *The Catcher in the Rye* J. D. Salinger, 2024-06-28 *The Catcher in the Rye*, written by J.D. Salinger and published in 1951, is a classic American novel that explores the themes of adolescence, alienation, and identity through the eyes of its protagonist, Holden Caulfield. The novel is set in the 1950s and follows Holden, a 16-year-old who has just been expelled from his prep school, Pencey Prep. Disillusioned with the world around him, Holden decides to leave Pencey early and spend a few days alone in New York City before returning home. Over the course of these days, Holden interacts with various people, including old friends, a former teacher, and strangers, all the while grappling with his feelings of loneliness and dissatisfaction. Holden is deeply troubled by the "phoniness" of the adult world and is haunted by the death of his younger brother, Allie, which has left a lasting impact on him. He fantasizes about being "the catcher in the rye," a guardian who saves children from losing their innocence by catching them before they fall off a cliff into adulthood. The novel ends with Holden in a mental institution, where he is being treated for a nervous breakdown. He expresses some hope for the future, indicating a possible path to recovery..

the champion parents guide: *Raising Champions* Michael Sayler, Texas Association for the Gifted and Talented, 2002 Educational title for gifted and advanced learners.

the champion parents guide: Strong Choices, Strong Families: A Parent's Guide to Prevent Childhood Obesity Babs Hogan, M.Ed., 2012-07-15 Wellness coach Babs Hogan highlights practical ways to prevent children from becoming overweight while improving the health of the whole family. -- Cover.

the champion parents guide: *Prodigy* Marie Lu, 2013-01-29 The second book in Marie Lu's New York Times bestselling LEGEND trilogy—perfect for fans of THE HUNGER GAMES and DIVERGENT! June and Day arrive in Vegas just as the unthinkable happens: the Elector Primo dies, and his son Anden takes his place. With the Republic edging closer to chaos, the two join a group of Patriot rebels eager to help Day rescue his brother and offer passage to the Colonies. They have only one request—June and Day must assassinate the new Elector. It's their chance to change the nation, to give voice to a people silenced for too long. But as June realizes this Elector is nothing like his father, she's haunted by the choice ahead. What if Anden is a new beginning? What if revolution must be more than loss and vengeance, anger and blood—what if the Patriots are wrong? In this highly-anticipated sequel to the New York Times bestseller Legend, Lu delivers a breathtaking thriller with high stakes and cinematic action. Masterful. —The Los Angeles Times Lu's action-packed series is the real deal. —Entertainment Weekly

the champion parents guide: World Champions! A Max Einstein Adventure James Patterson, Chris Grabenstein, 2021-08-09 Max finally meets her hero, Albert Einstein, as she dashes across glaciers, visits the Great Barrier Reef, and flies a solar-powered jet in a race to stop Global Warming—before it's too late for Planet Earth. World Champions . . . GET OUTDOORS From racing across glaciers in Greenland and flying in a super fancy solar-powered jet to Hawaii, to visiting the Great Barrier Reef off the coast of Australia and hanging out with a robot named Leo, twelve-year-old genius Max and her friends live for adventure. TAKE ACTION Whenever there's a problem to solve, the kids work better together. So does an evil group of the rich and powerful, who will do whatever it takes to split the kids up—even as the planet is changing before their eyes. NEVER GIVE UP Max has one more surprise in her playbook, and if she's going to pull it off, she needs her team around her. Whoever said that kids can't save the world?

