

Il Metodo Danese Per Crescere Bambini Felici Ed Essere Genitori Sereni Enewton Manuali E Guide

Dall'autrice del bestseller Il metodo danese per crescere bambini felici ed essere genitori sereni Perché i bambini danesi sono così educati e felici? Non fanno bizzesse, sono sereni e i loro risultati scolastici sono eccellenti. Un congedo di maternità più lungo e un reddito pro capite alto contribuiscono a formare genitori meno stressati, ma siamo sicuri che la questione possa essere liquidata così facilmente? La verità è che il modello educativo di alcuni Paesi sembra essere fermo da decenni, e ci troviamo a confrontarci, a scuola e in famiglia, con strumenti appartenuti ai nostri nonni, incapaci di far fronte a problemi tipici del nostro tempo, come l'eccessiva competitività o il bullismo. Desideriamo preservare i bambini dall'ansia e dallo stress, ma spesso otteniamo l'effetto contrario, trasmettendo paure che rendono difficile un sano cammino verso l'autonomia. In questo libro Jessica Joelle Alexander ci apre le porte di scuole e abitazioni danesi. Senza mitizzare il modello del Paese più felice del mondo, ci invita, con esempi, confronti e suggerimenti, a percorrere una nuova strada per accompagnare i nostri figli e diventare grandi, e felici, insieme. In anteprima mondiale, un libro semplice e illuminante su come educare i nostri figli e farli crescere equilibrati e felici Jessica Joelle Alexander è una psicologa e giornalista da sempre appassionata di studi sulle differenze culturali. È spesso ospite di programmi televisivi e radiofonici sul tema dei figli e collabora con l'«Huffington Post», «The Copenhagen Post» e il «Local Denmark». Sposata con un danese, parla quattro lingue e da qualche tempo vive tra l'Italia e la Danimarca. Il metodo danese per crescere bambini felici ed essere genitori sereni è diventato un bestseller internazionale tradotto in 25 Paesi e in Italia è stato per settimane nella classifica dei libri più venduti.

In this letter from God, children will discover He has blessed them with gifts and talents that make them unique and able to serve the world in a very special way! Could the gift of bravery make you a police officer or firefighter, or could your compassion help you to might be a great doctor or teacher? The possibilities are endless! Perfect You is a story for parents to share with their children to encourage them to discover their talents so that they can live a life of purpose and happiness. Holly Skelton lives in Plymouth, Michigan, with her husband and three daughters.

Candlelight is hygge; the smell of freshly brewed coffee is hygge; the feel of crisp, clean bed linen is hygge; dinner with friends is hygge. 'Hygge', pronounced 'hoo-ga', is a Danish philosophy that roughly translates to 'cosiness'. But it is so much more than that. It's a way of life that encourages us to be kinder to ourselves, to take pleasure in the modest, the mundane and the familiar. It is a celebration of the everyday, of sensual experiences rather than things. It's an entire attitude to life that results in Denmark regularly being voted one of the happiest countries in the world. So, with two divorces behind her and her 50th birthday rapidly approaching, journalist Charlotte Abrahams ponders whether it's hygge that's been missing from her life. Is it a philosophy we can all embrace? In a society where lifestyle trends tend to centre on deprivation - be it no sugar, no gluten, no possessions - what does cherishing yourself actually mean? And will it make her happy? In Hygge, Charlotte Abrahams weaves the history of hygge and its role in Danish culture with her own attempts, as an English woman, to embrace a more hygge life. In this beautifully written and stylishly designed book, she examines the impact this has on her home, her health, her relationships and, of course, her happiness. Light a candle, pour yourself a glass of wine, and get ready to enjoy your more hygge life.

