



Your Greatness is Growing- Nurturing the Heart of Autism

Catherine Stafford

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"Your Greatness is Growing- Nurturing the Heart of Autism" is a celebration of a child throughout a typical day. This fun and rhyming book, beautifully illustrated (almost entirely) by children on the spectrum, provides both reflections of successes that can be internalized by any child and the positive and relational language that creates these successes. It magnifies, for child and adult alike, all the ways that a child can experience success throughout the day, simply by what adults choose to pay attention to, honor and name in the child. Parents and teachers will instantly recognize that the author included in the day's events those areas that are often the most challenging points of the day for children on the spectrum and demonstrates how these moments can be nurtured into contextual moments of social learning and success(greatness). Success is irrefutable and unavoidable, as adults simply reflect the truth of each new moment. "Your Greatness is Growing- Nurturing the Heart of Autism" is a snapshot of a day through the lens of Howard Glasser's Nurtured Heart Approach™. This profoundly positive, relationship based philosophy, developed by Glasser in the late 1990s, is based on the energetic truth that we increase that which we attend to. We can grow the very behaviors/values/skills/competencies that we desire by tuning in to all efforts in the right direction and holding them up as success. Children feel seen and appreciated, as skills, values and emotions are named and honored, all in the context of positive relationships with significant adults. Nurtured Heart Approach™ goes above and beyond praise by speaking directly to the heart, through the specificity and energy that is directed at what is going right. Greatness is internalized. The Nurtured Heart Approach™ is the perfect foundation to creating a culture of positivity and success in any family or classroom. "Your Greatness is Growing- Nurturing the Heart of Autism" is a must for every adult who wants to bring out the greatness in a child and for every child who wants to begin to feel the greatness that is already within.

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