

Calm Parents Happy Kids The Secrets Of Stress Free Parenting

Parenting can be such an overwhelming job that it's easy to lose track of where you stand on some of the more controversial subjects at the playground (What if my kid likes to rough house—isn't this ok as long as no one gets hurt? And what if my kid just doesn't feel like sharing?). In this inspiring and enlightening book, Heather Shumaker describes her quest to nail down "the rules" to raising smart, sensitive, and self-sufficient kids. Drawing on her own experiences as the mother of two small children, as well as on the work of child psychologists, pediatricians, educators and so on, in this book Shumaker gets to the heart of the matter on a host of important questions. Hint: many of the rules aren't what you think they are! The "rules" in this book focus on the toddler and preschool years—an important time for laying the foundation for competent and compassionate older kids and then adults. Here are a few of the rules: • It's OK if it's not hurting people or property • Bombs, guns and bad guys allowed. • Boys can wear tutus. • Pictures don't have to be pretty. • Paint off the paper! • Sex ed starts in preschool • Kids don't have to say "Sorry." • Love your kid's lies. IT'S OK NOT TO SHARE is an essential resource for any parent hoping to avoid PLAYDATEGATE (i.e. your child's behavior in a social interaction with another child clearly doesn't meet with

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another parent's approval)!

Finally, an instruction manual for kids exists! Written by a parent for parents - whether prospective, new or seasoned - you will find some treasures in here to keep and use every day.

Discover how Dutch parents raise The Happiest Kids in the World! Calling all stressed-out parents: Relax! Imagine a place where young children play unsupervised, don't do homework, have few scheduled "activities" . . . and rank #1 worldwide in happiness and education. It's not a fantasy—it's the Netherlands! Rina Mae Acosta and Michele Hutchison—an American and a Brit, both married to Dutchmen and raising their kids in the Netherlands—report back on what makes Dutch kids so happy and well adjusted. Is it that dads take workdays off to help out? Chocolate sprinkles for breakfast? Bicycling everywhere? Whatever the secret, entire Dutch families reap the benefits, from babies (who sleep 15 hours a day) to parents (who enjoy a work-life balance most Americans only dream of). As Acosta and Hutchison borrow ever-more wisdom from their Dutch neighbors, this much becomes clear: Sometimes the best thing we can do as parents is . . . less!

An all-in-one resource for every working mother and father. Sure, there are plenty of parenting books out there. But as working moms and dads, we've never had a trusted go-to guide all our own—one that coaches us on how to do well at work, be the loving and engaged parents we want to be, and remain true to ourselves in the process. Ent

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Workparent. Whether you're planning a family, pushing for promotion during your kids' teenage years, or at any phase in between, Workparent provides all the advice and assurance you'll need to combine children and career in your own, authentic way. Whatever your field or family structure, you'll learn how to: Find a childcare arrangement you fully trust Build a strong support team, at home and on the job Advocate for advancement—and flexibility Step up at work while keeping your family healthy and whole Tame guilt, self-doubt, worry, and other difficult emotions Navigate big transitions: the return from leave, a promotion or job change, or the arrival of a second child Manage day-to-day pressures, like scheduling, mealtimes, homework, and more Find—and really use—time off Feel more capable, calm, and in control Written by Daisy Dowling, a top executive coach, talent expert, and working mom, Workparent answers all of your questions and feels like a good talk with your favorite mentor. Finally, the handbook you need to thrive as a working parent.

3-Step Discipline for Calm, Effective, and Happy Parenting

Effective Strategies for Stressed Out Parents

The Danish Way of Parenting

Attached at the Heart

Using Mindfulness and Connection to Raise Resilient, Joyful Children and Rediscover Your Love of Parenting

Happy Parents Happy Kids

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How to Raise Successful People

How to Be a Calm Parent

A practical guide to help parents teach their children how to cope with stress offers an innovative approach that combines real-life situations, hands-on examples, and helpful advice on how to resolve conflicts, reduce anger and anxiety, develop listening skills, foster self-esteem and understanding, and more. Original.

"This is a must-read for every family that yearns to create peace and harmony." --Shefali Tsabary, Ph.D., New York Times bestselling author of The Conscious Parent Tired of yelling and nagging? True family connection is possible--and this essential guide shows us how. Popular parenting blogger Rebecca Eanes believes that parenting advice should be about more than just getting kids to behave. Struggling to maintain a meaningful connection with her two little ones and frustrated by the lack of emotionally aware books for parents, she began to share her own insights with readers online. Her following has grown into a thriving community--hundreds of thousands strong. In this eagerly anticipated guide, Eanes shares her hard-won wisdom for

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overcoming limiting thought patterns and recognizing emotional triggers, as well as advice for connecting with kids at each stage, from infancy to adolescence. This heartfelt, insightful advice comes not from an "expert," but from a learning, evolving parent. Filled with practical, solution-oriented advice, this is an empowering guide for any parent who longs to end the yelling, power struggles, and downward spiral of acting out, punishment, resentment, and shame--and instead foster an emotional connection that helps kids learn self-discipline, feel confident, and create lasting, loving bonds.

