

For Immediate Release

Media Contact: Simon Warwick-Smith
warwick@vom.com
(707) 939-9212
www.warwickassociates.net

A New Guide to the Needs and Special Gifts of Intuitive Children

"Raising Intuitive Children is a parent's guide to understanding the special gifts of these uniquely gifted children. The authors' use of real stories from their own lives lend heart and compassion to our evolving need as a society to connect with our children in a new, more loving way... I would recommend this book to anyone!"

— **Josie Bissett**, Actress and Author of *Tickle Monster*

San Francisco, CA (April 15, 2009) — In their ground-breaking new book, *Raising Intuitive Children: Guide Your Children to Know and Trust Their Gifts*, psychotherapist Caron B. Goode and parenting expert Tara Paterson help parents understand an intuitive child's world, while teaching parents how to validate these intuitive abilities, and how to:

- Know if a child is intuitively gifted
- Shift parenting styles to meet a particular child's style and strengths
- Use breathing techniques to stay centered, calm, and optimistic
- Create rituals so intuitive children feel secure and confident
- Deal with the environmental and nutrition elements that affect intuitives
- Explore strategies for bonding and communication at each stage of development, from toddler to teen

Raising Intuitive Children deals with a population of children that few parents understand. Intuitives have been called ugly ducklings, the sensitive ones, or the creative dreamers (think of the young boy in the movie *Sixth Sense*). With real-life stories and examples, the authors demonstrate how intuitive kids engage their world. They debut in the book an educational model to enable parents and teachers to approach the education and parenting of intuitive kids, walking them step-by-step through the model.

Now, parents who believe their child may be intuitive are given the tools to make positive changes, help the children manage their unique energy, and nurture their gift.

The Authors:

A licensed counselor and psychotherapist, **Caron B. Goode** has written 10 books and 300-plus articles, most recently in parenting and coaching. Her 15-year psychotherapy practice has served dozens of people considered to be intuitives. In 2003, she founded the Academy for Coaching Parents International, which provides training and certification for professionals to run parent-coaching businesses.

A certified coach for parents of intuitives, **Tara Paterson** is raising three highly intuitive children with her husband. She is also a syndicated columnist, parent advisor, and author of 100-plus parenting and spiritual articles. In 2004, she launched Moms In Print, a publishing company that assists “mom” authors. The following year, she created the Mom’s Choice Awards®, which assists mothers in selecting products and services for their families. Paterson has appeared on CBS 48 Hours, the Today Show with Katie Couric, CNN with Anderson Cooper, the Early Show, and she is the spokesperson for the Mom’s Choice Awards and a spokesparent for the Partnership for a Drug Free America.

“Wow, if only my parents had read Tara and Caron’s profound and deep advice! The warmth, honesty and open reflections in this book bring to light many issues that many generations of youth have been struggling with, yet have never been able to express. Thank you for taking helping us to explore how intuitive children and teens need to be nurtured – I am truly enlightened! – Vanessa Van Petten, teen author of You’re Grounded! and creator of OnTeensToday.com

###

Title: *Raising Intuitive Children: Guide Your Children to Know and Trust Their Gifts*

Pub Date: May, 2009

Authors: Caron B. Goode and Tara Paterson

Publisher: New Page Books, a division of Career Press

ISBN-13: 978-1-60163-051-3

Format: paperback, 240 pages, 6 x 9 inches

List Price: \$15.99

Distributors: New Leaf, Baker & Taylor, Ingram, Bookazine, Brodart, Nutri-Books, Partners

Information: www.newpagebooks.com; www.warwickassociates.net (for electronic press kit)

ABOUT THE AUTHOR

Dr. Caron B. Goode



The Professional Side: DR. CARON B. GOODE is a nationally certified and licensed professional counselor and psychotherapist, the author of 10 published books and over 300 parenting and coaching articles published in newspapers and on the Internet. She draws her insights from fifteen years of psychotherapy practice and thirty years in other fields of education, psychology, wellness and spirituality. Her two most recent books are *The Art & Science of Coaching Parents* (2007) and *Help Kids Cope with Stress and Trauma* (2006). In addition, she authored *Nurture Your Child's Gift* (2000), published by Beyond Words, now on Simon & Schuster's backlist.