the champion parents guide: *The Parent's Guide to Talking About Sex* Janet Rosenzweig, 2015-04-21 If your kids aren't learning about sex from you, what are they learning about sex, and who is teaching them? Having "the talk" with your child does not have to be a terrifying and awkward event. Armed with Dr. Janet Rosenzweig's groundbreaking book, you may find you never need to have "the talk." Dr. Rosenzweig illustrates how you can help protect your children from sexual abuse, trauma, and bullying through your everyday interactions with them. She walks you through the steps you can take to combine your own family's values with age-appropriate information for children at all stages of development. And you'll learn how to do so in a way that will improve the trust and communication between you and your child. Dr. Rosenzweig applies her decades of experience in child abuse prevention, sexuality education, and family services to help you identify the real threats to your children's safety and to protect them from becoming victims of sexual misinformation or exploitation. From choosing a child's first daycare to meeting the multimedia challenges of adolescence, *The Parent's Guide to Talking About Sex* will coach you to raise sexually safe and healthy sons and daughters.

the champion parents guide: The New York Times Parent's Guide to the Best Books for Children Eden Ross Lipson, 2000-11-14 The Classic Guide That Helps You Select the Books the Child You Know Will Love In this third, fully revised and updated edition of *The New York Times Parent's Guide to the Best Books for Children*, the children's book editor of *The New York Times Book Review* personally selects and recommends books for children of every age. The most comprehensive and authoritative book of its kind has been completely updated for the new millennium. It contains hundreds of new entries, many expanded descriptions, and notations of additional companion and related titles -- more than 1,700 in all. The best-loved classics of the twentieth century are included, as well as a thoughtful selection of outstanding titles from the last decade. Six sections are organized according to reading level: Wordless, Picture, Story, Early

Reading, Middle Reading, and Young Adult. In addition to a summary of the book, each entry provides the essential bibliographic information you need to find a book in your local library or bookstore, including title author and/or illustrator hardcover and/or paperback publisher and publication year major awards related titles The unique and most popular feature of the guide is its system of special indexes -- more than sixty in all. They make it easy for parents and grandparents, teachers and librarians, even children themselves, to match the right book to the right child. Browse through the indexes and find titles for every interest and mood: picture books about cats, mice, or dinosaurs for babies; funny books to read aloud to toddlers; series about family life or school or fantasy adventures for a middle-grade child; books on divorce or death; and coming-of-age novels just right for someone starting junior high school. There are also indexes for books about minorities and religion, an age-appropriate reading-level index, and much more. Lavishly decorated with more than three hundred illustrations from representative titles, the guide also features extra-wide margins for notes on which of your children liked which book, at what age, and why. Thus the guide becomes a family reading record as well as an invaluable resource you'll use again and again.

the champion parents guide: *The Parents Guide for the Transmission of Desired Qualities to Offspring, and Childbirth Made Easy* Hester Pendleton, 1876

the champion parents guide: **The Everything Parent's Guide To Positive Discipline** Carl E Pickhardt, 2003-12-01 The Everything Parent's Guide to Positive Discipline gives you all you need to help you cope with behavior issues, both large and small. Written by noted psychologist Dr. Carl E. Pickhardt, this authoritative, practical book provides you with professional advice on dealing with everything from getting your kids to do their homework to teaching them to respect their elders. The Everything Parent's Guide to Positive Discipline shows you how to: - Set priorities; - Promote communication; - Establish the connection between choice and consequence; - Enforce punishment; - Change discipline style to reflect the age of the child; - Work with your partner as a team. The Everything Parent's Guide to Positive Discipline is guaranteed to help you keep the peace, and raise a well-behaved child in any home!

the champion parents guide: The Everything Parent's Guide to Positive Discipline Ellen Bowers, 2011-10-15 A child talks back to her mother. A teenager starts slamming doors and giving dirty looks. A naughty toddler seems to enjoy the negative response he gets from his exhausted parents. When misbehaviors begin, they can quickly escalate into an uphill battle of yelling, tears, and resistance--on both sides. This guide is a reassuring and realistic resource for parents struggling to find a positive balance with their kids, featuring guidance on how to: Set priorities for children of any age Open the lines of communication both ways Enforce punishments that teach rather than torture Work successfully with your partner Cultivate an environment of mutual respect With short takeaways at the conclusion of each chapter, this guide is the only resource you need to cope with behavior issues and raise a well-behaved child!

