



Primary Prevention Practices (Issues in Children's and Families' Lives)

Martin Bloom

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What are the most effective ways of preventing predictable behavioural problems, protecting current states of health and promoting desired behaviours? This volume offers step-by-step procedures on how to conduct over 50 prevention practices, including: problem-solving; anticipatory instructions; social skills training; life-long exercises; perceived self-efficacy; assertiveness training; cognitive reframing; and peer tutoring.

So that readers can more easily select which preventive measure to apply, the author identifies the classes of factors that should be considered in any thorough analysis of a given situation, and provides a checklist of the full range of forces acting on particular events.



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