- ✓ Goode's entrepreneurial success is the Academy for Coaching Parents International, LLC (www.AcademyforCoachingParents.com) that provides training and certification for seasoned parents and professionals to operate Parent Coaching businesses.
- ✓ Her expertise has made her a frequent media expert and her work has appeared in *Colorado Parent*, *Convergence*, *The Joyful Child*, *Energy*, *Black Family Digest*, and *Better Homes and Gardens*, *Calgary Child*, *Dallas Child*, *North Texas Kids*, *The Edge* and more
- ✓ She is a parenting expert on over a dozen major parenting sites including *SheKnows.com* and *ClubMom.com*.
- ✓ Her Parent Coaching column goes out monthly to 40 parenting newspapers and several web sites within the United States, Canada and Australia and web sites like *Children of the New Earth*.
- ✓ Caron is a professional member of the National Counseling Association, the American Counseling Association, the American Psychotherapy Association, the Association of Transpersonal Psychology and The Institute of Noetic Sciences. She serves as a Board Member for the Alliance for Transforming the Lives of Children and *Inspired Parenting* magazine, based in Los Angeles.

- ✓ Caron and her husband, Tom Goode, ND, also manage the International Breath Institute (IBI), an educational and training organization that offers health and lifestyle management information, seminars and certification. The couple founded IBI in 1991 to provide holistic instruction, products and services to proactive, health-conscious individuals.
- ✓ Both Tom and Caron have co-written, published, and sold the following numerous IBI-sponsored e-books. Their websites are:
www.inspiredparenting.net, www.InternationalBreathInstitute.com and www.academyforcoachingparents.com.

On a More Personal Note

In 1983, Goode was completing her doctorate in counseling psychology and also experiencing *spiritual emergence*, as Dr. Stan Grof coined the term. That is, Goode experienced three out-of-body experiences within the same year, witnessed by others in the room. The result of the spiritual experiences was the development of clairvoyance, clairsentience, and clairaudience. At the advice of a psychiatrist well versed in the upcoming psychological studies of spiritual emergences, Goode started using the gifts for the benefits of others, providing spiritual coaching for parenting, illness, accepting death, finding inner peace, and building relationships and medical intuition.

Through the ensuing twenty-five years, Goode has studied and actively experienced various forms of consciousness. Her interests are wide reaching and include Shiatsu massage, Macrobiotic philosophy, hands-on-healing, and various meditation approaches and styles. She has studied shamanism with South American *curandero*, Don Eduardo Calderon through the Four Winds Foundation and served as a psychological consultant for the NE MUFON organization, conducting hypnoses for those who believed in UFOs.

Throughout all of this experience, her private practice grew into serving clients, primarily moms and children, or sensitive men and women, who were in tune with other-dimensional spaces.

None were crazy; all understood real physical reality, and all were functional members of families. Only years later, as science supported knowing, intuition and spirituality would Goode understand that her specialty seemed to be working with the intuitive people, and that there is a biochemical basis for intuition. Regular people can have dissociative experiences without breaking down. Instead, they break through to exhibit exceptional capabilities. Today, in fact, intuition is recognized finally as a way to establish, enhance and further spiritual connection and communication.

ABOUT THE AUTHOR

Tara Paterson



The Professional Side: A CPI Certified™ Coach for Parents of Intuitives, **TARA PATERSON**, is a nationally syndicated columnist, parent advisor, and author of over 100 parenting and spiritual articles published in newspapers and on the Internet. She draws her insights from parenting three highly intuitive children and her own personal experiences.

In 2004, Paterson first entered the publishing world when she launched Moms In Print, a publishing company created to assist and educate mom authors. Moms In Print published *Misadventures of Moms and Disasters of Dads*. In 2005, Paterson created the nationally recognized Mom's Choice Awards®, an awards program which recognizes a mom's role in selecting family friendly businesses, products, and services for her family. The Mom's Choice Awards is supported by well-known and reputable companies and celebrities and has positively impacted many family oriented businesses.

Tara's entrepreneurial spirit first revealed itself in 2001 when she launched her web business www.JustForMom.com. She has also gone on to create the Just For Mom Foundation, an organization whose main goal is to support moms in finding their inner passion by providing resources to assist her on her journey.

