

5 feet apart parents guide

5 Feet Apart: A Parent's Guide to Navigating Cystic Fibrosis and Adolescent Challenges

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Introduction:

The movie "Five Feet Apart" poignantly depicted the challenges faced by teenagers with cystic fibrosis (CF), particularly the emotional toll of isolation and the complexities of navigating relationships within the confines of infection control protocols. While a fictionalized account, the film highlights real-world concerns that parents of children with CF grapple with daily. This "5 Feet Apart parents guide" aims to provide support, guidance, and practical strategies for parents navigating the unique emotional, social, and medical landscapes of raising a child with CF. This guide will delve into the complexities of balancing medical needs with emotional well-being, offering insights gleaned from both clinical experience and personal narratives.

Understanding the Emotional Landscape: A 5 Feet Apart Parents Guide Perspective

Living with CF is not just about managing medications and treatments; it's about managing emotions. The constant threat of infection, the daily routines, and the potential for life-threatening complications can take a significant toll on the entire family. My experience working with families facing CF has shown me the immense strength and resilience they possess, but also the profound emotional burdens they carry.

One family I worked with, the Millers, had a daughter, Sarah, diagnosed with CF at age two. Their initial response was one of overwhelming fear and helplessness. The initial shock of the diagnosis was compounded by the constant vigilance required to prevent infections. Sarah's parents, initially focused on strict adherence to medical protocols, gradually realized the importance of creating a supportive environment that allowed Sarah to

experience normalcy while still prioritizing her health. This 5 feet apart parents guide is structured to help parents achieve this balance.

The Social Challenges: A 5 Feet Apart Parents Guide to School and Friendships

School can be a particularly challenging environment for children with CF. Peer understanding, exclusion, and the need for accommodations can lead to feelings of isolation and low self-esteem. The physical limitations imposed by CF can also make participation in extracurricular activities difficult. Many parents struggle with how to advocate for their child's needs while ensuring their social and emotional development.

I remember working with a young boy, Mark, who was often excluded from gym class because of his compromised lung function. His parents and I collaborated to develop a modified fitness plan that allowed Mark to participate in some capacity, fostering a sense of belonging and boosting his self-confidence. This example underscores the importance of proactive communication and collaboration with school staff, as highlighted in this 5 feet apart parents guide.

Navigating Relationships and Intimacy: A 5 Feet Apart Parents Guide to Adolescence

As children with CF enter adolescence, the emotional and social complexities intensify. The limitations imposed by the disease can affect their ability to form relationships and experience intimacy. The movie "Five Feet Apart" beautifully illustrates this struggle. The film's portrayal of Stella and Will's relationship, while fictional, reflects the reality of the challenges faced by many young people with CF. This 5 feet apart parents guide will help you understand and address these issues.

Open and honest communication is key. Parents need to create a safe space where their child feels comfortable discussing their feelings about relationships, intimacy, and the impact of CF on their lives. Early intervention and access to appropriate resources can help alleviate anxiety and build coping mechanisms.

The Importance of Family Support: A 5 Feet Apart Parents Guide to Resilience

CF impacts the entire family. Siblings may feel neglected or resentful, while parents may experience burnout and emotional exhaustion. It is vital to prioritize family support and seek professional help when needed. Family therapy can provide a safe space to process emotions, improve communication,

and strengthen family bonds.

This 5 feet apart parents guide stresses the importance of self-care for parents. Parents need to prioritize their own well-being to effectively support their child. This includes seeking respite care, joining support groups, and engaging in activities that promote relaxation and rejuvenation.

Practical Strategies for Parents: A 5 Feet Apart Parents Guide to Daily Life

This 5 feet apart parents guide offers several practical strategies:

Establish a Consistent Routine: Predictability reduces anxiety and helps manage the medical aspects of CF.

Develop a Communication Plan: Open and honest communication is vital for navigating challenges and building resilience.

Seek Support: Join support groups, connect with other families, and utilize resources available through CF foundations.

Prioritize Self-Care: Ensure that you take time for your own well-being to prevent burnout.

Advocate for Your Child: Work with school staff to ensure your child receives appropriate accommodations and support.

Conclusion

Raising a child with cystic fibrosis presents unique challenges, but it also offers opportunities for growth, resilience, and profound connection. This "5 Feet Apart parents guide" aims to equip parents with the knowledge, resources, and emotional support they need to navigate this journey successfully. By fostering open communication, seeking support, and prioritizing both the child's and the family's well-being, parents can help their children thrive and lead fulfilling lives.

FAQs:

1. How can I help my child cope with the emotional challenges of having CF? Open communication, therapy, and peer support groups are crucial.
2. What kind of support is available for families facing CF? Numerous organizations, such as the Cystic Fibrosis Foundation, offer resources, support groups, and educational materials.
3. How can I advocate for my child's needs at school? Develop a collaborative plan with school staff, providing clear documentation of your child's needs and limitations.

4. How can I prevent sibling rivalry in families with a child who has CF? Ensure that all children feel loved and supported. Schedule individual time with each child and involve siblings in age-appropriate caregiving tasks.
5. What are the signs of parental burnout? Physical and emotional exhaustion, irritability, withdrawal, and feelings of hopelessness.
6. Where can I find reliable information about CF? The Cystic Fibrosis Foundation website is an excellent resource.
7. How can I talk to my child about their prognosis? Age-appropriate honesty and open communication are essential. Seek professional guidance when needed.
8. What role does nutrition play in managing CF? A high-calorie, high-protein diet is crucial for optimal growth and lung function.
9. How can I manage my own stress and anxiety while caring for a child with CF? Practice self-care, seek professional support, and utilize stress-reduction techniques such as meditation or yoga.

