

Contents

Prefaceix
Introduction	1
Part I: Fundamentals of Internalizing Behaviors	
CHAPTER 1 A Guiding Framework	13
CHAPTER 2 Fundamentals of Child Development	31
CHAPTER 3 The Role of Attachment in a Child's Mental Wellness	42
CHAPTER 4 Depression in Children	58
CHAPTER 5 Anxiety in Children	65
Part II: Alleviating Internalizing Behaviors through Play	
CHAPTER 6 The Cathartic Powers of Play	75
CHAPTER 7 Integrating a Diverse Play Menu	85
CHAPTER 8 Environmental Needs for Strong Mental Wellness	100
CHAPTER 9 Nature's Role in Supporting a Child's Mental Wellness	130
CHAPTER 10 Pathways to Creativity and Self-Expression	146
Conclusion	168
Helpful Handouts	169
References	173
Index	183