- Her most recent accomplishment was receiving her certification as a parent coach from the Academy for Coaching Parents International. Her accreditation is as a Certified Coach for Parents of Intuitives.
- She launched her web site- www.ParentingIntuitives.com, in early 2008.
- She is a spokesperson for the Mom's Choice Awards. Her role includes filming live interviews; live interaction on her parenting blog; and attendance at trade shows such as *Book Expo America* and the *ABC Kid's Expo*.
- She is a nationally syndicated columnist for American Chronicle Newspapers and Parenting Universe as well as a monthly contributor for Children of the New Earth Publications.
- She is a parenting advisor for Parental Wisdom, Maximum Balance, and a featured speaker for the Momference.

- Her articles appear in over 50 online publications and her newsletter database consists of over 16,000 subscribers.
- She has been quoted in Parenting Magazine and the USA Today; and was featured in the Washington Post business section among other local and national print publications. Her web site was also highlighted in a number of national magazines and TV programs including *Newsweek* and CBS' *48 Hours*.
- Tara is a trainer for the Academy for Coaching Parents International; she is a board member for a non-profit, the *Reading Tub*; and she has contributed to several published works such as the *Momference Guide to Love and Relationships* and the *Momference Guide to the Holidays*. She is also a devoted wife and mother to four children.

On a More Personal Note

At age ten, Paterson witnessed her mother experience a psychotic break from reality. It would be several years before she learned that her mother was diagnosed with Schizoid Affective Disorder.

For many years, Paterson struggled with her own spiritual gifts, fearing she would end up like her mother. In 2005 after undergoing a shamanic clearing, Paterson learned she had suffered post-traumatic stress disorder, having been raised by her mentally ill mother. She began to trust her spiritual gifts again as the awareness of her children's intuitive abilities revealed themselves.

Tara noticed that her intuitive abilities grew with the birth of each of her children. When her second child Caden was a baby, she noticed her attention drawn to the magnificent energy this child exuded. She uses the word "love" to describe his energetic presence. By the age of three, Caden talked with his mom about the colors he saw in his room at night. They would frighten him, but he was aware they were there to protect him also. By age 5, Caden would describe the colors he saw around the kids and adults in his class. He knew by the color what type of emotion the person was experiencing. Paterson recalled her own experiences as a young child, lying in bed and seeing colors dance around on her ceiling.

To this day, Tara continues to have intuitive experiences with the people in her life.

INTERVIEW QUESTIONS

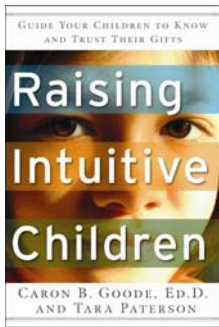


Raising Intuitive Children: *Guide Your Children to Know and Trust Their Gifts*

by Caron B. Goode and Tara Paterson

- How would I know if I am an intuitive parent?
- How do I know which type of intuitive style my child has?
- How does empathy look in a sensitive child?
- What does it mean if my 3 year old is talking to someone in her room?
- How can intuition help an athlete?
- How can intuition help kids when faced with peer pressure?
- How can a parent develop their intuitive awareness?
- How have your kids guided your parental intuition?
- What is the difference between a child's psychic gifts and their intuitive knowing?
- What emotions can you expect from an empathic child?
- What do I do if my child tells me they see colors or hear voices?
- What does it mean if my infant looks over my shoulder or at the top of my head and smiles and coos?
- Can my child really see his/ her deceased relative?

ENDORSEMENTS



Raising Intuitive Children: *Guide Your Children to Know and Trust Their Gifts*

by Caron B. Goode and Tara Paterson

Raising Intuitive Children fulfills an urgent need in teaching parents how to nurture our children's most important sense, their intuition. It is at home, from their parents, where children either learn to trust, express, and follow their natural wisdom, leading to fulfilled and peaceful lives, or to dismiss their intuition, thus losing their way, their joy and their Spirit. A must read for all parents as all children are inherently intuitive. — **SONIA CHOQUETTE**, author, *The Intuitive Spark: Bringing Intuition Home to Your Child, Your Family, and You*