"In the tradition of M.F.K. Fisher and Peter Mayle, this ... memoir follows American-born Katherine Wilson on her adventures abroad, where a three-month rite of passage in Naples turns into a permanent embrace of this boisterous city on the Mediterranean. It is all thanks to

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a surprising romance, a new passion for food, and a spirited woman who will become her mother-in-law--and teach her to laugh, to seize joy, and to love"--

As you prepare to become a mother, you face an experience unlike any other in your life. Having a baby will redirect your preferences and pleasures and, most likely, will realign some of your values. As you undergo this unique psychological transformation, you will be guided by new hopes, fears, and priorities. In a most startling way, having a child will influence all of your closest relationships and redefine your role in your family's history. The charting of this remarkable, new realm is the subject of this compelling book. Renowned psychiatrist Daniel N. Stern has joined forces with pediatrician and child psychiatrist Nadia Bruschiweiler-Stern and journalist Alison Freeland to paint a wonderfully evocative picture of the psychology of motherhood. At the heart of *The Birth of a Mother* is an arresting premise: Just as a baby develops physically in utero and after birth, so a mother is born psychologically in the many months that precede and follow the birth of her baby. The recognition of this inner transformation emerges from hundreds of interviews with new mothers and decades of clinical experience. Filled with revealing case studies and personal comments from women who have shared this experience, this book will serve as an invaluable sourcebook for new mothers, validating the often confusing emotions that accompany the development of this new identity. In addition to providing insight into the unique state of motherhood, the authors touch on related topics such as going back to work, fatherhood, adoption, and premature birth. During pregnancy, mothers-to-be talk about morning sickness and their changing bodies, and new mothers talk about their exhaustion, the benefits of nursing or bottle-feeding, and the dilemma of whether or when they should return to work. And yet, they can be strangely mute about the dramatic and often overwhelming changes going on in their inner lives. Finally, with *The Birth of a Mother*, these powerful feelings are eloquently put into words.

Details a program for improving communication between parents and children, providing sample dialogues, role-playing exercises, and humorous yet illuminating cartoons. Glass slippers, a fairy godmother, a ball, a prince, an evil stepfamily, and a poor girl known for sitting amongst the ashes: incarnations of the "Cinderella" fairy tale have resonated throughout the ages. Hidden between the lines of this fairy tale exists a history of fantasy about agency, power, and empowerment. This book examines twenty-first-century "Cinderella" adaptations that envision the classic tale in the twenty-first century through the lens of wokeness by shifting rhetorical implications and self-reflexively granting different possibilities for protagonists. The contributors argue that the "Cinderella" archetype expands past traditional takes on the passive princess. From *Sex and the City* to *Game of Thrones*, from cyborg "Cinderellas" to *Inglorious Basterds*, contributors explore gender-bending and feminist adaptations, explorations of race and the body, and post-human and post-truth rewritings. The collection posits that contemporary "Cinderella" adaptations create a substantive cultural product that both inform and reflect a contemporary social zeitgeist.

After a brutal day investigating a quadruple homicide, Detective Hoke Moseley settles into his room at the un-illustrious El Dorado Hotel and nurses a glass of brandy. With his guard down, he doesn't think twice when he hears a knock on the door. The next day, he finds himself in the hospital, badly bruised and with his jaw wired shut. He thinks back over ten years of cases wondering who would want to beat him into unconsciousness, steal his gun and badge, and most importantly, make off with his prized dentures. But the pieces never quite add up to revenge, and the few clues he has keep connecting to a dimwitted hooker, and her ex-con boyfriend and the bizarre murder of a Hare Krishna pimp. Chronically depressed, constantly strapped for money, always willing to bend the rules a bit, Hoke Moseley is hardly what you think of as the perfect cop, but he is one of the the greatest detective creations of all time. The fates of a diverse set of characters intertwine in this novel set in Gorbachev's Russia. But perhaps the greatest protagonist of them all is the Russian public, as they emerge from one

dismal reality and hurtle unknowingly towards another.

