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Intelligence. · Assertiveness, empathy, problem-solving, and anger-management skills. · A respectful, loving connection with you! You will gain: · An end to resentment, frustration, anger, tears, and defiance in your parent-child relationship. · Tools to respectfully handle most modern challenging parenting situations, including biting, hitting, tantrums, bedtimes, picky eating, chores, homework, sibling wars, smoking, "attitude," and video/computer games. · Help for controlling your anger "in the moment" during those trying times. · A loving, respectful, teaching and fun connection with your child! "Offers a wealth of ideas and suggestions for raising children without the use of punishment of any kind." Linda Adams, President and CEO of P.E.T. Parent Effectiveness Training and Gordon Training International "The world is in desperate need of gentle, caring discipline techniques. Judy Arnall has created a wonderful, nurturing guide that all parents can benefit from." Elizabeth Pantley, Author of The No-Cry Solution series of books. "Parents always prefer to be loving but often don't know how. Arnall's book debunks all the old beliefs about discipline through painful measures such as punishment, consequences or bribes and provides far more effective and kind ways to raise well behaved and thriving children." Naomi Aldort, Ph.D., Author of Raising Our Children, Raising Ourselves BONUS! 50-page quick reference tool guide included

A positive discipline book of practical tips, strategies, skills and ideas for parents of babies through teenagers. Describes exactly what to do "in the moment" for every type of behavior, from whining to web surfing.

"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 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 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.

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This book offers parents and teachers constructive methods of discipline, useful for everyday situations. It documents the long-term negative effects of spanking?how it brutalizes kids and creates violent adults. Irwin Hyman, an expert in the field of home and school discipline, explains in a passionate and compelling style why spanking or hitting children is abusive, destructive, and counterproductive. He then gives common sense advice on alternative forms of discipline, which help to raise happy and emotionally stable children.

Learn how to acquire a personalized education through self-directed learning, and meet post-secondary entrance requirements.

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 embrace 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. Book jacket.

A proven blueprint for parenting from an international expert that delivers five keys to turn sass into respect, design cooperative discipline, create connected communication, dissolve conflict and empower kids to feel strong, be authentic and love themselves while feeling good as a parent and having more fun and ease with your children.

A complete guide to the concept of attachment parenting, which argues that parental responsiveness to a baby's needs leads to a well-adjusted child, offers tips on breastfeeding on demand, responding to a baby's cries, minimizing parent-child separation, and avoiding baby "gadgets." Original.

An award-winning scientist offers his unorthodox approach to childrearing: “ Parentology is brilliant, jaw-droppingly funny, and full of wisdom...bound to change your thinking about parenting and its conventions ” (Amy Chua, author of Battle Hymn of the Tiger Mother). If you ’ re like many parents, you might ask family and friends for advice when faced with important choices about how to raise your kids. You might turn to parenting books or simply rely on timeworn religious or cultural traditions. But when Dalton Conley, a dual-doctorate scientist and full-blown nerd, needed childrearing advice, he turned to scientific research to make the big decisions. In Parentology, Conley hilariously reports the results of those experiments, from bribing his kids to do math (since studies show conditional cash transfers improved educational and health outcomes for kids) to teaching them impulse control by giving them weird names (because evidence shows kids with unique names learn not to react when their peers tease them) to getting a vasectomy (because fewer kids in a family mean smarter kids). Conley encourages parents to draw on the latest data to rear children, if only because that level of engagement with kids will produce solid and happy ones. Ultimately these experiments are very loving, and the outcomes are redemptive—even when Conley ’ s sassy kids show him the limits of his profession. Parentology teaches you everything you need to know about the latest literature on parenting—with lessons that go down easy. You ’ ll be laughing and learning at the same time.

Winner of the Disney ’ s iParenting Media Award for Best Product Have the Terrible Twos become the Terrifying Threes, Fearsome Fours, Frightening Fives, and beyond? Elizabeth

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Pantley, creator of the No-Cry revolution, gives you advice for raising well-behaved children, from ages 2 through 8 In The No-Cry Discipline Solution, parenting expert Elizabeth Pantley shows you how to deal with your child's behavior. Written with warmth but based in practicality, Elizabeth shows you how to deal with childhood's most common behavioral problems: Tantrums Sleep issues Backtalk Hitting, Kicking and Hair Pulling Sibling fights Swearing Dawdling Public misbehavior Whining ... and more! "Pantley applies succinct solutions to dozens of everyday-problem scenarios--from backtalk to dawdling to lying to sharing to screaming--as guides for readers to fashion their own responses. Pantley is a loving realist who has managed, *mirabile dictu*, to give disciplinarianism a good, warm name." --Kirkus "While many books on discipline theory are interesting and enlightening, parents often struggle finding a way to apply the theories. Pantley ' s advice is practical and specific. If ever trapped on a desert island with a bunch of kids, this is among the most useful books you could bring along." --Tera Schreiber, Mom Writer ' s Literary Magazine

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