Related Articles:

1. "Understanding Cystic Fibrosis: A Comprehensive Guide for Parents": This article provides a detailed overview of the disease, its symptoms, and treatment options.
2. "Navigating the Emotional Rollercoaster of CF: A Parent's Journey": This personal narrative shares the experiences of a parent raising a child with CF.
3. "Building Resilience in Families Facing Chronic Illness": This article explores strategies for building family resilience and coping with the challenges of chronic illness.
4. "The Importance of Sibling Support in Families with CF": This article focuses on the unique needs of siblings and strategies for supporting them.
5. "Advocating for Your Child's Educational Needs: A Guide for Parents of Children with CF": This article offers practical advice on advocating for your child's educational needs.
6. "The Role of Nutrition in Managing Cystic Fibrosis": This article discusses the importance of nutrition in managing CF and provides dietary recommendations.

7. "Mental Health and Well-being for Parents of Children with CF": This article explores the mental health challenges faced by parents and offers resources for support.
8. "Creating a Supportive School Environment for Children with CF": This article provides guidance on working with schools to create an inclusive environment for children with CF.
9. "Intimacy and Relationships: Addressing the Unique Challenges Faced by Young Adults with CF": This article addresses the complexities of relationships and intimacy for young adults with CF.

5 feet apart parents guide: Five Feet Apart Rachael Lippincott, 2019-02-05 Also a major motion picture starring Cole Sprouse and Haley Lu Richardson! Goodreads Choice Winner, Best Young Adult Fiction of 2019 In this #1 New York Times bestselling novel that's perfect for fans of John Green's *The Fault in Our Stars*, two teens fall in love with just one minor complication—they can't get within a few feet of each other without risking their lives. Can you love someone you can never touch? Stella Grant likes to be in control—even though her totally out of control lungs have sent her in and out of the hospital most of her life. At this point, what Stella needs to control most is keeping herself away from anyone or anything that might pass along an infection and jeopardize the possibility of a lung transplant. Six feet apart. No exceptions. The only thing Will Newman wants to be in control of is getting out of this hospital. He couldn't care less about his treatments, or a fancy new clinical drug trial. Soon, he'll turn eighteen and then he'll be able to unplug all these machines and actually go see the world, not just its hospitals. Will's exactly what Stella needs to stay away from. If he so much as breathes on Stella, she could lose her spot on the transplant list. Either one of them could die. The only way to stay alive is to stay apart. But suddenly six feet doesn't feel like safety. It feels like punishment. What if they could steal back just a little bit of the space their broken lungs have stolen from them? Would five feet apart really be so dangerous if it stops their hearts from breaking too?

5 feet apart parents guide: All This Time Mikki Daughtry, Rachael Lippincott, 2020-09-29 From the team behind #1 New York Times bestseller *Five Feet Apart* comes a gripping new romance that asks: Can you find true love after losing everything? Kyle and Kimberly have been the perfect couple all through high school, but when Kimberly breaks up with him on the night of their graduation party, Kyle's entire world upends—literally. Their car crashes and when he awakes, he has a brain injury. Kimberly is dead. And no one in his life could possibly understand. Until Marley. Marley is suffering from her own loss, a loss she thinks was her fault. And when their paths cross, Kyle sees in her all the unspoken things he's feeling. As Kyle and Marley work to heal each other's wounds, their feelings for each other grow stronger. But Kyle can't shake the sense that he's headed for another crashing moment that will blow up his life as soon as he's started to put it back together. And he's right. This book includes bonus content.

5 feet apart parents guide: The Lucky List Rachael Lippincott, 2021-06-01 Rachael Lippincott, coauthor of #1 New York Times bestseller *Five Feet Apart*, weaves a "breezy...truly charming" (Kirkus Reviews) love story about learning who you are, and who you love, when the person you've always shared yourself with is gone. Emily and her mom were always lucky. But Emily's mom's luck ran out three years ago when she succumbed to cancer, and nothing has felt right for Emily since. Now, the summer before her senior year, things are getting worse. Not only has Emily wrecked things with her boyfriend Matt, who her mom adored, but her dad is selling the

house she grew up in and giving her mom's belongings away. Soon, she'll have no connections left to Mom but her lucky quarter. And with her best friend away for the summer and her other friends taking her ex's side, the only person she has to talk to about it is Blake, the swoony new girl she barely knows. But that's when Emily finds the list—her mom's senior year summer bucket list—buried in a box in the back of her closet. When Blake suggests that Emily take it on as a challenge, the pair set off on a journey to tick each box and help Emily face her fears before everything changes. As they go further down the list, Emily finally begins to feel close to her mom again, but her bond with Blake starts to deepen, too, into something she wasn't expecting. Suddenly Emily must face another fear: accepting the secret part of herself she never got a chance to share with the person who knew her best.

5 feet apart parents guide: *To Have-- to Hold-- a Parents' Guide to Childbirth & Early Parenting* Joyce L. Kieffer, 1985

5 feet apart parents guide: The Notebook Nicholas Sparks, 2014-06-24 Every so often a love story captures our hearts and becomes more than just a story - it becomes an experience to treasure and to share. The Notebook is such a book. It is a celebration of a passion both ageless and timeless, a tale of laughter and tears, and makes us believe in true love all over again. At thirty-one, Noah Calhoun is rebuilding his life on the coast after the horrors of World War II, but he is haunted by images of the girl he lost more than a decade earlier. Allie Nelson is about to marry into wealth and security, but she cannot stop thinking about the boy who stole her heart years ago. And so begins an extraordinary tale of a love so strong it turns tragedy into strength and endures everything . . . 2014 marks the 10th anniversary of the film adaptation of The Notebook starring Ryan Gosling and Rachel McAdams. This new edition includes gorgeous colour photographs from the film, author Q & A, discussion questions and an exclusive chapter from The Longest Ride, the new Nicholas Sparks novel.