the champion parents guide: *A Parent's Guide to Lies Boys Believe* Erin Davis, Jason Davis, 2023-11-07 Lies are powerful. Your son has a persistent enemy who seeks to deceive and rob him of the confidence and strength he has in Jesus. But you can help him fill his heart with God's Truth so that he can stand strong. A Parent's Guide to Lies Boys Believe, a companion book to Lies Boys Believe, is your tool to come alongside your son in the fight against lies. This unique and Bible-centered resource teaches your son the Truth he will need to navigate the challenges he is facing. Join the fight against lies using this guide, packed with encouragement and biblical insight. Written by two experienced parents with a house full of boys and a heart to raise up a generation of Truth-seekers, you'll be empowered to talk with your son and push back against the Deceiver. Together, these books give you the tools you need to start important conversations. A Parent's Guide to Lies Boys Believe will help you: Develop and communicate a right theology of lies and Truth to your son Initiate meaningful ongoing conversations about the topics like: the gospel, God's Word, entertainment choices, self-control, and more. Build a Word-centered home

the champion parents guide: *The Scorpio Races* Maggie Stiefvater, 2011-11-03 The ebook of the stunning new novel from the bestselling author of SHIVER, LINGER AND FOREVER. Stay alive,

stay astride, stay out of the water... Every November, the Scorpio Races are run beneath the chalk cliffs of Skarmouth. Thousands gather to watch the horses and the sea that washes the blood from the sand. The mounts are capaill uisce: savage water horses. There are no horses more beautiful, more fearless, more deadly. To race them can be suicide but the danger is irresistible. Sean Kendrick knows the dangers of the capaill uisce. With one foot in the ocean and one on land, he is the only man on the island capable of taming the beasts. He races to prove something both to himself and to the horses. Puck Connolly enters the races to save her family. But the horse she rides is an ordinary little mare, just as Puck is an ordinary girl. When Sean sees Puck on the beach he doesn't think she belongs. He doesn't realize his fate will become entwined in hers. They both enter the Races hoping to change their lives. But first they'll have to survive.

the champion parents guide: Sustain Your Game Alan Stein, Jon Sternfeld, 2022-04-12 The Sports Librarian's Best of 2022 - Sports Books Sustain Your Game is built upon a simple premise: each of us will always be under construction, a work in progress, and constantly evolving. The goal is to be moving toward our highest potential, toward making a meaningful contribution, and toward becoming the best version of ourselves. Based on his years as a successful basketball performance coach—having worked with and alongside superstars like Steph Curry, Kevin Durant, and Kobe Bryant—and a keynote speaker to major companies like Pepsi and Amex, Alan Stein Jr. brings you the keys to lasting, unimaginable success. The secret? Sustain Your Game teaches a timeline of short term to medium term to long term because we are always battling all three: stress in the now, stagnation in the present, and burnout in the long term. Part I—PERFORM is about managing stress in the day-to-day (short term) Part II—PIVOT is about avoiding stagnation in your current situation (medium term) Part III—PREVAIL is about beating burnout and making a lasting impact (long term) This book is for high performers who want to learn practical strategies and action steps on how to sustain their game across all three timelines. It assembles invaluable advice and lessons from successful athletes, entrepreneurs, social scientists, journalists, CEOs, motivational speakers, business coaches, and consultants, as well as Alan's own personal stories.

the champion parents guide: The Conscious Parent's Guide to Positive Discipline Jennifer Costa, 2016-02 Help your child learn self-discipline, cooperation, and responsibility! When a child misbehaves, the situation can quickly escalate into an uphill battle of yelling, tears, and resistance--on both sides. But what if you could avoid all that? Conscious parenting is about being present with your child and taking the time to understand the reasons and motivations behind behaviors. This relationship-centered approach means that you respect your child's point of view as you both learn how to create a mutually-beneficial set of behavioral rules. By practicing this mindful method, you can support your child emotionally and help nurture important social development. Parent coach Jennifer Costa teaches you how to: Communicate openly with your child about proper behavior Build a supportive home environment Determine your child's behavioral triggers Learn strategies that will help your child feel calm Teach your child long-term coping skills Discipline your child without embracing anger With The Conscious Parent's Guide to Positive Discipline, you will learn to create a calm and mindful atmosphere for the whole family, while helping your child feel competent, successful, and healthy.