Our society is changing and the paradigms of childcare as well as the rearing of intuitive children must sway from archaic standards to a more realistic perspective. *Raising Intuitive Children* gives parents excellent explanations with true-life stories that first brings normalcy to what has previously been viewed as a phenomenon, and then provides a terrific skill set for parents and caregivers alike. *Raising Intuitive Children* is a must read for anyone having anything to do with the Children of Now. — **MEG BLACKBURN LOSEY**, Ph.D., author of *Conversations with the Children of Now*, *The Children of Now* and *Pyramids of Light, Awakening to Multi-Dimensional Reality*

"*Raising Intuitive Children* is a parent's guide to understanding the special gifts our children are here to teach us. The authors' use of real stories from their own lives lend heart and compassion to our evolving need as a society to connect with our children in a new, more loving way. Having two of my own children who are full of light, I see the need for more parenting books that address the needs of highly intuitive children. I would recommend this book to anyone!"

— **JOSIE BISSETT**, actress and author of *Tickle Monster*

This major work provides effective strategies for nurturing the intuitive child's personal style of relating to the world, an absolute necessity for character excellence and success in their purpose.

— **KENDALL GAMMMON**, Retired, Kansas City Chiefs, author of *Life's a SNAP: Building Your Business and Personal Future & Game Plan: Leadership Lessons from the Best of the NFL*

Paterson and Goode are providing a much-needed resource for caring parents and their intuitive children. As the mom of two girls who are deeply connected to their intuitive senses, I'm thrilled that a book like this is available to me."

— **JULIE AIGNER-CLARK**, creator of *Baby Einstein* and the *Safe Side*

I was deeply moved by the anticipated focus of this work. To say that it is of a groundbreaking nature would be an understatement. While reading I was reminded of the new slogan for HGTV (Home and Garden Television) that urges its viewers to “Start at Home.” And thankfully, this mandate is clearly evident here as well. The informed use, respect and honoring of our intuitive selves has the most potential of bringing about larger societal shifts when support and value of this way of being is first present in the home. Moving from deviance to established social practice takes tremendous amounts of energy and courage, and many have been dissuaded from traveling this path due to the harmful and constricting labels that we attach to the intrepid few. However, as we all know, the level of consciousness that created the present challenges we are encountering in Western society is not the same level of consciousness that will lead to their resolution. It is imperative that we do all we can to support our children in developing their gifts, and *Raising Intuitive Children* is a bold and loving directive on how to do just that. —**DR. IDARA E. BASSEY**, attorney/intuitive and host of Sedona Talk Radio’s “Everyday Divinity”

An informed and thoughtful approach to parenting intuitively aware, energetically sensitive children in an ever-changing world. —**MARIA HOUSEDEN**, international best selling author of *Hannah's Gift* and *Unraveled*.

"Wow, If only my parents had read Tara and Caron's profound and deep advice! As a 22 year-old, I struggle constantly to explain to parents what kids are going through and how to reach them, yet Tara and Caron's warmth, honesty and open reflections bring to light many issues that generations of youth have been struggling with—but have never been able to express. Thank you for taking the steps to explore how intuitive children and teens need to be nurtured and sharing it with the rest of us, I am truly enlightened! —**VANESSA VAN PETTEN**, teen author of *You're Grounded!* and creator of OnTeensToday.com

The time has finally come to support and encourage the intuitive children of the world and authors Tara Paterson and Caron Goode do it brilliantly. This is a book that every parent, who even thinks his or her child may be intuitive, must have. *Raising Intuitive Children* is the catalyst for making huge, positive changes in intuitive children’s lives and the family as a whole. —**LINDA SALAZAR** author of *Awaken The Genie Within: A Handbook to Silence Your Gremlins, Manage Your Emotions and Bring Out the Best of Who You Are*

A much-needed treasure trove for the development of children’s intuitive intelligence in a left-brain world. All who care for kids will enjoy the cutting-edge research, fascinating stories and wish they had this much support for their imagination and intuition. Great read! —**SANDRA SEDGBEER**, Editor in Chief, *Inspired Parenting* & *Children of the New Earth* Magazines.

INTUITIVE PARENTING

BY TARA PATERSON



What realities are our intuitive children facing as they maneuver their way through what remains of our left brained world; one we've lived in for so many years. Parents can apply practical techniques to caring for their sensitive child from managing their behavior, understanding their intuitive styles, how the environment affects their bodies, to food sensitivities and more.