5 feet apart parents guide: The Gilded Wolves Roshani Chokshi, 2019-01-15 *AN INSTANT NEW YORK TIMES BESTSELLER* First in a “wildly inventive and wildly representative” (The New York Times Book Review) historical fantasy series, Roshani Chokshi's The Gilded Wolves follows the exploits of a found family—six societal outcasts tasked with stealing a powerful artifact that can alter their lives for the better, but at the cost of breaking the world. All eyes are on Paris where the Exposition Universelle World Fair is to be held. Hidden among the technological marvels and artistic creations on display is an item of unimaginable power—a Babel fragment that would enable those who wield it with magical Forging abilities over nature's elements. Séverin Montagnet-Alarie's birthright was stolen from him. Now, to reclaim his rightful place among France's elite, he must obtain the Babel fragment for the Order. It is a heist that will require the ingenuity and skills of those with nothing to lose and everything to gain: Enrique, a gifted historian and wordsmith, caught between two worlds; Zofia, a brilliant Forging artist and engineer, separated from her family; Hypnos, a rival aristocrat who needs an ally among the Order; Tristan, an extraordinary Forger raised at Séverin's side, loyal to his adopted brother's quest; and Laila, the mysterious dancer and espionage artist who stole Séverin's heart in a moment of vulnerability he couldn't afford. But as the dangerous risks of their escapade surge, Séverin finds himself torn between his desire for revenge against all those who wronged him and the people he's deliberately placing in harm's way—including the woman he loves and fears to lose... “A masterpiece of imagination.” —New York Times bestselling author Stephanie Garber “Part political misadventure, part puzzle and thoroughly charming, with a band of rascals and a string of surprises.” —New York Times bestselling author Holly Black “[A] smart, dark adventure.” —New York Times bestselling author Adrienne Young

5 feet apart parents guide: Before We Were Strangers Renée Carlino, 2015-08-18 From the USA TODAY bestselling author of Sweet Thing and Nowhere But Here comes a love story about a Craigslist “missed connection” post that gives two people a second chance at love fifteen years after they were separated in New York City. To the Green-eyed Lovebird: We met fifteen years ago, almost to the day, when I moved my stuff into the NYU dorm room next to yours at Senior House. You called

us fast friends. I like to think it was more. We lived on nothing but the excitement of finding ourselves through music (you were obsessed with Jeff Buckley), photography (I couldn't stop taking pictures of you), hanging out in Washington Square Park, and all the weird things we did to make money. I learned more about myself that year than any other. Yet, somehow, it all fell apart. We lost touch the summer after graduation when I went to South America to work for National Geographic. When I came back, you were gone. A part of me still wonders if I pushed you too hard after the wedding... I didn't see you again until a month ago. It was a Wednesday. You were rocking back on your heels, balancing on that thick yellow line that runs along the subway platform, waiting for the F train. I didn't know it was you until it was too late, and then you were gone. Again. You said my name; I saw it on your lips. I tried to will the train to stop, just so I could say hello. After seeing you, all of the youthful feelings and memories came flooding back to me, and now I've spent the better part of a month wondering what your life is like. I might be totally out of my mind, but would you like to get a drink with me and catch up on the last decade and a half? M

5 feet apart parents guide: *Parent's Guide to Coping with Autism* Sarah Ziegel, 2016-07-31 This is an essential guide for parents and carers coping with children with autism. When Sarah Ziegel's twin boys were diagnosed with autism, aged almost three, she realized that there was very little practical information about what to do. When her next two children were also diagnosed with the condition, she was even more determined to put that lack of information right. This book is the result of Sarah's experiences of dealing with autism in the family. While covering personal aspects such as coping emotionally with a diagnosis, the book also tackles practical matters, such as education and the EHCP process, how to get help and support, and also considers the medical side of autism. Written by a former nurse, and full-time mother and carer, *A Parent's Guide to Coping with Autism* is a highly sensitive and professional guide and is the book you will want to reach for when faced with a diagnosis, or if you simply want to find out more about the condition.

5 feet apart parents guide: *After the Shot Drops* Randy Ribay, 2018 A powerful novel about friendship, basketball, and one teen's mission to create a better life for his family. Written in the tradition of Jason Reynolds, Matt de la Pe a, and Walter Dean Myers, *After the Shot Drops* now has three starred reviews * Belongs on the shelf alongside contemporary heavy-hitters like Angie Thomas's *The Hate U Give*, Brendan Kiely and Jason Reynolds's *All-American Boys*, and Nic Stone's *Dear Martin*.--School Library Journal, starred review Bunny and Nasir have been best friends forever, but when Bunny accepts an athletic scholarship across town, Nasir feels betrayed. While Bunny tries to fit in with his new, privileged peers, Nasir spends more time with his cousin, Wallace, who is being evicted. Nasir can't help but wonder why the neighborhood is falling over itself to help Bunny when Wallace is in trouble. When Wallace makes a bet against Bunny, Nasir is faced with an impossible decision--maybe a dangerous one. Told from alternating perspectives, *After the Shot Drops* is a heart-pounding story about the responsibilities of great talent and the importance of compassion.