Calm Parents, Happy Kids The Secrets of Stress-Free Parenting Random House

With all the parenting information out there and the constant pressure to be the "perfect" parent, it seems as if many parents have lost track of one very important piece of the parenting puzzle: raising happy kids. Parenting today has gotten far too complicated. It's never been the easiest job in the world, but with all the "parenting advice" parents are met with at every corner, it's hard not to become bewildered. It seems that in the past it was a good deal simpler. You made sure there was dinner

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on the table and the kids got to school on time and no one set anything on fire, and you called it a success. But today everybody has a different method for dealing with the madness--attachment parenting, free-range parenting, mindful parenting. And who is to say one is more right or better than another? How do you choose? The truth is that whatever drumbeat you march to, all parents would agree that we just want our kids to be happy. It seems like a no-brainer, right? But in the face of all the many parenting theories out there, happiness feels like it has become incidental. That's where *The Happy Kid Handbook* by child and adolescent psychotherapist and parenting expert Katie Hurley comes in. She shows parents how happiness is the key to raising confident, capable children. It's not about giving in every time your child wants something so they won't feel bad when you say no, or making sure that they're taking that art class, and the ballet class, and the soccer class (to help with their creativity and their coordination and all that excess energy). Happiness is about parenting the individual, because not every child is the same, and not every child will respond to parenting the same way. By exploring the differences

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among introverts, extroverts, and everything in between, this definitive guide to parenting offers parents the specific strategies they need to meet their child exactly where he or she needs to be met from a social-emotional perspective. A back-to-basics guide to parenting, *The Happy Kid Handbook* is a must-have for any parent hoping to be the best parent they can be.

Why Is My Child in Charge?

A Survival Guide to Life with Children Ages 2-7

Positive Discipline: The First Three Years, Revised and Updated Edition

The Instruction Manual for Kids - Parent's Edition

The Happiest Kids in the World

The Happy Kid Handbook

Peaceful Parent, Happy Kids

How to Raise Joyful Children in a Stressful World

As parents we all want the best for our children, but so often over-manage every aspect of their lives, leaving them overwhelmed, lacking motivation, and at risk of mental health problems as adults. So how can we prevent this from happening? Over their combined sixty years of practice,

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William Stixrud, a clinical neuropsychologist, and Ned Johnson, the founder of an elite tutoring agency, have worked with thousands of children all facing this problem. Together they discovered that the best antidote to stress is to give kids more of a sense of control over their lives. In this ground-breaking book they will teach you how to set your child on the real road to success and share their trusted techniques to help your child to reduce their stress and anxiety, foster independent thinking, and achieve their full potential. The Thriving Child is essential reading for every parent to help their child sculpt a resilient, stress-proof brain that is ready to take on new challenges.

Two renowned neuroscientists and pioneers in documenting the benefits of Transcendental Meditation give parents a guided tour of their children's brains through contemporary science and ancient Ayurvedic typology (parents can "type" their kids and themselves) for a wealth of methods and insights to maximize your child's learning and behavioral style. Dharma Parenting offers a uniquely individual approach to raising a

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happy and successful child. The word "dharma" means a way of living that upholds the path of evolution, maintains balance, and supports both prosperity and spiritual freedom. For the first time, we can understand why one child learns quickly and forgets quickly while another learns slowly and forgets slowly; why one child is hyperactive and another slow moving; or why one falls asleep quickly but wakes in the night while another takes hours to fall asleep. Leading brain researchers Robert Keith Wallace and Frederick Travis combine knowledge from modern science, ancient Ayurveda, and their personal experience to show how to unfold the full potential of a child's brain, as well as how to nurture his or her inherent brilliance and goodness. The first tool of Dharma Parenting is to determine your child's--and your own--brain/body type through a simple quiz. The Eastern system of natural medicine called Ayurveda has used three distinct mind/body types (and combinations of these types) for thousands of years. Scientific studies suggest that there is a specific set of genetic, biochemical, and

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physiological characteristics that underlie each of the three main Ayurveda mind/body types. Coupling old and new wisdom, Dharma Parenting offers unique insight into why a child is the way he or she is and reveals how to bring each child into a state of balance. Its language is readily comprehensible by parents of any cultural background, with real-life stories to illustrate areas of universal parental concern--such as emotions, behavior, language, learning styles, habits, diet, health issues, and, most importantly, the parent-child relationship.

