

Calmer Easier Happier Parenting

[#calmer parenting](#) [#easier parenting](#) [#happier parenting](#) [#positive parenting tips](#) [#stress free parenting](#)

Discover how to transform your family dynamics into a truly calmer, easier, and happier parenting experience. This comprehensive guide offers practical strategies and insightful tips to cultivate a positive home environment, fostering stronger connections and reducing daily stress for both parents and children.

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Calmer, Easier, Happier Parenting

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 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!

Calmer, Easier, Happier Parenting: Descriptive Praise

Calmer, Easier, Happier Parenting is 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 ask, the first time you ask. When you use these strategies, not only will your children become more cooperative, but also more confident, self-reliant, and considerate. This ebook contains the first and most powerful strategy - Descriptive Praise. When you start using the technique you will notice an almost immediate change in your child's behaviour and combined with the other skills you can transform your relationship with your children and bring the joy back into family life.

Calmer, Easier, Happier Homework

All parents want their child to get the most out of school and to acquire the knowledge and skills that will stand them in good stead for later life. But with an ever-expanding curriculum, increasing class sizes, and the lure of TV and computer games, parents are sometimes at a loss as to how to

help their children. In *Calmer, Easier, Happier Homework*, parenting expert Noël Janis-Norton, shows how parents can help their children develop the skills and resources they need to succeed. A former classroom teacher, Noël offers practical strategies on everything from establishing good homework habits to encouraging even the most reluctant reader to love books. *Calmer, Easier, Happier Homework* is a practical programme that will transform your child's education. - For parents of children ages 4-14

Calmer Easier Happier Screen Time

Do you constantly find yourself battling to stop your kids spending hours in front of a screen? Whether it's a tv, an ipad, a pc or a playstation children are spending more and more time absorbed in the digital world and for most parents it's a cause for concern. The most frequent question parenting expert Noel Janis Norton is asked by desperate parents is how to limit and manage screen time. Parents know their children became aggressive and stressed after prolonged time on an electronic device, and they know that it limits their child's willingness to do other activities, yet they are at a loss of what to do about it. In *Calmer Easier Happier Screen Time*, Noel adapts her proven parenting strategies to this most complex of areas. Using the latest scientific research to show just how addictive the digital world can be for the developing brain of a child, she uses the calmer, easier, happier techniques to help parents wean their children away from their electronic devices and get back in charge.

Calmer, Easier, Happier Parenting

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Simplicity Parenting

Today's busier, faster society is waging an undeclared war on childhood. With too much stuff, too many choices, and too little time, children can become anxious, have trouble with friends and school, or even be diagnosed with behavioral problems. Now internationally renowned family consultant Kim John Payne helps parents reclaim for their children the space and freedom that all kids need for their attention to deepen and their individuality to flourish. *Simplicity Parenting* offers inspiration, ideas, and a blueprint for change:

- Streamline your home environment. Reduce the amount of toys, books, and clutter—as well as the lights, sounds, and general sensory overload.
- Establish rhythms and rituals. Discover ways to ease daily tensions, create battle-free mealtimes and bedtimes, and tell if your child is overwhelmed.
- Schedule a break in the schedule. Establish intervals of calm and connection in your child's daily torrent of constant doing.
- Scale back on media and parental involvement. Manage your children's "screen time" to limit the endless deluge of information and stimulation.

A manifesto for protecting the grace of childhood, *Simplicity Parenting* is an eloquent guide to bringing new rhythms to bear on the lifelong art of raising children.

Calmer, Easier, Happier Boys

Simple strategies for bringing out the best in boys In *Calmer Easier Happier Boys*, parenting expert Noel Janis-Norton explains simple strategies for the unique challenges of raising motivated, cooperative and confident boys. Using the foolproof techniques Noel has developed over many years of working with families, parents can get back in charge. Living with boys can become calmer, easier and happier. This useful and highly readable book tackles:

- Self-reliance and common sense
- Concentration and impulse control
- Defiance, disrespect or aggression
- Social skills and peer relationships
- Dependency on electronics
- Homework and academic success
- Empathy and consideration for others
- Helping around the home

