



Building Self-Esteem in Children and Teens Who Are Adopted or Fostered

Sue Cornbluth

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Just because children have been fostered or adopted, it doesn't mean they can't grow up to be happy, healthy and successful.

In *Building Self-Esteem in Children Who Are Adopted or Fostered*, Dr. Sue offers simple and practical advice to those supporting children aged 7+ to help them move beyond their trauma and build healthy self-esteem. The book explains how self-esteem develops, why adopted and fostered children often have low self-esteem and how this can affect them. Dr Sue describes proven techniques to help traumatized children gain confidence, showing how you can play a powerful role in your child's happiness.

Full of useful advice and effective techniques, this book is ideal for foster and adoptive parents, social workers, counsellors and therapists, as well as other professionals working with children who are fostered or adopted.

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