5 feet apart parents guide: *The Hate U Give* Angie Thomas, 2018-08 Read the book that inspired the movie! Sixteen-year-old Starr lives in two worlds: the poor neighbourhood where she was born and raised and her posh high school in the suburbs. The uneasy balance between them is shattered when Starr is the only witness to the fatal shooting of her unarmed best friend, Khalil, by a police officer. Now what Starr says could destroy her community. It could also get her killed. Inspired by the Black Lives Matter movement, this is a powerful and gripping novel about one girl's struggle for justice.

5 feet apart parents guide: *After We Fell* Anna Todd, 2014-12-30 Soon to be a major motion picture! Book 3 of the *After* series—newly revised and expanded, Anna Todd's *After* fanfiction racked up 1 billion reads online and captivated readers across the globe. Experience the internet's most talked-about book for yourself from the writer Cosmopolitan called “the biggest literary phenomenon of her generation.” Tessa and Hardin's love was complicated before. Now it's more confusing than ever. *AFTER WE FELL*...Life will never be the same. #HESSA Just as Tessa makes the biggest decision of her life, everything changes. Revelations about first her family, and then Hardin's, throw

everything they knew before in doubt and makes their hard-won future together more difficult to claim. Tessa's life begins to come unglued. Nothing is what she thought it was. Not her friends. Not her family. The one person she should be able to rely on, Hardin, is furious when he discovers the massive secret she's been keeping. And rather than being understanding, he turns to sabotage. Tessa knows Hardin loves her and will do anything to protect her, but there's a difference between loving someone and being able to have them in your life. This cycle of jealousy, unpredictable anger, and forgiveness is exhausting. She's never felt so intensely for anyone, so exhilarated by someone's kiss—but is the irrepressible heat between her and Hardin worth all the drama? Love used to be enough to hold them together. But if Tessa follows her heart now, will it be...the end?

5 feet apart parents guide: SOS Help for Parents Lynn Clark, 2005 A set of teaching/counseling aids for professionals who offer parent education classes, parent counseling, or guidance to parents on child rearing and discipline.

5 feet apart parents guide: *Nappily Ever After* Trisha R. Thomas, 2001-12-26 NOW A NETFLIX ORIGINAL FILM STARRING SANAA LATHAN What happens when you toss tradition out the window and really start living for yourself? Venus Johnston has a great job, a beautiful home, and a loving live-in boyfriend named Clint, who happens to be a drop-dead gorgeous doctor. She also has a weekly beauty-parlor date with Tina, who keeps Venus's long, processed hair slick and straight. But when Clint—who's been reluctant to commit over the past four years—brings home a puppy instead of an engagement ring, Venus decides to give it all up. She trades in her long hair for a dramatically short, natural cut and sends Clint packing. It's a bold declaration of independence—one that has effects she never could have imagined. Reactions from friends and coworkers range from concern to contempt to outright condemnation. And when Clint moves on and starts dating a voluptuous, long-haired beauty, Venus is forced to question what she really wants out of life. With wit, resilience, and a lot of determination, she finally learns what true happiness is—on her own terms. Told with style, savvy, and humor, *Nappily Ever After* is a novel that marks the debut of a fresh new voice in fiction.

5 feet apart parents guide: *Love, Rosie* Cecelia Ahern, 2005-02-01 The basis for the motion picture starring Lily Collins and Sam Claflin! What happens when two people who are meant to be together can't seem to get it right? Rosie and Alex are destined for each other, and everyone seems to know it but them. Best friends since childhood, they are separated as teenagers when Alex and his family relocate from Dublin to Boston. Like two ships always passing in the night, Rosie and Alex stay friends, and though years pass, the two remain firmly attached via emails and letters. Heartbroken, they learn to live without each other. But destiny is a funny thing, and in this novel of several missed opportunities, Rosie and Alex learn that fate isn't quite done with them yet.

5 feet apart parents guide: *Adjustment Team* Philip Kindred Dick, 2022-06-13 *Adjustment Team* is a science fiction tale of Ed Fletcher, a real estate salesman who leads a normal life, until one day, when he leaves the house for work a few minutes later than he should have. A man called the Clerk approaches a talking dog, and explains in businesslike manner that Sector T137 is scheduled for adjustment at 9 o'clock. He instructs the dog to bark at exactly 8:15, which the Clerk explains will summon A Friend with a Car, which will take Ed Fletcher to work before 9, but while the Clerk is preoccupied, the dog falls asleep and as a result barks a minute too late. Inside Ed's house, while he is getting ready for work, Ed is accosted by a door-to-door insurance salesman and doesn't leave for work until 9:30. Ed arrives at his office building, but upon stepping onto the curb, finds himself in a sunless version of the world where everything and everyone is immobile, ash-grey, and crumbles at his touch. Ed is accosted by white-robed men, who talk about de-energizing him with a hose-like piece of equipment, but he flees outside and across the street, back to the everyday world, fearing he's had a psychotic episode.

5 feet apart parents guide: *The Last Letter from Your Lover* Jojo Moyes, 2012-06-26 Moyes delivers a sophisticated, page-turning double love story spanning 40 years—an unforgettable Brief Encounter for modern times.

5 feet apart parents guide: Teach'n Basketball Guide for Parents- The Illustrated Art of

Teaching Basketball to Your Children Bob Swope, 2004-03 Covering all the basic offensive and defensive fundamental skills players will need to play a better game of basketball, this practical guide includes 158 individual pictures, illustrations, diagrams, and charts.