Offers practical, easy-to-apply ideas to help parents regulate themselves and their own emotions in order to foster a better connection with their children to help them learn emotional intelligence, empathy, and responsibility. Intentional Parenting is built around 12 chapters that each dispel some of the most common parenting myths and reminds all parents of truths that can empower them to be not only the parents that their children need but that God has called them to be."

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Workparent

A Guide For Moms of Sons

Raising Happiness

Helping Your Anxious Child

Intentional Parenting

Screamfree Parenting

Simplicity Parenting

A Practical Guide for Handling Common Everyday Behavior

Problems

Solve typical toddler challenges with eight key mindshifts that will help you parent with clarity, calmness and self-control. Through stories from her practice, Claire Lerner shows parents how to make critical mindshifts—seeing their children's behaviors through a new lens —empowers parents to solve their most vexing childrearing challenges. This process puts parents back in the driver's seat, where they belong and where their children need them to be. These real life stories provide a roadmap for how to tune into the root causes of children's behavior and how to create and implement strategies that are tailored to the unique needs of each child and family. Through these stories, Claire provides a treasure trove of practical solutions that are based in science and which work in real life. *Why Is My Child In Charge?* picks up where other books have left parents hanging. Most parenting books offer solutions that sound good on paper but don't work in practice. They are aspirational rather than achievable, or they offer one-size-fits-all approaches.

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that don't meet the needs of an individual child. They can compound parents' feelings of frustration and thus, can be counterproductive. Case by case, Claire unpacks the individualized process she guides parents through to solve the most common challenges such as throwing tantrums in public; delaying bedtime for hours; refusing to participate in family mealtimes; and resisting potty training. Employing a relatable story-telling approach, Claire elucidates: The faulty mindsets that pose obstacles to parents seeing the situation more objectively The essential mindshifts that enable parents to quickly identify the root causes of the problem The development of an action plan tailored to each unique child and family Why is My Child in Charge? is like having a child development specialist in your home. It shows how you can develop "win-win" strategies that translate into adaptable, happy kids and calm, connected and in-control parents. It will help you be the parent you want to be.

This second edition of "SOS" provides parents with guidance for handling a variety of common behavior problems based on the behavior approach to child rearing and discipline. This approach suggests that good and bad behavior are both learned and can be changed, and proposes specific methods, skills, procedures, and strategies for parents to use in getting improved behavior from their children. The guide is divided into four sections. Section 1 presents some fundamentals of child behavior and effective discipline. Some of the causes of children's misbehavior are examined as well as ways of increasing good behavior and eliminating bad ones. Section 2 provides advice for implementing the "time-out" method. Section 3 gives suggestions on how to: (1) manage behavior away from home; (2) use points, tokens, and contracts; (3) use time-out on two children at the same time; (4) use time-out on a toy instead of the child; (5) handle aggressive and dangerous behavior; and (6) help children express feelings. Section 4 suggests some additional

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resources for helping children. Each chapter includes a review of the most important ideas and instructions presented. The book's two appendices include an index of problem behaviors, quiz questions and answers for parents, more resources for professionals, and tear-out sheets for parents and teachers. Approximately 60 references are included. A videotape, not available from ERIC, demonstrates the child-rearing rules, and errors to avoid, as well as other child management methods. A printed "Video Leader's Guide" for the training leaders provides objectives, suggested outlines for workshops, and guidelines for discussing the behavior vignettes in the Workshop evaluation forms and handouts are appended. A parent audio cassette on how to use "time out" effectively is also part of this multimedia package. (HTH)

Drawing on evidence-based practices, here is an insight-packed and tip-filled plan for how to handle the parental meltdowns. Its compassionate, pragmatic approach will help readers feel less ashamed and more empowered to get their, ahem, act together instead of losing it. The Godmother of Silicon Valley, legendary teacher, and mother of a Super Family shares her tried-and-tested methods for raising happy, healthy, successful children using Trust, Respect, Independence, Collaboration, and Kindness: TRICK. Esther Wojcicki--"Woj" to her many friends and admirers--is famous for three things: teaching a high school class that has changed the lives of thousands of kids, inspiring Silicon Valley legends like Steve Jobs, and raising three daughters who have each become famously successful. What do these three accomplishments have in common? They're the result of TRICK, Woj's secret to raising successful people: Trust, Respect, Independence, Collaboration, and Kindness. Simple lessons, but the results are radical. Wojcicki's methods are the opposite of helicopter parenting. As we face an epidemic of parental anxiety, Woj is here to say: relax. Talk to infants as if they are adults. Allow teenagers to pick

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projects that relate to the real world and their own passions, and let them figure out how to complete them. Above all, let your child lead. How to Raise Successful People offers essential lessons for raising, educating, and managing people to their highest potential. Change your parenting, change the world.