Full of practical suggestions and techniques that work, *Calmer Easier Happier Boys*

will help you to transform your relationship with your sons. What parents of boys say after using the Calmer Easier Happier Parenting strategies: 'I'm so proud of the young man he's become, caring, hard-working, confident.' 'He suddenly seemed more grown-up.' 'The turnaround was almost like a miracle! It felt like we had a life again' FOR PARENTS OF BOYS AGED 3-13

Calmer, Easier, Happier Parenting

THE INTERNATIONAL BESTSELLING GUIDE TO THE 5 MUST-KNOW PARENTING STRATEGIES
Tired of nagging, pleading, negotiating, or yelling just to get your kids to do the simple things you ask? You don't need to be a Tiger Mom or a Helicopter Parent. There is a better way. Calmer, Easier, Happier Parenting brings the joy back into family life and helps parents to raise confident, responsible adults. Based on her forty-plus years of experience, behavioral specialist Noël Janis-Norton outlines a clear, step-by-step plan that will help any parent raise a child to be cooperative and considerate, confident and self-reliant. Transform your family life with these five strategies: Descriptive Praise, Preparing for Success, Reflective Listening, Never Ask Twice, and Rewards and Consequences. You'll begin to see results almost immediately: • Kids start cooperating the first time you ask • Mornings, bedtimes, mealtimes and homework all become easier • Even very resistant kids start saying "yes" instead of "no" Full of examples and stories from real parents, this book offers the complete toolkit for achieving peaceful, productive parenting. Parents who have read *How to Talk So Kids Will Listen & Listen So Kids Will Talk* or *Positive Parenting* will appreciate Noël's battle-tested methods and easy-to-follow strategies.

Calmer Easier Happier Screen Time

Do you constantly find yourself battling to stop your kids spending hours in front of a screen? Whether it's a tv, an ipad, a pc or a playstation children are spending more and more time absorbed in the digital world and for most parents it's a cause for concern. The most frequent question parenting expert Noel Janis Norton is asked by desperate parents is how to limit and manage screen time. Parents know their children became aggressive and stressed after prolonged time on an electronic device, and they know that it limits their child's willingness to do other activities, yet they are at a loss of what to do about it. In *Calmer Easier Happier Screen Time*, Noel adapts her proven parenting strategies to this most complex of areas. Using the latest scientific research to show just how addictive the digital world can be for the developing brain of a child, she uses the calmer, easier, happier techniques to help parents wean their children away from their electronic devices and get back in charge.

Summary Of Calmer, Easier, Happier Parenting

Summary Of Calmer, Easier, Happier Parenting : Five Strategies That End The Daily Battles And Get Kids To Listen The First Time By Noel Janis-Norton
The premise of Calmer, Easier, Happier Parenting is that our main job as parents is to raise the skills and habits that our children need to be successful in the world. Over the years, we have learned that the children who do best in life are those who were able to develop the skills and habits that are necessary for success. Regardless of a child's age, gender, or socioeconomic differences, these five qualities are always missing: Cooperation, Confidence, Communication, Competence, and Compassion. Creating what we call the "5 C's" is the first step to helping our children become successful. Cooperation is the foundation of all the other skills. Without a child's willingness to cooperate, we cannot teach them anything else. Confidence is the next step. When a child is confident, they are more likely to try new things and take risks. Communication is the third step. When a child can communicate effectively, they are more likely to get their needs met. Competence is the fourth step. When a child is competent, they are more likely to take on challenges. Compassion is the fifth step. When a child is compassionate, they are more likely to help others. The first step to creating the 5 C's is to stop nagging and demanding. When we nag and demand, we are telling our children that we do not trust them. When we stop nagging and demanding, we are telling our children that we trust them. The next step is to use the five strategies to create the 5 C's. Cooperation is created by using the strategy of "Never Ask Twice." Confidence is created by using the strategy of "Descriptive Praise." Communication is created by using the strategy of "Reflective Listening." Competence is created by using the strategy of "Preparing for Success." Compassion is created by using the strategy of "Rewards and Consequences." The final step is to be patient. It takes time to create the 5 C's, but it is worth the effort. Once a child has the 5 C's, they will be able to handle any situation that comes their way. Note to Readers: This is a fan-based Calmer, Easier, Happier Parenting: Five Strategies That End The Daily Battles And Get Kids To Listen The First Time By Noel Janis-Norton. This is meant to enhance your original reading experience of the book, not supplement it. You are strongly encouraged to purchase the original book here And much more! SCROLL TO THE TOP, AND BUY WITH 1-CLICK TODAY!

