

Children in mind



Their mental health in today's world
and what we can do to help them

Jenny Perkel

Children in Mind engages with the complexity of child development and provides answers to questions about how to help children facing risks in a range of contexts . . . An essential aid for parents, teachers and health professionals.

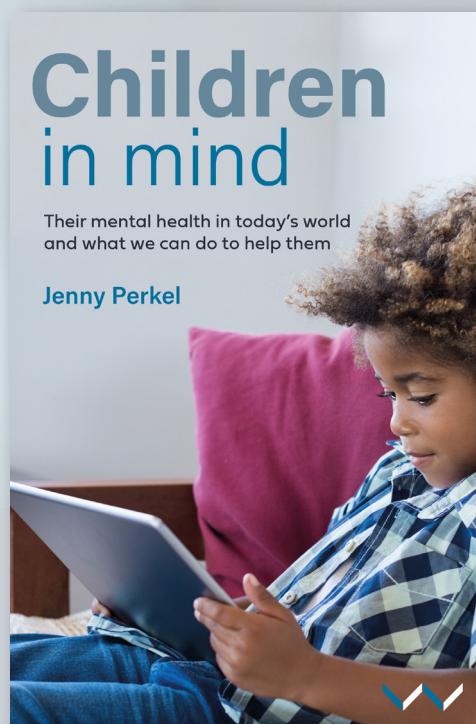
— **Katherine Bain**, is Associate Professor of Psychology at the University of Witwatersrand, Johannesburg, and editor of the journal *Psychoanalytic Practice*

Children in Mind is a clinical psychologist's investigation about whether today's children and adolescents are more mentally distressed than they used to be. It offers some ideas about how to improve children's mental health and wellbeing.

Children in Mind offers a modern and updated look at clinical child psychology and the relationship between this and the world in which today's children are being raised. The book is suitable for undergraduate and postgraduate students as well as trained professionals in the areas of psychology, psychiatry, child development, social science, education and child health. It is also well suited to parents and the general public. The book is relevant for children in all countries across the globe and it may hold particular value when trying to understand the mental health of children in South Africa and other developing communities.

The book is based on recent psychological, psychiatric and epidemiological evidence-based research as well as findings based on neurobiology and genetics. It includes discussions about:

- Adversity and trauma including early toxic stress and child abuse
- Poverty and distress that arises out of lower socio-economic circumstances
- Excessive use of screens, social media and the internet
- Extreme pressure and stress with regards to achievement and success
- The impact of the COVID-19 pandemic
- Parenting attitudes, destructive patterns in parent-child relationships, discipline and the end of corporal punishment
- Alienation from nature and the outdoors, restricted movement and insufficient freedom
- High conflict divorce
- Modern families in all their complexities



About the Author

Jenny Perkel is a Cape Town-based clinical psychologist in private practice. She is the author of *Babies in Mind* (2008).

jenny@perkel.co.za

www.childreninmind.co.za

www.babiesinmind.co.za

www.jennyperkel.com

Price: ZAR300 • USD20 • GBP15

Paperback: 978-1-77614-747-2

eBook: 978-1-77614-750-2

Available from online retailers such as:

[Amazon](https://www.amazon.com)

[Loot.co.za](https://www.loot.co.za)

[Takealot.com](https://www.takealot.com)

[Exclusive Books](#)

In Europe and UK:

www.eurospangroup.com

In North & South America:

<http://witsuniversitypress.nyupress.org>

For more info:

Marketing – Wits University Press:

corina.vanderspoel@wits.ac.za

<https://witspress.co.za/catalogue/children-in-mind/>