Calm Parents, Happy Siblings

10 Simple Steps for More Joyful Kids and Happier Parents

The Thriving Child

Peaceful Parents, Peaceful Kids

How to Stop Losing Your Sh*t with Your Kids

Calm Parents, Happy Kids

The Revolutionary Approach to Raising Your Kids by Keeping Your Cool

Simple Lessons for Radical Results

Parenting can feel overwhelming and exhausting. Even the most dedicated among us may sacrifice our own well-being on behalf of our kids-but that's the wrong thing to do. There is a better way. Parenting doesn't have to be a blur of sleep deprivation, stress, weight gain, and emotional chaos. You will be a better parent when you first take care of yourself. Doing that is not selfish. By learning how to balance caring for yourself and your kids, you will be a confident, calmer mom or dad. That may seem impossible, but it's not. ? Pediatrician and single mom Alison Mitzner combines science-backed information with her own experience to fill the pages of Calm and Confident Parenting.

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She shares proven strategies and tools for making small changes to your mindset, routine, and habits. Her guide to manageable adjustments that improve your nutrition, focus on fitness, and-critically-organize your time will make you a happier, better parent. With Dr. Mitzner's steady and assured wisdom, you will be able to raise your children with calm confidence and enjoy your journey as a mother or father.

"Dr. Phelan's strategies have seen a resurgence in the parenting world. Maybe that's why you feel like everywhere you go, you keep overhearing other moms say to their misbehaving children, 'That's one. That's two. That's three.' And then you watch in disbelief as their kid actually stops!" — PopSugar Moms Are you the parent of a strong-willed child? Is bedtime a nightly battle? Are you looking to discipline without stress? Since kids don't come with a manual, 1-2-3 Magic is the next best thing. Dr. Thomas Phelan has developed a quick, simple and scientifically proven way to parent that actually works! Using his signature 1-2-3 counting method, Dr. Phelan helps parents to curb obnoxious behaviors like tantrums and meltdowns, whining and pouting, talking back, sibling rivalry and more in toddlers, preschoolers and middle schoolers. He guides parents through drama-free discipline methods that include handling time outs in public, the appropriate length of a time out, and what to do if your child resists the time out. Dr. Phelan also covers how to establish positive routines around bedtime, dinnertime, homework and getting up and out in the morning, and tips for strengthening your

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relationship with your kids. For decades, millions of parents from all over the world have used the award-winning 1-2-3 Magic technique to raise happier families and put the fun back into parenting. 1-2-3 Magic is one of Healthline's Best Parenting Books of 2017, a 2016 Mom's Choice Award Winner, a 2016 National Parenting Product Award Winner and a 2016 Family Choice Award Winner.

"Maggie is earthy and real, full of love and knowledge, especially on raising sons." - Steve Biddulph "Maggie's perspective on raising boys is spot on. She writes with humor and depth, providing insight and strategies for many of the most important issues facing moms. There is a lovely ease to her writing and a powerful honesty. I hope every mother of a son (and everyone else!) will read this book. The future of the world, to a great extent, depends on how we raise our boys." - Michael Gurian, New York Times Bestselling Author of *The Wonder of Boys* and *Saving Our Sons* If we can see the world through boys' eyes a little better, we will make different choices in the way we mother them... and we will find them less confusing, and love them more deeply. Mothers of sons are worried about raising their boys in a world where negative images of masculinity are front and centre of our media, almost every day. Not only that, but statistically our boys are still struggling in many ways. Even though we live in a time where we recognise that nothing in gender is fixed, it remains a fact that the influence of a mother on her son is massive. A mother of four sons herself, Maggie Dent draws on her personal experience -

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and over four decades work as a teacher, counsellor and now author and speaker - to help build understanding, empathy and compassion for our boys. Maggie shares her five key secrets that every mum needs to know and uses the voices of men she has worked with and surveyed to reveal what really matters in a boy's relationship with his mother and other mother figures. Maggie is one of Australia's most popular parenting authors and educators, and her seminars about boys have sold out all across Australia and in the UK. She is finally sharing her insights, her reflections, and (as always) her humour around mothering boys to help you be the mum your son needs you to be.

