

Alison Learns To Deal With Her Dad's PTSD

A Must-Read for Families and Children

Alison Learns To Deal With Her Dad's PTSD is a heartwarming and educational story for children and families dealing with PTSD. The book follows Alison as she learns about PTSD, how it affects her dad, and how she can help.



Alison learns to deal with her Dad's PTSD

by Sarah Elizabeth Taylor

★★★★★ 5 out of 5

Language : English
File size : 407 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 24 pages
Lending : Enabled



Alison's dad is a veteran who served in the military. He has PTSD, which means that he sometimes has flashbacks, nightmares, and anxiety. Alison doesn't understand why her dad acts the way he does, but she wants to help him. She learns about PTSD and how to support her dad. Alison also learns how to take care of herself and her emotions.

Alison Learns To Deal With Her Dad's PTSD is a valuable resource for families and children dealing with PTSD. The book provides information

about PTSD, how it affects children and families, and how to get help. The book also includes tips for supporting a loved one with PTSD and for taking care of yourself.

What is PTSD?

PTSD is a mental health condition that can develop after a person has experienced a traumatic event. Symptoms of PTSD can include flashbacks, nightmares, anxiety, and avoidance. PTSD can be caused by a variety of traumatic events, including military combat, sexual assault, and natural disasters.

How does PTSD affect children?

Children who have a parent with PTSD may experience a variety of challenges. These challenges can include:

- Difficulty sleeping
- Anxiety and fear
- Behavioral problems
- Academic difficulties
- Social isolation

How can I help my child deal with PTSD?

There are a number of things you can do to help your child deal with PTSD. These include:

- Educate yourself about PTSD
- Talk to your child about PTSD

- Create a safe and supportive environment
- Encourage your child to get professional help
- Take care of yourself

Where can I get help?

If you or someone you know is struggling with PTSD, there are a number of resources available to help. These resources include:

- The National Center for PTSD
- The Department of Veterans Affairs
- Mental health professionals
- Support groups

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If you are interested in purchasing Alison Learns To Deal With Her Dad's PTSD, you can do so by clicking on the link below.

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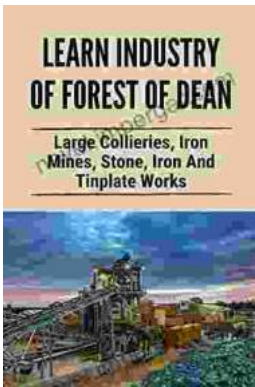
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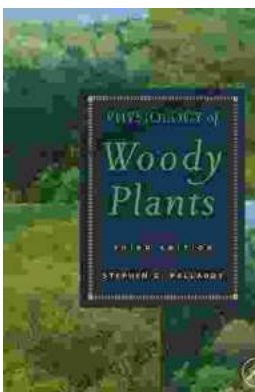


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