Simple Happy Parenting

Create space for calmer, more creative kids and restore order and happiness at the heart of family life. In *Simple Happy Parenting*, Denaye Barahona, Ph.D., provides a revolutionary approach to parenting, full of practical tips to help you step back from the system overload so common in modern family

life and, instead, create more time to enjoy living and learning together. From easier meal planning to mindful shopping, worry batching to waste reduction, Simple Happy Parenting is an honest and practical roadmap for all families striving for balance. Start with the Simple Manifesto: Buy less. Fear less. Referee less. Hurry less. Entertain less. Then begin your journey to simple by embracing a new, lighter way of life in your home. Step-by-step projects and realistic goals guide your way. Discover how a curated toy cabinet fosters imaginative play; a smaller, carefully selected wardrobe reduces stress; and structured, nourishing meals create relaxed family dinners. Next, expand the simplicity to your mindset. Learn how letting go of fear provides children with valuable opportunities to grow and develop; positive discipline strategies strengthen family relationships; and inviting more unscheduled time in your calendar gives your family space to thrive. Not only will these straightforward solutions allow your children the room to progress and flourish, this mindful approach to family life will provide you with more energy, calm, and joy.

ToddlerCalm

ToddlerCalm offers a gentle approach to parenting that will help you to enjoy your toddler, to understand the limitations of sticker charts and time out, to have the confidence to ignore the experts and to parent your own child with empathy and trust. Sarah Ockwell-Smith, parenting coach, mum of four and author of the bestselling *The Gentle Parenting Book*, shares the empowering strategies she shares with the parents who consult with her and deconstructs commonly held beliefs about toddler behaviour. You will learn: Why toddlers are not mini-adults The science of toddler sleep How to cope with a picky eater Communication - toddler style The importance of unconditional love Why you don't need to be permissive to parent respectfully This invaluable guide will help you through the challenging toddler years, helping to ensure happier parents and calmer toddlers.

How to Be a Calm Parent

How to Be a Calm Parent is part self-help book, part parenting 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 own tantrums and what to do if you do.

The Gentle Parenting Book

Parenting trends come and go. Gentle parenting is different - it isn't a label for a precise set of rules but a method of parenting that embraces the needs of parent and child, while being mindful of current science and child psychology. It means parenting with empathy, respect, understanding - and boundaries. In *The Gentle Parenting Book*, Sarah Ockwell-Smith provides a trustworthy combination of what-to-expect information and gentle-parenting solutions to the most common challenges faced by parents with young children. Sarah addresses a wide variety of topics, including coping with a crying baby, introducing solid foods and creating healthy eating habits, potty training, starting nursery and school, sibling rivalry, tantrums, whining and sulking, aggressive behaviour and much more. And for those parents who have previously used a more authoritarian style of parenting, there's plenty of advice - and reassurance - on making the transition to a gentler approach. For many, gentle parenting comes as a relief because it chimes with their deepest instincts about the best way to raise their children.

How to be a Better Parent

This title draws on the experience and skills of Britain's top three teachers to provide practical tools that all parents can use immediately. The guide explains why your child behaves as he/she does and offers sensible strategies for ensuring a happy home-life and well-balanced children.

Mindful Parenting

An expert in child, family and school psychology and the founder of Mindful Life presents a revolutionary approach to parenting that, rooted in the science of the brain and integrating cognitive neuroscience and child development, helps children feel happier, healthier, less anxious and less stressed. Original.

Can't Smack, Won't Smack

This timely publication sheds new light on the complex factors that drive parents to smack, shout and criticise their children and offers alternative solutions. It also explores the arguments both for and against smacking and looks at the ongoing debate about introducing a law to ban all corporal punishment. A must read for parents, carers and those working with children.