the champion parents guide: The Parent's Guide to Eating Disorders Marcia Herrin, Nancy Matsumoto, 2010-02-01 The Parent's Guide to Eating Disorders shows that effective solutions begin at home and cost little more than a healthy investment of time, effort, and love. Based on exciting new research, it differs from similar books in several key ways. Instead of concentrating on the grim, expensive hospital stays of patients with severe disorders, the authors focus on the family, teaching parents how to examine and understand their family's approach to food and body-image issues and its effect on their child's behavior. Parents learn to identify an eating disorder early, to establish healthy attitudes toward food at a young age, and to intervene in a nonthreatening, nonjudgmental way. The authors concentrate on teens, the age group most often affected by eating disorders, as well as younger children. Individual chapters cover boys at risk, relapse training, dealing with friends, school, and summer camp, and much more. The book includes an appendix and

sections on further reading, organizations and websites, residential and hospital programs, and references.

the champion parents guide: *The Parents' Guide to Boys* Abigail James, 2012-11-28 Raising a boy poses unique challenges. This entertaining and informative user's manual will help you work with your son to prepare him for school. Abigail James's experiences as a teacher, mother of a son, and lifelong learner confirm her belief that parents want to give their children the best preparation for life they possibly can. If you have a son—or know someone who's raising a boy—here's the book you've been looking for. Its clear, practical advice will guide you through preparing your child for school and for life. Packed with activities you can implement immediately, humorous examples you'll remember forever, and wisdom Abigail has acquired in the trenches, *The Parents' Guide to Boys* is a book you'll quote often and go back to again and again. No matter whether your son is eight months or eighteen years old, Abigail has tips for giving him a great head start, keeping him engaged in the classroom, and creating a happy, self-sufficient young man.

the champion parents guide: *The Parents' Guide to Cochlear Implants* Patricia M. Chute, Mary Ellen Nevins, 2002 Offers a guide to cochlear implantation for parents, including discussion of the evaluation process, device options, surgical procedure, and device maintenance.

the champion parents guide: *Single Parent's Guide to Love, Dating, and Relationships* Shae Cooke, 2011-02-01 With a heart to see people encountering the love and power of Jesus, single parent and former foster child Shae Cooke shares her heart, humor, and GodOCOs love message to a worldwide audience. A co-author and ghostwriter, she has contributed to more than 40 books, in both secular and non secular markets, and works closely with international ministry and marketplace leaders, entertainers, writers, and publishers to inspire people into the supernatural reality of relationship with God.

the champion parents guide: *The Everything Parent's Guide To Raising Siblings* Linda Sonna, 2006-02-24 A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

the champion parents guide: *A Parent's Guide to the Best Kids' Comics* Scott Robins, Snow Wildsmith, 2012-05-03 Children are made readers on the laps of their parents. --Author Emilie Buchwald Filled with beautifully illustrated reviews and a wealth of recommendations, *A Parent's Guide to the Best Kids' Comics* lovingly and thoughtfully reveals a world of graphic novels sure to capture the imagination and curiosity of your child. Children's literature experts and library professionals Scott Robins and Snow Wildsmith select and review 100 age-appropriate books, and recommend another 750 titles for children from pre-kindergarten to eighth grade in this full-color, first-of-its-kind guide. You'll also find an educator's bibliography, website recommendations, and a bounty of resources to make this magical journey informative as well as delightful. Jeff Smith and Vijaya Iyer, producers of the highly acclaimed and award-winning *Bone* series, provide a Foreword for the book.

