

WORDS BY JESSICA JOELLE ALEXANDER

About the book: "What children don't know... hurts", by Karen Glistrup

ABOUT JESSICA:

- Bestselling author of the book: "The Danish Way of Parenting"
- Danish parenting expert
- Speaker & cultural researcher
- Her work has been featured in the NY Times, Vanity Fair, NPR, Huffington Post, Mothermag and the Greater Good Science Center Berkley



THIS BOOK IS FANTASTIC!

Karen offers much needed insights for parents for how to have honest, authentic and loving conversations with children about difficult topics like mental illness, addiction and other challenging circumstances.

Historically, adults thought that it was best to hide these conversations from children because they thought it was better for them, but we now know that this just isn't true. We know that it not only necessary but critical for children to have these honest and trustworthy conversations within their families, one on one, or carefully monitored by a professional.

Children sense very clearly what is going on around them, and when we don't talk about the reality they are living in, they start making things up. Karen gives us the much needed knowledge and language we have been missing as parents and professionals to understand which kids need help and how to talk to them in an honest and loving way. I highly recommend this guide for families and professionals who want to create a strong connection by understanding what is going on with their children and need the tools to be able to talk about it

- Jessica Joelle Alexander