As an intuitive parent with four intuitive children, each with their own styles, and with a background as a parent coach and trainer it has been my experience and observation that we *have* to apply new techniques to the way we raise our children of now; we need to become the intuitive parents our children need us to be. Their future depends on it!

WHAT IS INTUITIVE INTELLIGENCE?

Let's begin with intuitive intelligence. Like other intelligences, it is a variety of skills which range from the ability to feel a friend's low mood or energy to the heightened intuitive who displays psychic skills like clairvoyance. A child who takes art lessons and has a good eye for painting is far different from a Picasso; yet, both exhibit artistic intelligence. A smart teenager, who glances at a biology study guide and retains the information almost immediately, can be said to have scientific intelligence, same as a fifteen-year-old who ponders quantum physics as a freshman at MIT. They exist on the same intelligence continuum, but show different aptitudes.

Intuition is also a valid intelligence, but there has been confusion in the way it's been interpreted by different groups who use words like intuition, psychic and spiritual gifts synonymously. Not all intuitive people are psychic and not all psychic people use their intuitive gifts. How we develop our intuition depends on how we are nurtured and guided to trust our "inner knowing."

You are the only one who knows how to interpret yours or your child's experiences. As a parent, do you believe your child is a deep feeler, sees angels or deceased loved ones, or uses gut level reactions to make sense of his or her world? If so, then here are some questions for your consideration:

1. Are you able to hear what your child says without judgment and accept the experience as your child shares it?
2. Can you be a present, responsive listener?

3. If you need more information, will you educate yourself through books or other avenues of information?
4. If you need help, will you ask for it without embarrassment?
5. If medical doctors suggest medications, will you seek alternative explanations?
6. Will you accept intuitive intelligence as a normal way to learn, develop skills and interpret life's opportunities and challenges?

Who can decide if the psychic ability of a school aged child is a developmental issue or a great gift of connection to God or something greater? Or is psychic manifestation our human ability to create our deepest heart's desire? Is an intuitive scientist like Einstein a creative genius, or a mystic, or an intuitive with great insight?

Those you ask will have different opinions about intuition or psychic abilities. Some opinions are supportive; others will consider intuition as evil.

WHAT DOES AN INTUITIVE'S PERSONALITY STYLE LOOK LIKE?

Today, intuition is finally being recognized as a personal style shared among ¼ of the population. We now know that an intuitive has a certain predisposition or tendency to process information through

- ❖ Sensation or feeling
- ❖ Perception
- ❖ Knowing
- ❖ Creative emotion
- ❖ Visceral or gut level feelings.

Among the examples given below, do any of these traits of an intuitive personal style sound like you or your child?

1. Do you find yourself drawn to work with people because you influence others well and find personal satisfaction in selling, serving, training, inspiring, counseling, coaching or teaching?
2. Are you compassionate, creative and convincing?
3. Does your enthusiasm spill over in conversation as loudness, restlessness or impulsiveness unless you monitor or regulate your energy?
4. Do you enjoy people, good times and group activities?

While these traits are examples of the intuitive personal style, we now know that intuitives also have different levels of sensitivity, which are influenced and combined with other factors to mold one's overall personality. Some of these factors include

environment, biophysical aspects, self worth levels, social teachers, stress, and traumatic experiences.

An intuitive parent will want to watch their children's development to monitor sensitivity and influence the situation to insure successful results.

INTUITIVE CHARACTERISTICS

75,000,000 intuitive people, about a fourth of the population, may demonstrate the following personality characteristics:

- ❖ Shyness
- ❖ Fearfulness
- ❖ Low sensory threshold
- ❖ Sensitivity to energies in their environment
- ❖ Sensitivity to people's moods and energies
- ❖ Reflective
- ❖ Empathic
- ❖ Intelligent
- ❖ Creative
- ❖ Aware
- ❖ Conscientious

Given a personality style which is made up of a greater degree of sensitivity, intuitives may feel like a round peg in a square hole when dealing with people and certain environments. Because intuitive people do not think with a linear mind, these round-peg traits are finally being valued now which gives intuitives the feeling of acceptance in today's world. Appropriate nurturing and training empowers intuitives to feel accepted with their place in life which is of the utmost importance for the growing numbers of sensitive children we are recognizing among us.