Weed Mom

Navigate the worlds of cannabis and parenting with this essential guide for women interested in learning more about THC, dispensaries, micro-dosing, edibles, and how to incorporate it all into a healthy family life. With national marijuana legalization on the horizon, more and more mothers are looking for information about how to safely and responsibly use cannabis. Known as “weed moms,” these trailblazers are breaking down the social stigma surrounding cannabis and parenting, creating a modern culture all their own. Weed Mom is the first and only book for these mothers, celebrating how weed can be a safe and healthy way to relax, destress, and improve their social lives and relationships. As mothers find themselves on the frontline of a societal shift, this book is more timely than ever. Packed with information for both the seasoned and first-time user, this book offers friendly and practical advice including: the basics of THC and CBD what to look for at the dispensary tips and tricks for various intake methods micro-dosing cannabis-friendly talking points for family and friends how to use cannabis to improve your romantic relationships and much more!

Peaceful Parent, Happy 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.

The Gentle Eating Book

Most parents worry about their child's eating at some point. Common concerns include picky eating in toddlerhood, sweet cravings and vegetable avoidance in the early school years and dieting and worries about weight in the tween and teenage years. The Gentle Eating Book will help parents to understand their child's eating habits at each age. Starting from birth, the book covers how to start your child off with the most positive approach to eating, whether they are breast or bottle-fed. Parents of older babies will find information about introducing solids, feeding at daycare and when to wean off of breast or formula milk. For parents with toddlers and older children, Sarah includes advice on picky eating and food refusal, overeating, snacking and navigating eating at school, while parents of tweens and teens will find information on dieting, peer pressure, promoting a positive body image and preparing children for future eating independence. At each age The Gentle Eating Book will help parents to feed their child in a manner that will set up positive eating habits for life.

Board Game Family

A roadmap to integrating board gaming into family life, filled with inspiring ways to engage even the trickiest of teenagers and manage game nights with flair. In *The Board Game Family: Reclaim your children from the screen*, Ellie Dix offers a roadmap to integrating board gaming into family life and presents inspiring ways to engage even the trickiest of teenagers and manage game nights with flair. Many parents feel as if they are competing with screens for their children's attention. As their kids get older, they become more distant leading parents to worry about the quality of the already limited time they share. They yearn for tech-free time in which to reconnect, but don't know how to shift the balance. In *The Board Game Family*, teacher and educationalist Ellie Dix aims to help fellow parents by inviting them and their families into the unplugged and irresistible world of board games. The benefits of board gaming are far-reaching: playing games develops interpersonal skills, boosts confidence, improves memory formation and cognitive ability, and refines problem-solving and decision-making skills. With these rewards in mind, Ellie shares a wealth of top tips and stealthy strategies that parents can draw upon to unleash the potential of those dusty game boxes at the back of the cupboard and become teachers of outstanding gamesmanship equipped to navigate the unfolding drama of competition, thwart the common causes of arguments and bind together a happier, more socially cohesive family unit. The book contains useful tips on the practicalities of getting started and offers valuable guidance on how parents can build a consensus with their children around establishing a set of house rules that ensure fair play. Ellie also eloquently explains the 'metagame' and the key elements of gamification (the application of game-playing principles to everyday life), and describes how a healthy culture of competition and good gamesmanship can strengthen relationships. Furthermore, Ellie draws upon her vast knowledge to talk readers through the different types of board games available for example, time-bound or narrative-based games so that they can identify those that they feel would best suit their family's tastes. The book complements these insights with a comprehensive appendix of 100+ game descriptions, where each entry includes a brief overview of the game and provides key information about game length, player count and its mechanics. Ideal for all parents of 8 to 18-year-olds who want to breathe new life into their family time.

Yell Less, Love More

A 30-day guide for parents includes 100 alternatives to yelling; simple, daily steps to follow; and honest stories to inspire parents to calmly discipline their children. Original.