Popular parenting expert Dr Laura Markham has garnered a large and loyal readership around the world, thanks to her simple, insightful approach that values the emotional bond between parent and child. However, as any parent of more than one child knows, it's challenging for even the most engaged parent to maintain harmony and a strong connection when competition, tempers, and irritation run high. In this highly anticipated guide, Dr Markham presents simple yet powerful ways to cut through the squabbling and foster a loving, supportive bond between siblings, while giving each child the vital connection that he or she needs. Calm Parents, Happy Siblings presents hands-on, research-based advice on: Creating deep connections with each one of your children, so that each truly believes that you couldn't possibly love anyone else more. Fostering a loving family culture that encourages laughter and minimizes fighting. Teaching your

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children healthy emotional self-management and conflict resolution skills - so that they can work things out with each other, get their own needs met and respect the needs of others. Helping your kids forge a close lifelong sibling bond, as well as the relationship skills they will need for a life of healthy friendships, work relationships, and eventually their own family bonds.

A Roadmap to End Power Struggles, Increase Cooperation, and Find Joy in Parenting Young Children

Happy You, Happy Family

Practical Ways to Create a Calm and Happy Home

From Infant to Toddler--Laying the Foundation for Raising a Capable, Confident Child
1-2-3 Magic

Positive Parenting

How Dutch Parents Help Their Kids (and Themselves) by Doing Less

How to Care for Yourself (and Your Kids) Through Life's Chaos

Simple strategies for a happier home and more cooperative kids.

For children aged 3-13. Finally, a revolutionary programme that gives you simple steps to take the daily battles out of parenting. These strategies resolve one of parents' biggest frustrations: getting your children to listen and do what you

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ask, the first time you ask. When children are at their best, it is easy to get along with them and enjoy them. However, when they are defiant, argumentative or disrespectful, it is easy to get wound up, to argue back, threaten, nag or shout. If this sounds like the situation in your home too much of the time, then Calmer, Easier, Happier Parenting is for you. When you use these strategies, not only will your children become more cooperative, but also more confident, self-reliant and considerate. Learning new skills like Preparing for Success, Descriptive Praise and the Never Ask Twice method can transform your relationship with your child in a short space of time and help bring the joy back into family life. Full of examples and real stories from parents, this book gives you clear step-by-step guidance to achieve Calmer, Easier, Happier Parenting. These strategies work!

Drawing on what hard science says about the factors that breed happiness in childhood and beyond, here are 10 simple principles for fostering the skills and habits that will set the stage for optimism, emotional health, and confidence for kids.

How to Be a Calm Parent is part self-help book, part parenting

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book; aimed at parents who know that they need to be calmer to raise well adjusted, happy children, but who struggle with their own emotions and stress levels. How to Be a Calm Parent will include twelve chapters, each with important takeaway messages and exercises for parents to practice, to make a real and tangible change in their parenting. Topics the book will cover include: *Understanding your triggers and making peace with your own childhood. *Why it's OK to be 'good enough' and why you should embrace your own failures. *Guilt and why it gets in our way of better parenting *The mental load of parenting - why we need to understand the pressure and share it more. *Why 'busy' is not a badge to aim for *Communicating with partners and wider family - why your adult relationships impact those with your child. *Why all parents need a support network (and how to let them go if you find yourself in one that's not for you). *Balancing work and home life *How to tackle life transitions with grace and ease. *The four physiological corners of calmer parenting - eating well, sleeping well, moving well and resting well. *Self-kindness - why the pressure of self-care can be so damaging and why we need a new approach. *How to not throw your

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own tantrums and what to do if you do.

Most children are afraid of the dark. Some fear monsters under the bed. But at least ten percent of children have excessive fears and worries—phobias, separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder—that can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help. Now in its second edition, *Helping Your Anxious Child* has been expanded and updated to include the latest research and techniques for managing child anxiety. The book offers proven effective skills based in cognitive behavioral therapy (CBT) to aid you in helping your child overcome intense fears and worries. You'll also find out how to relieve your child's anxious feelings while parenting with compassion. Inside, you will learn to: Help your child practice “detective thinking” to recognize irrational worries What to do when your child becomes frightened How to gently and gradually expose your child to challenging situations Help your child learn important social skills This book has been awarded The Association for Behavioral

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and Cognitive Therapies Self-Help Seal of Merit—an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Peaceful Parent, Happy Kids Workbook

The Complete Guide to Succeeding on the Job, Staying True to Yourself, and Raising Happy Kids

The Secrets of Stress-Free Parenting

It's OK Not to Share and Other Renegade Rules for Raising Competent and Compassionate Kids

