



# Prevention and Coping in Child and Family Care: Mothers in adversity coping with child care

*Michael Sheppard*

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How do mothers cope with child care and associated problems when, in adversity, they do not gain access to social service support? This book considers the important question of mothers' coping strategies when they are in adversity. Drawing upon the women's own accounts, it focuses not only on what they do themselves to deal with their problems, but how they integrate their own problem solving approaches with the use of supports. It also examines the way in which women cope with their own emotional responses to these problems.

The women themselves, and their own accounts are placed 'centre stage' in this book. In doing this the book is able to create a major development in our understanding of the nature of Prevention, a central concept in welfare provision. Drawing upon Coping theory, and the findings of this study, this book extends and develops the concept of Prevention, creating a multidimensional model in which the actions of the mother herself (and other primary caregivers) are included alongside traditional domains.

It will be of interest to a variety of academic and professional disciplines, including those interested in gender studies, sociology, social policy, as well as social work and health professionals.

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