5 feet apart parents guide: *School, Family, and Community Partnerships* Joyce L. Epstein, Mavis G. Sanders, Steven B. Sheldon, Beth S. Simon, Karen Clark Salinas, Natalie Rodriguez Jansorn, Frances L. Van Voorhis, Cecelia S. Martin, Brenda G. Thomas, Marsha D. Greenfeld, Darcy J. Hutchins, Kenyatta J. Williams, 2018-07-19 Strengthen programs of family and community engagement to promote equity and increase student success! When schools, families, and communities collaborate and share responsibility for students' education, more students succeed in school. Based on 30 years of research and fieldwork, the fourth edition of the bestseller *School, Family, and Community Partnerships: Your Handbook for Action*, presents tools and guidelines to help develop more effective and more equitable programs of family and community engagement. Written by a team of well-known experts, it provides a theory and framework of six types of involvement for action; up-to-date research on school, family, and community collaboration; and new materials for professional development and on-going technical assistance. Readers also will find: Examples of best practices on the six types of involvement from preschools, and elementary, middle, and high schools Checklists, templates, and evaluations to plan goal-linked partnership programs and assess progress CD-ROM with slides and notes for two presentations: A new awareness session to orient colleagues on the major components of a research-based partnership program, and a full One-Day Team Training Workshop to prepare school teams to develop their partnership programs. As a foundational text, this handbook demonstrates a proven approach to implement and sustain inclusive, goal-linked programs of partnership. It shows how a good partnership program is an essential component of good school organization and school improvement for student success. This book will help every district and all schools strengthen and continually improve their programs of family and community engagement.

5 feet apart parents guide: *Tex* S. E. Hinton, 2013-08-06 From the best-selling author of *The Outsiders*, S.E. Hinton's *Tex* explores friendships, conflict, depression, self-destructive behavior, and truth and acceptance. This edition includes a new and exclusive Author's Note. Easygoing and reckless, Tex, likes everyone and everything, especially his horse, Negrito, and Johnny Collins' blue-eyed sister, Jamie. Life with his older brother, Mason, would be just about perfect if only he would stop complaining about Pop, who hasn't been home in five months. While Mason worries about paying the bills and getting a basketball scholarship--his ticket out of Oklahoma--Tex just seems to attract trouble. When everything seems to be falling apart, how can Tex find a way to keep things together?

5 feet apart parents guide: *Disobedience* Naomi Alderman, 2006-09-06 *NOW A MAJOR MOTION PICTURE, STARRING RACHEL WEISZ AND RACHEL MCADAMS *AUTHOR OF ONE OF BARACK OBAMA'S FAVORITE READS From the New York Times bestselling author of *The Power* comes a novel about a young woman who must return home in the wake of her father's death and confront the tight-knit Orthodox community that she ran away from—reigniting the old flames of forbidden love. When a young photographer living in New York learns that her estranged father, a well-respected rabbi, has died, she can no longer run away from the truth, and soon sets out for the Orthodox Jewish community in London where she grew up. Back for the first time in years, Ronit can feel the disapproving eyes of the community. Especially those of her beloved cousin, Dovid, her father's favorite student and now an admired rabbi himself, and Esti, who was once her only ally in youthful rebelliousness. Now Esti is married to Dovid, and Ronit is shocked by how different they both seem, and how much greater the gulf between them is. But when old flames reignite and the shocking truth about Ronit and Esti's relationship is revealed, the past and present converge in this award-winning and critically acclaimed novel about the universality of love and faith, and the strength and sacrifice it takes to fight for what you believe in—even when it means disobedience.

5 feet apart parents guide: *Golf Guide for Parents and Players* Jacqui McSorley, Johnny Gonzales, 2007 Whether your kid is 2 or 18, just starting, has played some golf, or is already a

champion, this guide provides practical answers and new ideas to help them get the most out of the game and enjoy an exhilarating golfing life.

5 feet apart parents guide: Facts about Cystic Fibrosis , 1995

5 feet apart parents guide: This Is Not the End Chandler Baker, 2017-08-08 If you could choose one person to bring back to life, who would it be? Seventeen-year-old Lake Deveraux is the survivor of a car crash that killed her best friend and boyfriend. Now she faces an impossible choice. Resurrection technology changed the world, but strict laws allow just one resurrection per citizen, to be used on your eighteenth birthday or lost forever. You only have days to decide. For each grieving family, Lake is the best chance to bring back their child. For Lake, it's the only way to reclaim a piece of happiness after her own family fell apart. And Lake must also grapple with a secret--and illegal--vow she made years ago to resurrect someone else. Someone who's not even dead yet. Who do you need most? As Lake's eighteenth birthday nears, secrets and betrayals new and old threaten to eclipse her cherished memories. Lake has one chance to save a life . . . but can she live with her choice?

