



Cop On: What It Is and Why Your Child Needs It: How To Raise Your Child to Survive and Thrive in Today's World

Colman Noctor

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Raise your child with cop on – give them the grit and good judgment to cope with life's challenges

Full of expert advice tempered by first-hand experience of modern parenthood, *Cop On* is the perfect book to help you navigate the uncharted territories of modern parenthood. From the best way to supervise your children's internet usage to communication in the age of Web 2.0, *Cop On* will show you how to not only survive today's challenges but to raise children who thrive on them.

Colman Noctor, an experienced child and adolescent psychologist and, more importantly, a parent himself, takes a realistic, grounded and sensible approach to the pressures of parenting in the modern world: from sky-high academic expectations to crowded extracurricular schedules to the rapid growth of social media and digital technology, each has taken its toll on family life, making it difficult to foster a nurturing and calm environment at home.

In *Cop On*, Colman Noctor, who has spent his professional life managing the ill-effects of anxiety in children and adolescents, identifies the key to negotiating these challenges as better communication and, more importantly, learning to see yourself through your child's eyes.

His honest, direct and practical insights will help you:

- Identify and ease the sources of anxiety in your household routine
- Learn the real value of encouraging self-worth, problem solving, emotional intelligence and 'cop on' in your children
- Differentiate between parenting *wants* and parenting *needs*
- Understand modern-day parenting phenomena like the GAA Tiger Mom, the M50 Parent, Trampoline Trauma and Grandparenting Parenting

By focusing on the quality of 'cop on', Noctor will help you raise your children with the grit and good judgment to cope with whatever challenges come their way, no matter what the future holds.

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Joyce Pippin:

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