Connective Parenting

Non Violent Resistance (NVR) is a broad based concept presenting an approach to parenting suitable for all families. It supports the creation of deep connective bonds between parent and child. It is equally applicable to families whatever their circumstances and regardless of whether they are experiencing parenting difficulties with their child. The book shares the different aspects of NVR, supplemented with real life examples including those of the author's, and shares tips and strategies parents can implement straight away to start changing the relationship they have with their child. This second addition of the book includes further detail on some aspects of the approach.

Get Out of My Life, But First Could You Drive Me & Cheryl to the Mall

A lighthearted but insightful guide to raising adolescent children shows parents how to deal with teenagers living in a faster-paced, less morally certain world than the one they knew. Original. 50,000 first printing.

BabyCalm™

Congratulations! You are about to become, or recently became, a new mom. But now what? You may feel overwhelmed by all the advice given to you by friends, family members, online sites, and the slew of contradicting information about calming a crying baby, getting on a feeding schedule, and training your infant to sleep through the night. BabyCalm™ (a company founded in 2007 in England by Sarah Ockwell-Smith and expanding to the United States this year) runs classes that aim to turn stressed-out parents and crying babies into happier parents and calmer babies. In BabyCalm™, Ockwell-Smith sets out to provide new mothers with the inspiring ethos and methods of her successful company. BabyCalm™ aims to empower new parents to raise their baby with confidence. Focused primarily for new mothers (but with a plethora of sound advice for fathers as well), Ockwell-Smith provides a

wealth of information—starting with trusting your maternal instincts above all else—on calming your crying baby, implementing sleep training techniques, facilitating a feeding schedule, bonding with your new infant, understanding your baby's essential needs, and much more. Including parenting tips from around the world as well as ways in which to create confident children, BabyCalm™ is the only book you'll need to set you on the solid path of good (and stress-free) parenting during your baby's first year.

Connection Parenting

The author believes that every child's greatest emotional need is to have a strong emotional bond with at least one adult. When we have a bond with a child we have influence with a child. The author teaches us that when we strengthen our parent-child bond we meet the child's need for connection and our need for influence.--From back cover.

PDA by PDAers

"To think of PDA as merely involving demand avoidance is to me akin to thinking of tigers as merely having stripes." This book is a unique window into adult Pathological Demand Avoidance (PDA), exploring the diversity of distinct PDA traits through the voices of over 70 people living with and affected by the condition. Sally Cat, an adult with PDA, has successfully captured the essence of a popular online support group in book form, making the valuable insights available to a wider audience, and creating a much-needed resource for individuals and professionals. Candid discussions cover issues ranging from overload and meltdowns, to work, relationships and parenting. This is a fascinating and sometimes very moving read.

In Step with Your Class

Noel Janis-Norton uses her long experience of working with children who find it hard to conform, to guide the reader towards creating a positive, firm and consistent culture in their classroom. In looking at the varying learning needs within a single class, She provides an invaluable and highly relevant book for class teachers in mainstream schools.

Positive Parenting

More and more parents are dealing with children that are out of control, children that are angry and parents do not know how to handle. What studies have found is that this anger that these children are experiencing can be caused from the type of parenting technique that is being used. Most parents begin by using negative discipline which involves spankings or time out, but when they do not see the results that they expect, they are left confused and not understanding what they should do. The answer is positive parenting. Positive parenting is parenting done right. It is a technique that is based on preparing your child for the future and looking for teachable moments in a child's life. This book is going to teach you everything that you need to know about positive parenting so you can start using it today!

The Soul of Discipline

In this groundbreaking book, parenting expert and acclaimed author of the bestselling book Simplicity Parenting Kim John Payne, M.Ed., flips the script on children's challenging or defiant behavior and lays out an elegantly simple plan to support parents in establishing loving, age-sensitive boundaries that help children feel safe and settled. In short: What looks like misbehavior is actually your children's signal that they're feeling lost, that they are trying to find direction and looking to you to guide them back on course. Payne gives parents heartwarming help and encouragement by combining astute observations with sensitive and often funny stories from his long career as a parent educator and a school and family counselor. In accessible language, he explains the relevance of current brain- and child-development studies to day-to-day parenting. Breaking the continuum of childhood into three stages, Payne says that parents need to play three different roles, each corresponding to one of those stages, to help steer children through their emotional growth and inevitable challenging times: • The Governor, who is comfortably and firmly in charge—setting limits and making decisions for the early years up to around the age of eight • The Gardener, who watches for emotional growth and makes decisions based on careful listening, assisting tweens in making plans that take the whole family's needs into account • The Guide, who is both a sounding board and moral compass for emerging adults, helping teens build a sense of their life's direction as a way to influence healthy decision making Practical and rooted in