5 feet apart parents guide: What to Say Next Julie Buxbaum, 2018-04-03 What to Say Next reminds readers that hope can be found in unexpected places. -Bustle From the New York Times bestselling author of Tell Me Three Things comes a story about two struggling teenagers who find an unexpected connection just when they need it most. Nicola Yoon, the bestselling author of Everything, Everything, calls it charming, funny, and deeply affecting. Sometimes a new perspective is all that is needed to make sense of the world. KIT: I don't know why I decide not to sit with Annie and Violet at lunch. It feels like no one here gets what I'm going through. How could they? I don't even understand. DAVID: In the 622 days I've attended Maplevue High, Kit Lowell is the first person to sit at my lunch table. I mean, I've never once sat with someone until now. "So your dad is dead," I say to Kit, because this is a fact I've recently learned about her. When an unlikely friendship is sparked between relatively popular Kit Lowell and socially isolated David Drucker, everyone is surprised, most of all Kit and David. Kit appreciates David's blunt honesty—in fact, she finds it bizarrely refreshing. David welcomes Kit's attention and her inquisitive nature. When she asks for his help figuring out the how and why of her dad's tragic car accident, David is all in. But neither of them can predict what they'll find. Can their friendship survive the truth? Named a Best Young Adult Novel of the Year by POPSUGAR "Charming, funny, and deeply affecting all at the same time." -Nicola Yoon, #1 New York Times bestselling author of Everything, Everything and The Sun Is Also a Star "Heartfelt, charming, deep, and real. I love it with all my heart." -Jennifer Niven, New York Times bestselling author of All the Bright Places

5 feet apart parents guide: We Need to Talk About Kevin Lionel Shriver, 2011-05-01 The inspiration for the film starring Tilda Swinton and John C. Reilly, this resonant story of a mother's unsettling quest to understand her teenage son's deadly violence, her own ambivalence toward motherhood, and the explosive link between them remains terrifyingly prescient. Eva never really wanted to be a mother. And certainly not the mother of a boy who murdered seven of his fellow high school students, a cafeteria worker, and a much-adored teacher in a school shooting two days before his sixteenth birthday. Neither nature nor nurture exclusively shapes a child's character. But Eva was always uneasy with the sacrifices and social demotion of motherhood. Did her internalized dislike for her own son shape him into the killer he's become? How much is her fault? Now, two years later, it is time for her to come to terms with Kevin's horrific rampage, all in a series of startlingly direct correspondences with her estranged husband, Franklin. A piercing, unforgettable, and penetrating exploration of violence and responsibility, a book that the Boston Globe describes as "impossible to put down," is a stunning examination of how tragedy affects a town, a marriage, and a family.

5 feet apart parents guide: Lies Like Poison Chelsea Pitcher, 2020-11-10 "A journey into the dark corners of friendship." —Mindy McGinnis, author of The Female of the Species Riverdale meets Karen M. McManus's Two Can Keep a Secret in this "twisty, sumptuous dark fairy tale of a mystery" (Kara Thomas, author of The Cheerleaders) about estranged friends who reunite when someone

commits the murder they'd planned—but didn't go through with—and leaves one of their own to take the fall. Poppy, Lily, and Belladonna would do anything to protect their best friend, Raven. So when they discovered he was suffering abuse at the hands of his stepmother, they came up with a lethal plan: petals of poppy, belladonna, and lily in her evening tea so she'd never be able to hurt Raven again. But someone got cold feet, the plot faded to a secret of the past, and the group fell apart. Three years later, on the eve of Raven's seventeenth birthday, his stepmother turns up dead. But it's only belladonna found in her tea, and it's only Belladonna who's carted off to jail. Desperate for help, Belle reaches out to her estranged friends to prove her innocence. They answer the call, but no one is prepared for what comes next. Now, everyone has something to lose and something equally dangerous to hide. And when the tangled web of secrets and betrayal is finally unwound, what lies at its heart will change the group forever.

5 feet apart parents guide: Safe Haven Nicholas Sparks, 2012-12-18 In a small North Carolina town, a mysterious and beautiful woman running from her past slowly falls for a kind-hearted store owner . . . until dark secrets begin to threaten her new life. When a mysterious young woman named Katie appears in the small North Carolina town of Southport, her sudden arrival raises questions about her past. Beautiful yet self-effacing, Katie seems determined to avoid forming personal ties until a series of events draws her into two reluctant relationships: one with Alex, a widowed store owner with a kind heart and two young children; and another with her plainspoken single neighbor, Jo. Despite her reservations, Katie slowly begins to let down her guard, putting down roots in the close-knit community and becoming increasingly attached to Alex and his family. But even as Katie begins to fall in love, she struggles with the dark secret that still haunts and terrifies her . . . a past that set her on a fearful, shattering journey across the country, to the sheltered oasis of Southport. With Jo's empathetic and stubborn support, Katie eventually realizes that she must choose between a life of transient safety and one of riskier rewards . . . and that in the darkest hour, love is the only true safe haven.

5 feet apart parents guide: If I Stay Gayle Forman, 2009-04-02 The critically acclaimed, bestselling novel from Gayle Forman, author of *Where She Went*, *Just One Day*, and *Just One Year*. Soon to be a major motion picture, starring Chloe Moretz! In the blink of an eye everything changes. Seventeen year-old Mia has no memory of the accident; she can only recall what happened afterwards, watching her own damaged body being taken from the wreck. Little by little she struggles to put together the pieces- to figure out what she has lost, what she has left, and the very difficult choice she must make. Heartwrenchingly beautiful, this will change the way you look at life, love, and family. Now a major motion picture starring Chloe Grace Moretz, Mia's story will stay with you for a long, long time.