Find Your Recipe for Happiness in the Chaos of Parenting Life

The Science Behind Reducing Stress and Nurturing Independence

How to Stop Yelling and Start Connecting

Autopilot Is for Planes

Calm Parents, Happy Kids is the UK version of Dr Laura Markham's hugely successful and ground-breaking book, Peaceful Parent, Happy Kids. Now adapted for UK audiences,

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this practical and inspiring book reveals a three step programme that will transform family life. Most parenting books focus on changing a child's behaviour, but the truth is that children only change when their relationship with their parents changes. In Calm Parents, Happy Kids, Dr Laura Markham introduces an approach to parenting that eliminates threats, power struggles and manipulation, in favour of setting limits with empathy and communication. Bringing together the latest research in brain development with a focus on emotional awareness (for both parents and children), it will appeal to all parents who don't want to force their children into compliance and lose their temper, but want to keep calm and help their children want to behave.

A must-have resource for anyone who lives or works with young kids, with an introduction by Adele Faber, coauthor of How to Talk So Kids Will Listen & Listen So Kids Will Talk, the international mega-bestseller The Boston Globe dubbed "The Parenting Bible." For over thirty-five years, parents have turned to How to Talk So Kids Will Listen & Listen So Kids Will Talk

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for its respectful and effective solutions to the unending challenges of raising children. Now, in response to growing demand, Adele's daughter, Joanna Faber, along with Julie King, tailor How to Talk's powerful communication skills to children ages two to seven. Faber and King, each a parenting expert in her own right, share their wisdom accumulated over years of conducting How To Talk workshops with parents and a broad variety of professionals. With a lively combination of storytelling, cartoons, and fly-on-the-wall discussions from their workshops, they provide concrete tools and tips that will transform your relationship with the young kids in your life. What do you do with a little kid who...won't brush her teeth...screams in his car seat...pinches the baby...refuses to eat vegetables...throws books in the library...runs rampant in the supermarket? Organized according to common challenges and conflicts, this book is an essential emergency first-aid manual of communication strategies, including a chapter that addresses the special needs of children with sensory processing and autism spectrum disorders. This user-friendly guide will

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empower parents and caregivers of young children to forge rewarding, joyful relationships with terrible two-year-olds, truculent three-year-olds, ferocious four-year-olds, foolhardy five-year-olds, self-centered six-year-olds, and the occasional semi-civilized seven-year-old. And, it will help little kids grow into self-reliant big kids who are cooperative and connected to their parents, teachers, siblings, and peers.

International bestseller As seen in The Wall Street Journal--from free play to cozy together time, discover the parenting secrets of the happiest people in the world What makes Denmark the happiest country in the world--and how do Danish parents raise happy, confident, successful kids, year after year? This upbeat and practical book presents six essential principles, which spell out P-A-R-E-N-T: Play is essential for development and well-being. Authenticity fosters trust and an "inner compass." Reframing helps kids cope with setbacks and look on the bright side. Empathy allows us to act with kindness toward others. No ultimatums means no power struggles, lines in the sand, or resentment. Togetherness is a

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way to celebrate family time, on special occasions and every day. The Danes call this hygge--and it's a fun, cozy way to foster closeness. Preparing meals together, playing favorite games, and sharing other family traditions are all hygge. (Cell phones, bickering, and complaining are not!) With illuminating examples and simple yet powerful advice, The Danish Way of Parenting will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

You want to be a loving parent who guides your kids towards a life of happiness and success. But the chaos of parenting life leaves you feeling overwhelmed, stressed, or just vaguely annoyed all the time. (Or maybe it's not so vague.) With this practical guide for busy parents and a bonus printable workbook, you'll know how to: * Stop feeling overwhelmed. Get a handle on the swirling chaos of to-do items and appointments and "should"s in your head. * Set yourself up for a happy day, every day. Find out the ingredients you need in your day in order to become your happiest self. * Catch yourself before you lose your cool. Learn what to do when you lose your patience

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with a temper-taming toolkit of proven tools to get you back on track. * Heal after the storm. For the days when you do lose your cool, you'll get the exact steps to flush the bad mojo from your body and repair the relationship with your child (or your partner). This book gives you the best science-backed tools that you need as a busy parent to become your happiest self.

