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would you like to know how to grow disciplined children without always fighting with them and making them your friends for life if yes then this is the right book for you anger pushes children of all ages away and leads to losing influence on them your first job as a parent provides physical and emotional safety which includes managing your emotions calmness can help your child do better and feel safer when parents yell at their children this may change their brain structure in a damaging manner and affect brain areas related to emotions and attention children are usually afraid of yelling parents and feel unsafe from the threats of punishments you should apologize if you yelled a good relationship begins with excellent communication the best way to connect with children is to be available organize monthly activities personalized social media connection smile declare your intention listen talk to them you can also get and keep in touch with your children through common

hobbies friendship can have a massive impact on our mental health you can maintain a long life friendship with your children by fixing the errors changing your expectation and don't make assumptions giving them some time and talking about your feelings when children are not doing well parents suffer too you can empower your children through small rituals positive focus unconditional love support by promoting self confidence and independence and much more this book covers connecting with parents disadvantages of parents yelling stop fighting in a relationship ways to maintain lifelong friendships the benefits of friendship empowering children ways to build self esteem in children and much more

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

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 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

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

please note this is a companion version not the original book sample book insights 1 there are many answers to how to raise a happy responsible and considerate child the first is to respond with warm respectful attunement to the needs of your individual child and set limits supportively and coach your child's emotions constructively 2 your child will delight and exasperate you thrill and annoy you but by accident your child will ask you to grow if you can notice when you're triggered and restore yourself to equilibrium before you take action you can raise happy emotionally healthy children who are successful in every sense 3 the first responsibility of parenting is to be mindful of your own inner state this means that you pay attention to what you're feeling but don't act on it anger is a part of all relationships and acting on it mindlessly with words or actions compromises your parenting 4 parents should be aware of the areas in which they were wounded as children and make sure to heal those wounds in order to become the best parents they can be

are you tired of shouting do you long for a peaceful home where your kids are happy and respectful parenting today can be exhausting in the midst of our hectic lives it can seem like an endless stream of conflict we struggle to cope with kids who won't listen don't cooperate and show little respect so often we feel like our only option is to shout and punish them in a desperate attempt to gain some control but we soon learn that this rarely works in the long term but there is a better way this essential and easy to use guide is packed with insights and useful practical advice that will help turn things around for you and your family here's what you'll learn simple yet powerful strategies to understand your emotions and break free from reactive parenting what happens in your brain when you lose your cool how you can manage triggers and retrain your responses to stress four practical pillars to become a peaceful parent along with advice and tips on how to implement these into your life how to deal with challenging children understand what is going on in their minds and what drives their behaviour what not to do learn about habitual parenting methods that don't work how they undermine respect and why they are ineffective how to implement new and effective ways of communicating that will transform your relationship with your kids a new approach to deal with conflict which will alter your family dynamics and build respect how to set and maintain effective boundaries while harnessing the power of consequences how to use time out effectively but not as a punishment a step by step guide included constructive ways to reshape your child's self image build their self esteem and confidence transform your relationship with your kids and turn your home into a place of calm and happiness based on the underlying principles of mutual respect order your copy now

children don't arrive with an instruction book raising children and providing for their physical as well as emotional needs is a difficult job for which we receive little training we often approach parenting reflexively relying on what we learned from how we were parented without reflecting on what we are doing this book introduces the parent empowerment and child empowerment peaceful parenting approach which will help parents develop their own style of parenting that is grounded in a philosophy it will not just offer a set of guidelines but will give parents the tools necessary to make thoughtful decisions about their parenting options that exist within a consistent system of beliefs peaceful parenting is more process than program and is sufficiently flexible to be adapted to a variety of family situations single parents special needs

children blended families ranges in age of children and a variety of value structures

please note this is a companion version not the original book sample book insights 1 the key to a healthy fun filled and satisfying relationship between your children is not their behavior or temperament but you the role you play is the most important factor in how well they get along with each other 2 a parent who wants more peace in their family and home practices three things they stay connected to their children they prioritize their children s feelings and needs and they coach rather than control them 3 parents who don t punish their children don t raise children who don t want to hit or hurt others they raise children who are better people and who want to help others 4 parents always want to be more calm but that s impossible you can however work on returning to calm by noticing when you re starting to get upset and developing a repertoire of strategies to return yourself to calm