5 feet apart parents guide: A Parent's Guide to Managing Sickle Cell Disease Lola Oni, Joan Walters (College teacher), David Rees, Olu Wilkey, 2021

5 feet apart parents guide: Everything, Everything Nicola Yoon, 2015-09-01 Risk everything for love with this #1 New York Times bestseller from Nicola Yoon • Gorgeous and lyrical—The New York Times Book Review What if you couldn't touch anything in the outside world? Never breathe in the fresh air, feel the sun warm your face . . . or kiss the boy next door? In *Everything, Everything*, Maddy is a girl who's literally allergic to the outside world, and Olly is the boy who moves in next door . . . and becomes the greatest risk she's ever taken. This extraordinary first novel about love so strong it might kill us is too good to feel like a debut. Tender, creative, beautifully written, and with a great twist, *Everything, Everything* is one of the best books I've read this year.—Jodi Picoult My disease is as rare as it is famous. Basically, I'm allergic to the world. I don't leave my house, have not left my house in seventeen years. The only people I ever see are my mom and my nurse, Carla. But then one day, a moving truck arrives next door. I look out my window, and I see him. He's tall, lean and wearing all black—black T-shirt, black jeans, black sneakers, and a black knit cap that covers his hair completely. He catches me looking and stares at me. I stare right back. His name is Olly. Maybe we can't predict the future, but we can predict some things. For example, I am certainly going to fall in love with Olly. It's almost certainly going to be a disaster. *Everything, Everything* will

make you laugh, cry, and feel everything in between. It's an innovative, inspiring, and heartbreakingly romantic debut novel that unfolds via vignettes, diary entries, illustrations, and more. And don't miss Nicola Yoon's bestselling novels *The Sun Is Also A Star* and *Instructions for Dancing*.

5 feet apart parents guide: *The Deep* Nick Cutter, 2015-07-28 A strange plague called the 'Gets is decimating humanity on a global scale. It causes people to forget--small things at first, like where they left their keys, then the not-so-small things like how to drive or the letters of the alphabet. Then their bodies forget how to function involuntarily. There is no cure. But far below the surface of the Pacific Ocean, a universal healer hailed as 'ambrosia' has been discovered. In order to study this phenomenon, a special research lab has been built eight miles under the sea's surface. When the station goes incommunicado, a brave few descend through the lightless fathoms in hopes of unraveling the mysteries lurking at those crushing depths...and perhaps to encounter an evil blacker than anything one could possibly imagine--Page [4] of cover.

5 feet apart parents guide: Teach'n Baseball & Softball Handbook/Guide for Parents & Coaches Bob Swope, 2008 This is a practical handbook and guide for parents and coaches that want to help their kids become a better baseball or softball player. It has 300 individual pictures, illustrations and diagrams to show you what to do. It covers all the basics that players will need to become a good baseball or softball player. It is complete with history, playing field size, new parent orientation, training games to play, strategies, stair step training guides, equipment used and a glossary of baseball and softball terminology.

5 feet apart parents guide: *The Fault in Our Stars* John Green, 2012-01-10 The beloved, #1 global bestseller by John Green, author of *The Anthropocene Reviewed* and *Turtles All the Way Down* "John Green is one of the best writers alive." -E. Lockhart, #1 bestselling author of *We Were Liars* "The greatest romance story of this decade." -Entertainment Weekly #1 New York Times Bestseller • #1 Wall Street Journal Bestseller • #1 USA Today Bestseller • #1 International Bestseller Despite the tumor-shrinking medical miracle that has bought her a few years, Hazel has never been anything but terminal, her final chapter inscribed upon diagnosis. But when a gorgeous plot twist named Augustus Waters suddenly appears at Cancer Kid Support Group, Hazel's story is about to be completely rewritten. From John Green, #1 bestselling author of *The Anthropocene Reviewed* and *Turtles All the Way Down*, *The Fault in Our Stars* is insightful, bold, irreverent, and raw. It brilliantly explores the funny, thrilling, and tragic business of being alive and in love.

5 feet apart parents guide: Raising Multiracial Children Farzana Nayani, 2020-03-20 The essential guide to parenting multiracial and multiethnic children of all ages and learning to support and celebrate their multiracial identities In a world where people are more likely to proclaim color-blindness than talk openly about race, how can we truly value, support, and celebrate our kids' identities? How can we assess our own sense of Racial Dialogue Readiness and develop a deeper understanding of the issues facing multiracial children today? *Raising Multiracial Children* gives caregivers the tools for exploring race with their children, offering practical guidance on how to initiate conversations; consciously foster racial identity development; discuss issues like microaggressions, intersectionality, and privilege; and intentionally cultivate a sense of belonging. It provides an overview of key issues and current topics relevant to raising multiracial children and offers strategies and developmentally appropriate milestones from infancy through adulthood. The book ends with resources and references for further learning and exploration.

5 feet apart parents guide: *The Words in My Hands* Asphyxia, 2021-11-09 Part coming of age, part call to action, this fast-paced #ownvoices novel about a Deaf teenager is a unique and inspiring exploration of what it means to belong. Smart, artistic, and independent, sixteen year old Piper is tired of trying to conform. Her mom wants her to be "normal," to pass as hearing, to get a good job. But in a time of food scarcity, environmental collapse, and political corruption, Piper has other things on her mind—like survival. Piper has always been told that she needs to compensate for her Deafness in a world made for those who can hear. But when she meets Marley, a new world opens up—one where Deafness is something to celebrate, and where resilience means taking action,

building a community, and believing in something better. Published to rave reviews as *Future Girl* in Australia (Allen & Unwin, Sept. 2020), this empowering, unforgettable story is told through a visual extravaganza of text, paint, collage, and drawings. Set in an ominously prescient near future, *The Words in My Hands* is very much a novel for our turbulent times.

5 feet apart parents guide: *The Big Book of Conflict Resolution Games: Quick, Effective Activities to Improve Communication, Trust and Collaboration* Mary Scannell, 2010-05-28 Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. *The Big Book of Conflict-Resolution Games* offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let *The Big Book of Conflict-Resolution Games* help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in *The Big Book of Conflict-Resolution Games* delivers everything you need to make your workplace more efficient, effective, and engaged.