Children with an intuitive personal style will respond to life more easily and will have the ability to relate to people, tasks, their environments and to stressors when they are encouraged to express their intuition freely and openly with an adult or caregiver who encourages the child to trust what they know. Knowing the challenges faced by the intuitive child enables parents to discuss, plan and assist in optimal personality and skill development.

How you respond to your intuitive child will teach them to either trust their environment and "knowing" or create fear and uncertainty about their gifts and experiences. Intuitive children need to be validated for what they know and feel. Our task is to provide them with the confidence they need to succeed as intuitives in this life.



5 WAYS TO DISCOVER IF YOUR CHILD IS INTUITIVE

BY DR. CARON GOODE

Every child has the capacity for high intuitive intelligence just as each could be a musical maestro or a mathematical genius. Intuition is a natural intelligence that all children possess. Intuitive development depends on the environment, parental support, and education. Some children are highly skilled or gifted in this talent in the same way that others have a talent for math, music, languages, or physical dexterity. By determining whether your child has high intuitive intelligence, you'll find the clues to nurture her talent and help her use this to find her success in life.

Intuitive intelligence is one system of processing information from a gestalt that arrives spontaneously, beyond intellectually known information or evident thought. Every human has an intuitive processing system. Like any intelligence, different people will have varying degrees of strength.

Children's intuitive intelligence manifests in different ways along a continuum of normal skills to gifted talents:

1. Children who learn through feelings and process information kinesthetically. (Intuitive learning mode)
2. Children who are creative and artistic and intuition drives their motivation. (Artistic drive for exploring and creating)
3. Children whose intuitive intelligence is like a radar reading and empathizing with other people's feelings. (Empathy and interpersonal skills)
4. Children who have intuitive episodes like dreams or a flash of creative insight. (Deep insight, precognition)
5. Children who are psychic. (Awareness of non-physical worlds through all senses or a specific sense.)

Intuition is the common denominator of these talents and, all children have the same intuitive capacities. Like musical prodigies, children display their talents differently.

Education, parenting, and psychology professionals recognize that intuitive intelligence is the new kid on the block. Parents who know how to spot intuitive intelligence may find an overlap of skill clusters.

1. **Creative and inspired artists** - John always heard music in his head, and at age five, his teacher referred him for psychological testing because he hummed all the time. John was also a daydreamer. His mother said no to psychological testing and found a school that supported John's musical creativity. By age 11, he was playing the music he heard in his head when he wasn't in school. Music absorbed his attention and poured from his soul. When others worried about his social skills and his lack of other interests, he stuck to his creativity, and it paid off. John's dream of playing in a band came true in high school and continued through his adult years.
2. **Sensitive and empathic feelers** - Eleven-year-old Laurie was crying silently. She had just finished reading the book, *The Yearling* by Marjorie Kinnan Rawlings. The story portrayed the life of a boy named Jody Baxter, a solitary soul who developed a friendship with a deer. Her dad sat on the corner of her bed, ready to listen. Laurie discussed her sadness from the book, which reminded her of a classmate who was sad because his brother, a Marine, had died recently in the Middle East. "I feel it all here, Dad." Laurie pressed her heart like she was holding her emotions inside.
3. **Talents involving inner psychic awareness** - Preschool children have invisible friends. Psychic teens may experience *deja-vus*, like they been somewhere before. Some children experience strong dreams that feel real to them, and some children see and speak with angels who are their friends or guides.

Our kids need our support and you, the parent, are the only one who knows how to interpret your intuitive experiences or those of your children. Knowing the challenges faced by the intuitive child enables parents to discuss, plan and help with personality and skill development.

©2009 by Dr. Caron Goode. Goode is gifted with compassion in assisting others to effect lasting transformation through spiritual coaching, books, classes and seminars. Caron's continuous education, experience in psychology and professional writing makes her a great resource for parents wishing to create and maintain a nurturing relationship with their children. She has positioned the Academy for Coaching Parents International (www.acpi.biz) at the forefront of the parent coaching movement to disseminate the coaching model of empowerment for parents. Newest book – *Raising Intuitive Children* at www.raisingintuitivechildren.com