the champion parents guide: *Special Education* Michael T. Bailey, 2006-03 Over six million American families are involved in special education, and the numbers are growing. The complex web of laws, regulations, personalities and stresses, combined with anxiety over raising a child with a disability, have made special education advocacy an impenetrable maze to many parents. This book presents the complexities of the process in a simple-to-understand way and offers practical tips, checklists and strategies on how to make the system work to insure the educational success of all children.

the champion parents guide: *The Everything Parent's Guide To Children With Juvenile Diabetes* Moira McCarthy, Jake Kushner, 2007-04-02 Parents of children who have been diagnosed with diabetes are faced with an overwhelming, and sometimes frightening, amount of information. *The Everything Parent's Guide to Children with Juvenile Diabetes* helps readers to cope with the challenges of helping their children live happy, healthy lives while controlling the disease. Parents of children who have been diagnosed with diabetes are faced with an overwhelming, and sometimes frightening, amount of information. *The Everything Parent's Guide to Children with Juvenile Diabetes* helps readers to cope with the challenges of helping their children live happy, healthy lives

while controlling the disease. This reassuring, easy-to-use guide features advice on: -Adjusting to life with diabetes -Helping children take control of their health -Monitoring diet and insulin levels -Handling emergencies -Finding support for children and parents

the champion parents guide: A Parent's Guide to Autism Ron Sandison, 2016-04-05 This guide will help readers have an in-depth understanding of autism, and provide a plan for parents to raise happy, healthy children. All children can flourish and mature through love.

the champion parents guide: The Parents' Guide to Climate Revolution Mary DeMocker, 2018-03-05 Relax, writes author Mary DeMocker, this isn't another light bulb list. It's not another overwhelming pile of parental 'to dos'; designed to shrink your family's carbon footprint through eco-superheroism. Instead, DeMocker lays out a lively, empowering, and — doable — blueprint for engaging families in the urgent endeavor of climate revolution. In this book's brief, action-packed chapters, you'll learn hundreds of wide-ranging ideas for being part of the revolution — from embracing simplicity parenting, to freeing yourself from dead-end science debates, to teaching kids about the power of creative protest, to changing your lifestyle in ways that deepen family bonds, improve moods, and reduce your impact on the Earth. Engaging and creative, this vital resource is for everyone who wants to act effectively — and empower children to do the same.

the champion parents guide: Last Gate of the Emperor Kwame Mbalia, Prince Joel Makonnen, 2021-05-04 From Kwame Mbalia and Prince Joel David Makonnen comes an Afrofuturist adventure about a mythical Ethiopian empire. Sci-fi and fantasy combine in this epic journey to the stars. Yared Heywat lives an isolated life in Addis Prime -- a hardscrabble city with rundown tech, lots of rules, and not much to do. His worrywart Uncle Moti and bionic lioness Besa are his only family... and his only friends. Often in trouble for his thrill-seeking antics and wisecracking sense of humor, those same qualities make Yared a star player of the underground augmented reality game, The Hunt for Kaleb's Obelisk. But when a change in the game rules prompts Yared to log in with his real name, it triggers an attack that rocks the city. In the chaos, Uncle Moti disappears. Suddenly, all the stories Yared's uncle told him as a young boy are coming to life, of kingdoms in the sky and city-raiding monsters. And somehow Yared is at the center of them. Together with Besa and the Ibis -- a game rival turned reluctant ally -- Yared must search for his uncle... and answers to his place in a forgotten, galaxy-spanning war.

the champion parents guide: Living with Cerebral Palsy: A Parents Guide to Managing Cerebral Palsy Protasio Chipulu, 2013-08-30 This book is about managing a daughter with cerebral palsy. It is for the persons with cerebral palsy and those who are helping in managing the condition.