5 feet apart parents guide: *Me and Earl and the Dying Girl* Jesse Andrews, 2012-03-15 The New York Times bestseller that inspired the Sundance Grand Jury Prize-winning film. The funniest book you'll ever read about death. It is a universally acknowledged truth that high school sucks. But on the first day of his senior year, Greg Gaines thinks he's figured it out. The answer to the basic existential question: How is it possible to exist in a place that sucks so bad? His strategy: remain at the periphery at all times. Keep an insanely low profile. Make mediocre films with the one person who is even sort of his friend, Earl. This plan works for exactly eight hours. Then Greg's mom forces him to become friends with a girl who has cancer. This brings about the destruction of Greg's entire life. "Mr. Andrews' often hilarious teen dialogue is utterly convincing, and his characters are compelling. Greg's random sense of humor, terrible self-esteem and general lack of self-awareness all ring true. Like many YA authors, Mr. Andrews blends humor and pathos with true skill, but he steers clear of tricky resolutions and overt life lessons, favoring incremental understanding and growth." —Pittsburgh Post-Gazette "One need only look at the chapter titles ('Let's Just Get This Embarrassing Chapter Out of the Way') to know that this is one funny book." —Booklist (starred review) "Though this novel begs inevitable thematic comparisons to John Green's *The Fault in Our Stars*, it stands on its own in inventiveness, humor and heart." —Kirkus Reviews (starred review)

5 feet apart parents guide: *Our Chemical Hearts* Krystal Sutherland, 2016-10-04 John Green meets Rainbow Rowell in this irresistible story of first love, broken hearts, and the golden seams that put them back together again. Henry Page has never been in love. He fancies himself a hopeless romantic, but the slo-mo, heart palpitating, can't-eat-can't-sleep kind of love that he's been hoping for just hasn't been in the cards for him—at least not yet. Instead, he's been happy to focus on his grades, on getting into a semi-decent college and finally becoming editor of his school newspaper. Then Grace Town walks into his first period class on the third Tuesday of senior year and he knows everything's about to change. Grace isn't who Henry pictured as his dream girl—she walks with a cane, wears oversized boys' clothes, and rarely seems to shower. But when Grace and Henry are both chosen to edit the school paper, he quickly finds himself falling for her. It's obvious there's something broken about Grace, but it seems to make her even more beautiful to Henry, and he wants nothing more than to help her put the pieces back together again. And yet, this isn't your average story of boy meets girl. Krystal Sutherland's brilliant debut is equal parts wit and heartbreak, a potent reminder of the bittersweet bliss that is first love.

5 feet apart parents guide: *The Intuitive Parent* Stephen Camarata, Ph.D., 2015-08-18 You already have everything you need to raise a healthy, happy, intelligent child Parenting today is

practically a competitive sport, and marketers are all too happy to cash in. Scare tactics and scientific-sounding jargon make it seem like parents are in constant danger of hard-wiring their children's brains for failure. In fact, this state of parental anxiety is totally unnecessary—and possibly bad for our children. Babies are born with an appetite to learn. Children are naturally curious about the world and eager to explore it. They don't need flashcards, educational videos, or the latest iPad app to help speed their development. Attempts to get children speaking and reading before they're developmentally ready may even harm them in the long run. In *The Intuitive Parent*, Vanderbilt University child development specialist Dr. Stephen Camarata debunks the claims many of these "brain development" programs make. Using accessible, down-to-earth language he explains how parents can intuitively support their child's brain development by simply paying attention. Babies and children develop at their own pace; what's more, they are hardwired to signal to caregivers when they're ready for the next step. Restrictive tools like flashcards may derail your child's ability to learn holistically—and will definitely sap the joy from one of the most important jobs in the world: being a parent. The key is to recognize the "ready to learn" cues your child is giving you and respond in a way that comes naturally. Routine activities, such as playing peekaboo, reading books to a toddler, talking, singing, feeding, and otherwise meeting the everyday needs of a child, are the true magic that ultimately wires a child's brain and helps children become an intelligent, confident, curious, and talented adults. Grounded in the latest science by a nationally recognized child development expert, *The Intuitive Parent* arms parents and caregivers with the confidence and knowledge they need to quit worrying and enjoy the time they have with their child—no fancy gadgets or pricey videos necessary.

5 feet apart parents guide: The Hating Game Sally Thorne, 2016-08-09 Now a movie starring Lucy Hale and Austin Stowell, USA Today bestselling author Sally Thorne's hilarious and sexy workplace comedy all about that thin, fine line between hate and love. Nemesis (n.) 1) An opponent or rival whom a person cannot best or overcome. 2) A person's undoing 3) Joshua Templeman Lucy Hutton and Joshua Templeman hate each other. Not dislike. Not begrudgingly tolerate. Hate. And they have no problem displaying their feelings through a series of ritualistic passive aggressive maneuvers as they sit across from each other, executive assistants to co-CEOs of a publishing company. Lucy can't understand Joshua's joyless, uptight, meticulous approach to his job. Joshua is clearly baffled by Lucy's overly bright clothes, quiriness, and Pollyanna attitude. Now up for the same promotion, their battle of wills has come to a head and Lucy refuses to back down when their latest game could cost her her dream job...But the tension between Lucy and Joshua has also reached its boiling point, and Lucy is discovering that maybe she doesn't hate Joshua. And maybe, he doesn't hate her either. Or maybe this is just another game.

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Review of Five Feet Apart - University of Georgia

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