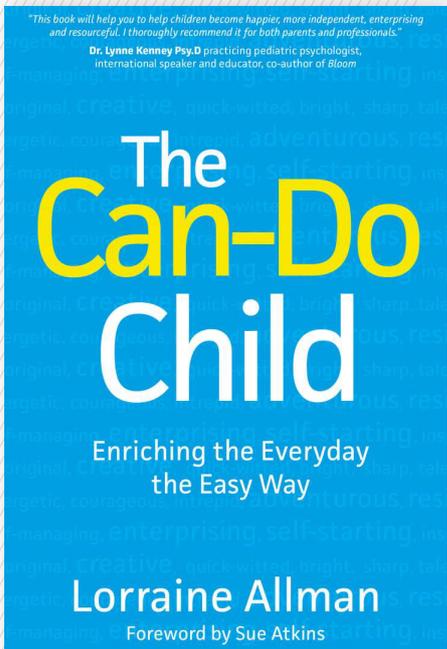


NEW BOOK

The busy parent's guide to raising "Can-Do" children

NEW BOOK REVEALS FUN, PRACTICAL WAYS TO EQUIP CHILDREN WITH THE CHARACTER AND SKILLS FOR SUCCESS IN LIFE THROUGH EVERYDAY ACTIVITIES



Parenting in the 21st Century is not easy. The pace of life today is faster than it has ever been before, it is a time of political and economic uncertainty, parents are working longer hours and commuting greater distances, and technology that was developed to improve quality of life in fact just seems to take its toll on family life. We all want to give our children the best opportunities in life, but faced with such pressures the amount of quality time parents and children spend together is bound to suffer, right?

Not according to author and educator Lorraine Allman, who argues that in fact, even everyday situations can provide opportunities for parents and children to create Engagement, Enterprise and Enjoyment, and nurture what she has coined a 'Can-Do Child'. Her new book, *Can-Do Child: Enriching the Everyday the Easy Way*, shows how parents can use her unique can-do principles in daily life to make family time more enjoyable and help every child fulfil their can-do potential both in the short-term, and in later life. It contains fun family activities – none of which involve screen time!

This isn't a book designed to put parents under more pressure – the ethos behind *Can-Do Child* is about recognising and using shared day-to-day moments to create an environment where children flourish and family life becomes less stressed and more enjoyable.

The principles of a Can-Do Child:
The philosophy underpinning *Can-Do Child* has

been developed following more than 15 years of research and practical work with young people and is supported by top parenting, child development and early years experts. It uses a tried and tested play-based approach that helps parents and educators to nurture the characteristics, skills and innovative behaviours necessary for children to succeed in a world that has changed dramatically since the last century. Every child and every family is unique, so it creates a universally applicable, non-prescriptive, flexible model that can be adapted for any circumstances.

The Can-Do approach is built around the memorable "Three Es" principles – Engagement, Enterprise and Enjoyment. A can-do attitude develops a multitude of skills and abilities in children, including creative and critical thinking, problem solving, working well with others, social skills, and developing emotional resilience.

As well as exploring the thought-provoking ideas behind each of the Three Es in detail, the book also explains how Engagement, Enterprise and Enjoyment can be put into practice. It includes examples of everyday family situations and gives practical activities, suitable for different age groups that can be incorporated to support these principles, such as conversation starters, planning a family trip or event or exploring what happens when a toy breaks.

The Can-Do Child: Enriching the Everyday the Easy Way by Lorraine Allman is out now, published by Re-Think Press, priced £9.99.

ABOUT THE AUTHOR

Lorraine Allman is a writer and educator specialising in supporting children and young people to develop can-do skills and character. Lorraine is the founder and CEO of Enterprising Child, an organisation that provides resources for parents and educators to help them nurture a generation of happy, creative, confident can-do children. Lorraine is an honorary lifetime member of and expert adviser to the Board of the National Early Years Trainers and Consultants Organisation and is in demand as an expert speaker delivering keynote speeches and workshops. Her work has been widely published in magazines, newspapers and websites both in the UK and internationally, and she is also the author of *Enterprising Child* (Bookshaker, 2012). For more information visit www.lorraineallman.com

AVAILABLE FOR THE MEDIA:



Lorraine Allman

Copies of *Can-Do Child* are available for review. The author, Lorraine Allman, is a highly experienced and engaging speaker and is available for interview, expert comment and by-lined articles on a range of child nurturing topics, including:

- Why a "Can-Do" character is the best thing you can give a child in the 21st century
- I Can-Do it! 10 simple ways to encourage your Can-Do Child
- A day in the life of a Can-Do child: How to transform everyday situations.
- 5 fun activities to improve your child's problem solving ability
- More than money: How to teach your child the value of enterprise
- How everyday activities can help boost your child's confidence
- Can-Do Holidays: How to make the most of school holidays
- What is a Can-Do Child and why is it important?
- Why happiness is key to Early Years development
- Scrap the Screen: How technology could be holding back your Can-Do child