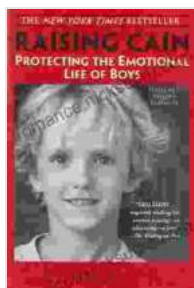


# Raising Cain: Protecting the Emotional Life of Boys

In our society, boys are often socialized to suppress their emotions. They are told to "man up" and "be tough," and that showing emotions is a sign of weakness. This can have negative consequences for boys' mental health. Boys who are not allowed to express their emotions are more likely to experience anxiety, depression, and anger. They are also more likely to engage in risky behaviors, such as substance abuse and violence.



## Raising Cain: Protecting the Emotional Life of Boys

by Judy Gelman

★★★★☆ 4.7 out of 5

Language : English  
File size : 2326 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 320 pages

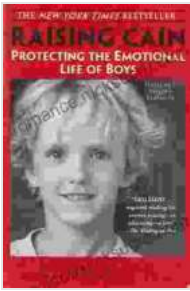


It is important to raise boys who are emotionally healthy. Boys who are emotionally healthy are able to identify and express their emotions in a healthy way. They are also able to cope with difficult emotions, such as sadness, anger, and fear. Emotionally healthy boys are more likely to be successful in school and in life. They are also more likely to have healthy relationships and to be happy.

Here are some tips for parents on how to raise emotionally healthy boys:

- **Allow your son to express his emotions.** Don't tell him to "man up" or "be tough." Instead, let him know that it's okay to feel sad, angry, or scared. Help him to identify his emotions and to express them in a healthy way.
- **Be a role model for your son.** Show your son that it's okay to express emotions. Talk to him about your own feelings and let him see you crying, laughing, and getting angry. This will help him to learn that it's okay to be emotional and that he doesn't have to hide his feelings.
- **Encourage your son to talk about his feelings.** Ask him how he's doing and listen to what he has to say. Don't interrupt him or tell him how he should feel. Just listen and let him know that you're there for him.
- **Help your son to cope with difficult emotions.** When your son is feeling sad, angry, or scared, help him to identify what he's feeling and to develop healthy coping mechanisms. For example, you might help him to talk about his feelings, to draw or paint about them, or to exercise.
- **Praise your son for expressing his emotions in a healthy way.** When your son expresses his emotions in a healthy way, praise him for it. This will help him to learn that it's okay to express his feelings and that he's doing a good job.

Raising emotionally healthy boys is not always easy, but it is important. By following these tips, you can help your son to grow up to be a happy, healthy, and successful man.

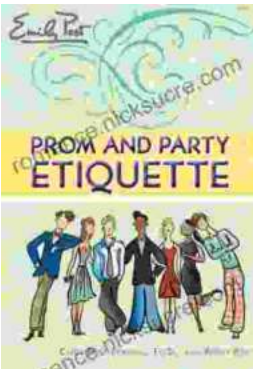


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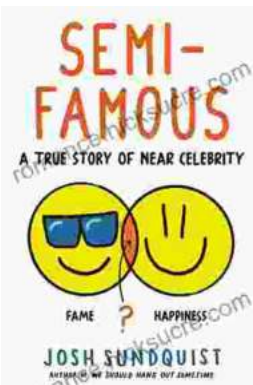
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