the champion parents guide: Legend Marie Lu, 2011-11-29 Legend doesn't merely survive the hype, it deserves it. From the New York Times bestselling author of The Young Elites What was once the western United States is now home to the Republic, a nation perpetually at war with its neighbors. Born into an elite family in one of the Republic's wealthiest districts, fifteen-year-old June is a prodigy being groomed for success in the Republic's highest military circles. Born into the slums, fifteen-year-old Day is the country's most wanted criminal. But his motives may not be as malicious as they seem. From very different worlds, June and Day have no reason to cross paths - until the day June's brother, Metias, is murdered and Day becomes the prime suspect. Caught in the ultimate game of cat and mouse, Day is in a race for his family's survival, while June seeks to avenge Metias's death. But in a shocking turn of events, the two uncover the truth of what has really brought them together, and the sinister lengths their country will go to keep its secrets. Full of nonstop action, suspense, and romance, this novel is sure to move readers as much as it thrills.

the champion parents guide: Here in the Real World Sara Pennypacker, 2020-02-04 From the author of the highly acclaimed, New York Times bestselling novel Pax comes a gorgeous and moving middle grade novel that is an ode to introverts, dreamers, and misfits everywhere. Ware can't wait to spend summer "off in his own world"—dreaming of knights in the Middle Ages and generally being left alone. But then his parents sign him up for dreaded Rec camp, where he must endure Meaningful Social Interaction and whatever activities so-called "normal" kids do. On his first

day Ware meets Jolene, a tough, secretive girl planting a garden in the rubble of an abandoned church next to the camp. Soon he starts skipping Rec, creating a castle-like space of his own in the church lot. Jolene scoffs, calling him a dreamer—he doesn't live in the "real world" like she does. As different as Ware and Jolene are, though, they have one thing in common: for them, the lot is a refuge. But when their sanctuary is threatened, Ware looks to the knights' Code of Chivalry: Thou shalt do battle against unfairness wherever faced with it. Thou shalt be always the champion of the Right and Good—and vows to save the lot. But what does a hero look like in real life? And what can two misfit kids do?

the champion parents guide: The Baffled Parent's Guide to Coaching 6-and-Under Soccer David Williams, Scott Graham, 2005-07-15 Scott and David have done a fantastic job getting into the psyche of these very young players. What I really love is their emphasis on FUN, and that kids learn by DOING. This book will make a great extra assistant as you prepare for your season.—Bobby Clark, Head Soccer Coach, University of Notre Dame; author of the best-selling *Coaching Youth Soccer: The Baffled Parent's Guide* Coach. You're the new coach of your child's soccer team, and you're not sure how to teach your players the fundamentals of soccer while also ensuring they have fun. Don't panic—Coaching 6-and-Under Soccer is here to help. Coaching 6-and-Under Soccer offers straightforward advice, tips, and techniques, including reward-based games and drills; your first six practices in an easy-to-photocopy format; and how to teach soccer basics to 4-, 5-, and 6-year-olds in ways that are fun for you and your players. This complete tool kit for a new coach includes: The twelve easy-to-run drills that work best with young soccer players How to keep your young players happy and active while they learn How to make parents your best assistants and supporters How to keep the focus where it belongs—not on winning or losing, but on having fun How to have a terrific time coaching young players Coaching 6-and-Under Soccer shows you how to teach your young players the right way—through lively games that encourage kids to use their creativity and self-expression when playing.—Brandi Chastain, Olympic and World Cup Soccer Champion; author of *It's Not About the Bra: Play Hard, Play Fair, and Put the Fun Back into Competitive Sports* I have no doubt that young players will come to love the game of soccer if their coaches follow the simple, straightforward advice in this book.—Anson Dorrance, Head Women's Soccer Coach, University of North Carolina; author of *The Vision of a Champion: Advice and Inspiration from the World's Most Successful Women's Soccer Coach* I highly recommend this terrific book to coaches who want to instill good sportsmanship and the love of the game in their young players while building a solid foundation in basic soccer skills and teamwork.—Jeremy Gunn, Head Men's Soccer Coach, Fort Lewis College