common sense, *The Soul of Discipline* gives parents permission to be warm and nurturing but also calm and firm (not overreactive). It gives clear, doable strategies to get things back on track for parents who sense that their children's behavior has fallen into a troubling pattern. And best of all, it provides healthy direction to the entire family so parents can spend less time and energy on outmoded, punitive discipline and more on connecting with and enjoying their kids. Advance praise for *The Soul of Discipline* "The Soul of Discipline offers practical tools for helping parents implement discipline that's respectful and effective, but the book is so much more. Kim John Payne offers a framework to guide parents in making decisions about why, when, and how to hold tighter reins as we build skills in our children, and why, when, and how to loosen the reins as we scaffold freedom."—Tina Payne Bryson, Ph.D., co-author of *No-Drama Discipline* "This book gets deep inside the challenge of getting along with children and teens and thinks deeply about what they need from us to become strong and self-managing. It elevates discipline to what it should be—a caring process of helping kids orient to the world and live in it happily and well."—Steve Biddulph, author of *The New Manhood* "Kim Payne provides a useful model for choosing our parenting stance—Governor, Gardener, or Guide—depending on the situation. Most powerfully, Payne begins with the radical view that children are not disobedient but rather disoriented. The upshot of this shift in perspective is that discipline is about helping children orient themselves effectively, not about controlling or chastising."—Lawrence J. Cohen, Ph.D., author of *Playful Parenting*

How to Calm a Challenging Child

Inspired solutions to defuse your problems.

Good Inside

"From Dr. Becky Kennedy, the popular psychologist known as the "Millennial Parenting Whisper," comes a groundbreaking guide that offers a new approach to parenting as well as practical solutions"--

The Conscious Parent

THE NEW YORK TIMES BESTSELLER Conscious parenting is about becoming mindful of your behaviour and engaging with your child as an individual. Dr Tsabary inspires parents to get back in touch with their emotions and shed the layers of baggage they have inherited during their own life and are unconsciously heaping on their children. As they become 'conscious' in their parenting, so parents can transform their relationship with their offspring and raise happy, well-adjusted children. *The Conscious Parent* is already transforming the way people are parenting through its sales in the US where it's spent 15 weeks on the New York Times bestseller list. Oprah described the book as 'The most profound book on parenting I've ever read' and Eckhart Tolle has said 'becoming a conscious parent is the greatest gift you can give your child.' The book features a foreword by His Holiness The Dalai Lama.

The Idle Parent

In *The Idle Parent* Tom Hodgkinson provides a revolutionary and wholly sensible approach to childcare, based on the idea of D.H. Lawrence and many others that the best thing we can do for children is to leave them alone. Of course, this doesn't mean that we should completely neglect them, but rather that we should provide them with the space and time to grow up self-reliant, confident, happy and free. To do so we need to stop worrying and start nurturing the natural instincts towards creativity and independence in every child. And in so doing we will find ourselves becoming happier and better parents. This is the perfect guide for anyone grappling with parenthood and wondering why the existing manuals are so dispiriting.

The Available Parent

We have a tendency today to over-parent, micro-manage, and under-appreciate our adolescents. Dr. John Duffy's *The Available Parent* is a revolutionary approach to taking care of teens and tweens. Teenagers are often left feeling unheard and misunderstood, and parents are left feeling bewildered by the changes in their child at adolescence and their sudden lack of effectiveness as parents. The parent has become unavailable, the teen responds in kind, and a negative, often destructive cycle of communication begins. The available parent of a teenager is open to discussion, offering advice and solutions, but not insisting on them. He allows his child to make some mistakes, setting limits, primarily where health and safety are concerned. He never lectures — he is available but not controlling. He is

neither cruel nor dismissive, ever. The available parent is fun and funny, and can bring levity to the most stressful situation. All of that is to say, there are no conditions to his availability — it is absolute.