Dharma Parenting

The Very Hungry Caterpillar

10 Steps to Stress-free Family Life

Calmer, Easier, Happier Parenting

The Revolutionary Programme That Transforms Family Life

Understand Your Child's Brilliant Brain for Greater Happiness, Health, Success, and Fulfillment

SOS Help for Parents

Peaceful Parent, Happy Siblings

The twentieth anniversary edition of the best-selling parenting guide includes updated information as well as the practical, sensible advice that made the book a classic to begin with. Original. 44,000 first printing. The celebrated Positive Discipline brand of parenting books presents the

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revised and updated third edition of their readable and practical guide to communicating boundaries to very young children and solving early discipline problems to set children up for success. Over the years millions of parents have used the amazingly effective strategies of Positive Discipline to raise happy, well-behaved, and successful children. Research has shown that the first three years in a child's life are a critical moment in their development, and that behavior patterns instilled during that time can have profound implications for the rest of a child's life. Hundreds of thousands of parents have already used the advice in Positive Discipline: The First Three Years to help set effective boundaries, forge strong foundations for healthy communication, and lay the groundwork for happy and respectful relationships with their young children. Now this classic title has been revised and updated to reflect the latest neuroscientific research and developments in positive discipline parenting techniques. Introduces a practical approach to parenting that explains how to overcome the stresses and anxieties of parenting by learning how to relate to children in a calm, cool, and connected way. Popular parenting expert Dr. Laura Markham, author of PEACEFUL PARENTS, HAPPY SIBLINGS, has garnered a large and loyal readership around the world, thanks to her simple, insightful approach that values the emotional bond between parent and child. As any parent of more

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than one child knows, though, it's challenging for even the most engaged parent to maintain harmony and a strong connection when competition, tempers, and irritation run high. In this highly anticipated guide, Dr. Markham presents simple yet powerful ways to cut through the squabbling and foster a loving, supportive bond between siblings, while giving each child the vital connection that he or she needs. **PEACEFUL PARENT, HAPPY SIBLINGS** includes hands-on, research-based advice on:

- Creating deep connections with each one of your children, so that each truly believes that you couldn't possibly love anyone else more.
- Fostering a loving family culture that encourages laughter and minimizes fighting
- Teaching your children healthy emotional self-management and conflict resolution skills—so that they can work things out with each other, get their own needs met and respect the needs of others
- Helping your kids forge a close lifelong sibling bond—as well as the relationship skills they will need for a life of healthy friendships, work relationships, and eventually their own family bonds.

How to Talk So Kids Will Listen & Listen So Kids Will Talk

How to Talk So Little Kids Will Listen

Lose the Guilt, Control Your Anger and Tame the Stress - for More Peaceful and Enjoyable Parenting and Calmer, Happier Children Too
Parenting With Patience

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What the Happiest People in the World Know About Raising Confident, Capable Kids

Calm and Confident Parenting

How to Stop the Fighting and Raise Friends for Life

This is a quick book to read when you are calm, to use when you are not! Positive discipline has to begin with positive stress management. All families have stress. Make it work for you! Learn how to recognize stress, manage it, and regain your patience before yelling. Learn why children have tantrums at all ages, and how to help them channel anger into lifelong skills for self-control and communication. Learn normal childhood development, capabilities and temperament, so you can respectfully and non-punitively resolve everyday family issues. "Every parent needs patience, and this book has simple, respectful ways to calm down and connect." - Dr. William Sears and Martha Sears, RN, co-authors of *The Baby Book* and *The Discipline Book*

Now updated with new material throughout, Alicia F. Lieberman's *The Emotional Life of the Toddler* is the seminal, detailed look into the varied and intense emotional life of children aged one to three. Hailed as "groundbreaking" by *The Boston Globe* after its initial publication, the new edition includes the latest research on this crucial stage of development. Anyone who has followed an active toddler around for a day knows that a child of this age is a whirlwind

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of explosive, contradictory, and ever-changing emotions. Alicia F. Lieberman offers an in-depth examination of toddlers' emotional development, and illuminates how to optimize this crucial stage so that toddlers can develop into emotionally healthy children and adults. Drawing on her lifelong research, Dr. Lieberman addresses commonly asked questions and issues. Why, for example, is "no" often the favorite response of the toddler? How should parents deal with the anger they might feel when their toddler is being aggressively stubborn? Why does a crying toddler run to his mother for a hug only to push himself vigorously away as soon as she begins to embrace him? This updated edition also addresses twenty-first century concerns such as how to handle screen time on devices and parenting in a post-internet world. With the help of numerous examples and vivid cases, Lieberman answers these and other questions, providing, in the process, a rich, insightful profile of the roller coaster emotional world of the toddler.

The all-time classic picture book, from generation to generation, sold somewhere in the world every 30 seconds! Have you shared it with a child or grandchild in your life? For the first time, Eric Carle's *The Very Hungry Caterpillar* is now available in e-book format, perfect for storytime anywhere. As an added bonus, it includes read-aloud audio of Eric Carle reading his classic story. This fine audio production pairs

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perfectly with the classic story, and it makes for a fantastic new way to encounter this famous, famished caterpillar.