the champion parents guide: A Parents' Guide To Primary School Elizabeth Grahamslaw, 2011-05-31 Education is an obsession for parents and children alike and parents will worry about anything to do with their children's schooling, from which school to choose and when their child should start to what they need to learn and how they'll cope in the playground. Schools are crying out for parents to become more involved in their children's education. A Parents' Guide to Primary School contains indispensable advice on: - Pre-school and choosing the right primary school - Getting ready for school and the first day - The curriculum, SATs, homework and the importance of parents' involvement in their children's learning - Discipline and bullying - Governors and the PTA - how to get involved - Parents' evenings and reports - Extracurricular activities - Special needs - Moving on - preparing for secondary school

the champion parents guide: The Boys in the Boat (Movie Tie-In) Daniel James Brown, 2023-12-05 The inspiration for the Major Motion Picture Directed by George Clooney—exclusively in theaters December 25, 2023! The #1 New York Times bestselling true story about the American rowing triumph of the 1936 Olympics in Berlin—from the author of *Facing the Mountain* For readers of *Unbroken*, out of the depths of the Depression comes an irresistible story about beating the odds and finding hope in the most desperate of times—the improbable, intimate account of how nine working-class boys from the American West showed the world at the 1936 Olympics in Berlin what true grit really meant. It was an unlikely quest from the start. With a team composed of the sons of

loggers, shipyard workers, and farmers, the University of Washington's eight-oar crew team was never expected to defeat the elite teams of the East Coast and Great Britain, yet they did, going on to shock the world by defeating the German team rowing for Adolf Hitler. The emotional heart of the tale lies with Joe Rantz, a teenager without family or prospects, who rows not only to regain his shattered self-regard but also to find a real place for himself in the world. Drawing on the boys' own journals and vivid memories of a once-in-a-lifetime shared dream, Brown has created an unforgettable portrait of an era, a celebration of a remarkable achievement, and a chronicle of one extraordinary young man's personal quest.

the champion parents guide: *Amira & Hamza: The War to Save the Worlds* Samira Ahmed, 2021-09-21 From bestselling author Samira Ahmed comes a thrilling fantasy adventure intertwining Islamic legend and history, perfect for fans of Aru Shah and the Land of Stories. On the day of a rare super blue blood moon eclipse, twelve-year-old Amira and her little brother, Hamza, can't stop their bickering while attending a special exhibit on medieval Islamic astronomy. While stargazer Amira is wowed by the amazing gadgets, a bored Hamza wanders off, stumbling across the mesmerizing and forbidden Box of the Moon. Amira can only watch in horror as Hamza grabs the defunct box and it springs to life, setting off a series of events that could shatter their world—literally. Suddenly, day turns to night, everyone around Amira and Hamza falls under a sleep spell, and a chunk of the moon breaks off, hurtling toward them at lightning speed, as they come face-to-face with two otherworldly creatures: jinn. The jinn reveal that the siblings have a role to play in an ancient prophecy. Together, they must journey to the mystical land of Qaf, battle a great evil, and end a civil war to prevent the moon—the stopper between realms—from breaking apart and unleashing terrifying jinn, devs, and ghuls onto earth. Or they might have to say goodbye to their parents and life as they know it, forever....

the champion parents guide: *Changing the Game* John O'Sullivan, 2013-12-01 The modern day youth sports environment has taken the enjoyment out of athletics for our children. Currently, 70% of kids drop out of organized sports by the age of 13, which has given rise to a generation of overweight, unhealthy young adults. There is a solution. John O'Sullivan shares the secrets of the coaches and parents who have not only raised elite athletes, but have done so by creating an environment that promotes positive core values and teaches life lessons instead of focusing on wins and losses, scholarships, and professional aspirations. *Changing the Game* gives adults a new paradigm and a game plan for raising happy, high performing children, and provides a national call to action to return youth sports to our kids.