Gentle Discipline

As seen in the New York Times -- a practical guide that presents an alternative to shouting, shaming, and blaming--to give kids the skills they need to grow and thrive Discipline is an essential part of raising happy and successful kids, but as more and more parents are discovering, conventional approaches often don't work, and can even lead to more frustration, resentment, power struggles, and shame. Enter Sarah Ockwell-Smith, a popular parenting expert who believes there's a better way. Citing the latest research in child development, psychology and neuroscience, Gentle Discipline debunks common myths about punishments, rewards, the "naughty chair," and more, and presents practical, connection-based techniques that really work--and that bring parents and kids closer together instead of driving them apart. Topics include: Setting--and enforcing--boundaries and limits with compassion and respect Focusing on connection and positivity instead of negative consequences Working with teachers and other caregivers Breaking the cycle of shaming and blaming Filled with ideas to try today, Gentle Discipline helps parents of toddlers as well as school-age kids embrace a new, more enlightened way to help kids listen, learn and grow.

Discipline Without Shouting or Spanking

Discipline without Shouting or Spanking is a practical guide that shows parents how to manage the most difficult part of parenting. It provides proven methods for handling more than 30 of the most common forms of childhood misbehaviors, from temper tantrums to sibling rivalry. Practical solutions lead to practical results! Discipline Without Shouting or Spanking offers effective, practical, nonviolent options for correcting the most common behavior problems of preschoolers. You will learn how to deal with misbehavior including temper tantrums, whining, negativity, sibling rivalry, possessiveness, aggressive behavior, resisting bedtime, playing with food, and many more problems -- without shouting or spanking. The authors' advice will help you be a more effective parent and discipline your child in a loving yet firm way, without damaging self-esteem or natural curiosity about the world. This easy-to-use text has been formatted like a first-aid manual for handling misbehavior. It has already helped over 700,000 parents.

New Old Fashioned Parenting

There's been a revolution in the family; it's now all about the kids. We've moved on from children being 'seen and not heard', but we're now plagued with the worry of ending up with 'that child' – the one who's running amok and is ill-prepared for life. This book combines contemporary and traditional childrearing methods, bringing fresh thinking to some of the essential parenting issues of our time: Managing screen use Encouraging independence Finding the balance between school and play Compromising between parenting that's pushy and not involved enough Establishing the 'best of both worlds' approach that works in the modern world for modern families. In this manifesto of new old-fashioned parenting there's no pandering, no spoiling, and definitely no dinosaur-shaped chicken nuggets at dinner time.

Happy Kids: The Secrets to Raising Well-Behaved, Contented Children

A fresh and practical guide to successfully managing children's behaviour – from babies to young adults.

Autism

'A wise SatNav for what is often a bewildering, or even scary, zone of parenting. The book offers real-world, road-tested, child-first and family-friendly advice; while also highlighting the twin truths that autism is not a tragedy, and that adaptation and acceptance are not resignation' David Mitchell, bestselling author and co-translator of *The Reason I Jump* 'A must-read for anyone with an autistic child in their life' Laura James, author of *Odd Girl Out* Written by Jessie Hewitson, an award-winning journalist at The Times, Autism is the book she wishes she had read when her son was first given the diagnosis of autism spectrum disorder. It combines her own experiences with tips from autistic adults, other parents - including author David Mitchell - as well as advice from autism professionals and academics such as Professor Simon Baron-Cohen. Autism looks at the condition as a difference rather than a disorder and includes guidance on: · What to do if you think your child is autistic · How to understand and support your child at school and at home · Mental health and autism · The differences between autistic girls

and boys 'It is incredibly useful and informative, full of new research and interviews that put right an awful lot of misinformation. I cannot recommend this highly enough' The Sun 'Exceptionally useful and informative' Uta Frith, Emeritus Professor of Cognitive Development, UCL