how can parents best meet the complex needs of their children in these complicated times inside you ll find a radically different approach to parenting where we stop asking so many questions about how to get children to behave and examine our behaviors expectations and values as parents embracing the idea that our children deserve our honesty vulnerability and leadership you ll discover a powerful framework for raising your family with integrity and confidence giving and receiving the trust communication cooperation respect and joy that every parent and child deserves ultimately allows our children to become the leaders our future so desperately needs a groundbreaking examination of parenting written by the founder of the world s leading parent coaching institute this book will take you on an inner journey of self inquiry exploration and curiosity helping you answer the question that is only answerable by you how can i be the best version of myself in the name of raising my child you ll be moved by stories of hope and inspired by powerful shifts in families from all over the world nothing is more important than preserving the self esteem and confidence of children and parents are the best hope to do so this is such important work jack canfield author of chicken soup for the soul kiva schuler is the founder of the jai institute for parenting which has been training parenting coaches globally since 2011 and most importantly mom to myles and charlotte who inspired her journey toward her life s work to change the world by changing how parents parent

foreword by dr arthur caliendo a widely recognised pioneer in the field of education naomi drew now brings her expertise to an indispensable handbook for peaceful parenting in today s uncertain world hope and healing provides parents with the tools to give their children a sense of peace and security in the face of fear and anxiety written in a personal and compassionate voice this book will help parents answer their children s difficult questions and offers stress reduction techniques and exercises including mediation and prayer

being an effective parent is not based in technique but in who you are as a person marianne clyde licensed marriage and family therapist teaches parents step by step how to be secure in who they are and thus transfer that confidence and power to their children based on 10

essential principles simple to understand and live out this book enables parents to focus on the child's needs and create a safe secure space for the child to thrive learn to address conflict and defiance with wisdom and self assurance learn to hear the unspoken messages behind the behavior learn to focus on the positives rather than the negatives thus eliciting more cooperation and healthy responses from your kids learn to be mindful peaceful and powerful in your parenting marianne will walk you through it simply and effectively if you follow these principles your home will be more respectful more peaceful and more fun

discover the step by step path to peaceful parenting the art of peaceful parenting is for parents who want a loving relationship with their child but who struggle with day to day challenges of poor communication behavioural issues or lack of connection it guides you from a knee jerk reaction to a loving and empowered response enhancing healthy communication and deepening the bond for years to come this book is about connection a connection so powerful that it shapes our children's lives sharon turton has devoted herself to supporting parents and children so they can grow to their full potential and deepen the precious parent child bond around australia and internationally she has been facilitating emotional release work and improving relationships for over twenty years her first book connecting kids with their inner potential has improved the relationships of families around the world in the art of peaceful parenting sharon explores the role of parents and adults in developing a child's emotional intelligence and ability to express their thoughts and feelings in an open safe and supportive environment using stories from her own direct experience she demonstrates how our own emotions shutdowns triggers and responses directly impact our children and their development brandon bays international bestselling author of the journey and the journey for kids

this is a book for parents and prospective parents interested in making their family life the best it possibly can be for the sake of their children

parenting in the new millenium incorporating the latest findings from the field of neuroscience and psychology offering parents a new perspective on child behavior with contemporary approach offering an alternative view to why old parenting techniques are not effective special section for parents of adopted and foster children

every parent wants their child to be happy and to avoid screwing them up with the same upbringing patterns that aren't serving but how do you do that parenting starts with you the parent your psychological makeup family history past traumas and personality traits are the ingredients of your parenting personality it may sound scary to go deep within take inventory and then take action to shift from toxic to healthy but luckily it doesn't have to be as complicated as you think it might be with some hand holding guidance support and encouragement you will find yourself being the connected and peaceful parent you wish to be so you can pass this on to your children the connected and peaceful parent is a refreshing judgment free book of practical advice and powerful tools to break toxic generational patterns it's a quick and easy read written by a foster mom to help you gain emotional awareness to become a confident effective and loving parent

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