the champion parents guide: *The Parents' Guide to Psychological First Aid* Gerald Koocher, Annette La Greca, 2010-11-01 Does your young daughter talk endlessly about invisible friends, dragons in the basement, and monsters in the closet? Is your teenager about to start high school or being victimized by bullies? Is your son mortally afraid of certain insects or of injections at the doctor's office? Compiled by two seasoned clinical psychologists, *The Parents' Guide to Psychological First Aid* brings together articles by recognized experts who provide you with the information you need to help your child navigate the many trying problems that typically afflict young people. Written in an engaging style, this book offers sage advice on a raft of everyday problems that have psychological solutions. The contributors cover such topics as body image and physical appearance; cigarettes, drugs, and alcohol; overeating and obesity; dental visits; the birth of a sibling and sibling rivalries; temper tantrums; fostering self-esteem; shyness and social anxiety; and much more. Each expert article provides an overview of the issues, offers reassurance for minor problems and strategies for crisis management, and discusses the red flags that indicate that professional help is needed. In addition, the book is organized into various categories to make it easier to find information. For instance, the Family Issues section includes articles on Blended Families, Divorce, and Traveling; the Adolescent Issues section covers such topics as Dating and Driving; and the Social/Peer Issues section explores such subjects as Sportsmanship, Homesickness, and Making Friends. An encyclopedic reference for parents concerned with maintaining the mental health of their children, this indispensable volume will help you help your child to deal effectively

with stress and pressure, to cope with everyday challenges, and to rebound from disappointments, mistakes, trauma, and adversity.

the champion parents guide: *Mustang Miracle* Humberto G. Garcia, 2012-09-21 In 1957, when very few Mexican-Americans were familiar with the game of golf, and even less actually played it, a group of young caddies which had been recruited to form the San Felipe High School Golf Team by two men who loved the game, but who had limited access to it, competed against all-white schools for the Texas State High School Golf Championship. Despite having outdated and inferior equipment, no professional lessons or instructions, four young golfers with self-taught swings from the border city of Del Rio, captured the State title. Three of them took the gold, silver and bronze medals for best individual players. This book tells their story from their introduction to the game as caddies to eventually becoming champions.

the champion parents guide: *The Self-Confidence Factor* Sifu Karl Romain, 2012-11-13 Bullying has reached epidemic proportions. One out of every four kids is bullied, and one out of every five kids admits to being a bully or doing some bullying. Without intervention, bullying can impact a victim's future in many negative ways. But teaching important life skills like communication, public speaking, and rapport building can improve kids' confidence and help reduce the effects of bullying. In *The Self-Confidence Factor*, author Sifu Karl Romain presents a comprehensive guide offering parents, teachers, and childcare providers strategies for dealing with the serious issue of bullying. It teaches children to use communication skills before using physical action. *The Self-Confidence Factor* discusses different types of bullying, ways to defuse situations, and what to expect from—and require of—school officials. It communicates techniques to train and discuss with children in order to best support and protect them. Sifu Romain also demonstrates some basic self-defense techniques, as well as methods to instill self-confidence. Praise for *The Self-Confidence Factor Training* with Sifu Karl Romain has helped boost my confidence and focus in many facets of my life. It helped give me the courage to tackle obstacles head-on, and I'd recommend this book to anyone who needs their own confidence boost. —John Francis Daley, black belt, writer, and actor With specific techniques for building mental resilience and physical strength, *The Self-Confidence Factor* is a wonderful tool for both parents and kids trying to deal with conflict in a productive way. This book provides the skills and discipline to handle any situation. —Lisa Oz, author and radio/television personality

the champion parents guide: *The Thinking Parent's Guide to College Admissions* Eva Ostrum, 2006 Furnishes a guide on how to negotiate the college admissions process, offering advice, tools, and procedures that cover everything from the college application timetable to writing an effective application essay.

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