Outlines a four-step program for decluttering a home, increasing a child's sense of security, scheduling down time, and instilling calmness in the face of hectic environments.

Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids

A Step-by-Step Guide for Parents

An Essential Guide

Mothering Our Boys (US Edition)

The Emotional Life of the Toddler

Eight Proven Parenting Principles for Raising Connected and Compassionate Children

Happy Parent, Happy Child

"Trust me. This is the only baby book you'll ever need! It's amazing, heartwarming, and completely user-friendly. Just add your heart!" --Christiane Northrup, MD, author of *Mother-Daughter Wisdom*, *The Wisdom of Menopause*, and *Women's Bodies, Women's Wisdom* Attached at the Heart offers readers practical parenting advice for the modern age. In its most basic form, "attachment parenting" is instinctive. A crying baby is comforted and kept close to parents for protection. If hungry, he or she is breastfed. And while it is understood that there

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is no such thing as perfect parenting, research suggests that there is a strong correlation between a heightened sense of respect, empathy, and affection in those children raised the "attachment parenting" way. In this controversial book, readers will gain much needed insight into childrearing while learning to trust the intuitive knowledge of their child, ultimately building a strong foundation that will strengthen the parent-child bond. Using the Eight Principles of Parenting, readers will learn: How to prepare for baby before birth Why breastfeeding is a must for busy moms When to start feeding solid food How to respond to temper tantrums Sleeping safety guidelines and the benefits of cosleeping Tips for short separation How to practice positive discipline and its rewards Tips for finding and maintaining balance The benefits of using a baby sling and implementing infant massage Tips on dealing with criticism from those opposed or unfamiliar with AP style The dangers surrounding traditional discipline styles of parenting Contrary to popular belief, "attachment parenting" has been practiced in one form or another since recorded history. Over the years, it had been slowly replaced by a more detached parenting style—a style that is now believed by experts to be a lead contributing factor to suicide, depression, and violence. The concept of "attachment parenting"—a term originally coined by parenting experts William and Martha Sears—has increasingly been validated by research in many fields of

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study, such as child development, psychology, and neuroscience. Also known as "conscious parenting," "natural parenting," "compassionate parenting," or "empathic parenting," its goal is to stimulate optimal child development. While many attachment-parenting recommendations likely counter popular societal beliefs, authors Barbara Nicholson and Lysa Parker are quick to point out that the benefits outweigh the backlash of criticism that advocates of detached parenting may impose.

As heard on BBC R4's Woman's Hour 'A must-read for any parent who feels stressed out and living in an environment often rife with tension and anxiety.' Evening Standard An essential 10-step plan for a stress-free family life. We all know that raising happy, confident and resilient children can be a tough job in this fast-paced world – and there's never any shortage of well-meaning advice on how to be a better parent. So, if you're anxious and struggling to cope with the pressures of school and family life – or if you worry that you're not doing enough to support your child through their problems – give yourself a break: this book really can help you. Clinical psychologist Dr Genevieve von Lob draws on her extensive experience working with hundreds of families to provide a simple 10-step plan for a stress-free family life. As she helps you to tackle the dilemmas every parent faces and defuse tension and anxiety in the home, Genevieve also

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aims to bring a sense of confidence, calm and balance both to you and your child. This is a practical, down-to-earth guide – and essential reading for every parent.

Parenting without anxiety, guilt, or feeling overwhelmed Happy Parents Happy Kids is the ultimate no-guilt guide to boosting your enjoyment of parenting while at the same time maximizing the health and happiness of your entire family. You can find ways to take care of yourself while you're busy raising a family—just as you can choose to use parenting strategies that work for you and your kids. This practical and encouraging book will help you

- Discover what less-stressed-out parents know about minimizing the fallout from work-life imbalance (to say nothing of all the other things our generation of parents can't help but feel anxious about)
- Tackle the challenges of distracted parenting (in a way that helps kids to develop healthy relationships with technology)
- Balance your hopes and dreams for your children with the demands of the rest of your life
- Manage screen time for your whole family with simple and effective strategies
- Learn mindfulness strategies that can make parenting easier and can be effortlessly worked into your daily life
- Live healthier (including a crash course on the science of habit change)
- Become a calmer and more confident parent so that you can stop feeling bad and raise astonishingly great kids

The takeaway

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message is clear, powerful, and potentially life-changing. You can lose the guilt, embrace the joy, and thrive alongside your kids.

A groundbreaking guide to raising responsible, capable, happy kids Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham's approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years. If you're tired of power struggles, tantrums, and searching for the right “consequence,” look no further. You're about to discover the practical tools you need to transform your parenting in a positive, proven way.