ONE WAR. TWO WOMEN. WILL THEY BE ABLE TO SAVE THE ONES THEY LOVE? A sweeping new novel from the number one Sunday Times bestselling author of *The Tea Planter's Wife*, available for pre-order now In 1943, Contessa Sofia de' Corsi's peaceful Tuscan villa among the olive groves is upturned by the sudden arrival of German soldiers. Desperate to fight back, she agrees to shelter a wounded British radio engineer in her home, keeping him hidden from her husband Lorenzo - knowing that she is putting all of their lives at risk. When Maxine, an Italian-American working for the resistance, arrives on Sofia's doorstep, the pair forge an uneasy alliance. Feisty, independent Maxine promised herself never to fall in love. But when she meets a handsome partisan named Marco, she realizes it's a promise she can't keep... Before long, the two women find themselves entangled in a dangerous game with the Nazis. Will they be discovered? And will they both be able to save the ones they love? 'Dinah Jefferies has a remarkable gift for conjuring up another time and place with lush descriptions, full of power and intensity' Kate Furnivall

The stick is a universal toy. Totally natural, all-purpose, free, it offers limitless opportunities for outdoor play and adventure and it provides a starting point for an active imagination and the raw material for transformation into almost anything! As New York's Strong National Museum of Play pointed out when they selected a stick for inclusion in their National Toy Hall of Fame, 'It can be a Wild West horse, a medieval knight's sword, a boat on a stream, or a slingshot with a rubber band . . .' In this book Fiona Danks and Jo Schofield offer masses of suggestions for things to do with a stick, in the way of adventures and bushcraft, creative and imaginative play, games, woodcraft and conservation, music and more.

"The most helpful book on childhood anxiety I have ever read."—Michael Thompson, Ph.D. Whether it's the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents increasingly frustrated about how to help. Now Lawrence J. Cohen, Ph.D., the author of *Playful Parenting*, provides a special set of tools to handle childhood anxiety. Offering simple, effective strategies that build connection through fun, play, and empathy, Dr. Cohen helps parents • start from a place of warmth, compassion, and understanding • teach children the basics of the body's "security system": alert, alarm, assessment, and all clear. • promote tolerance of uncertainty and discomfort by finding the balance between outright avoidance and "white-knuckling" through a fear • find lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale • tackle their own anxieties so they can stay calm when a child is distressed • bring children out of their anxious thoughts and into their bodies by using relaxation, breathing, writing, drawing, and playful roughhousing With this insightful resource of easy-to-implement solutions and strategies, you and your child can experience the opposite of worry, anxiety, and fear and embrace connection, trust, and joy. Praise for *The Opposite of Worry* "The Opposite of Worry is an informative resource for parents and other family members. The book is easy to read, comprehensive and notable for its many practical suggestions."—New England Psychologist "Good advice for parents making daily calls to the pediatrician . . . Anxiety is a full-body sport, and Cohen's main advice is not to treat it with words but with actions. . . . Physicality is about living in the present, and for anxious people, the present is a powerful place of healing. Intended for parents of children ages 3 to 15, this book offers anecdotes and fun anti-anxiety games."—Publishers Weekly "Here's the help parents of anxious children have been looking for! Dr. Cohen's genius is in the warm and generous spirit of the strategies he outlines for parents. He grounds his playful approach in a sound explanation of how anxiety affects children, and how they heal. Parents will come away with plenty of ideas to help them develop their children's confidence. While reading, I found myself thinking, 'I'd like to try that for myself!'"—Patty Wipfler, founder and program director, Hand in

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Hand Parenting “If you want to understand your child’s anxiety—and your own parental worries—you must read Larry Cohen’s brilliant book, *The Opposite of Worry*. Dr. Cohen is one of the most imaginative and thoughtful psychologists you will ever encounter. He explains how and why children become anxious and then shows how we can use empathy and play to help them escape from the terrifying dark corners of childhood.”—Michael Thompson, Ph.D. “*The Opposite of Worry* offers a treasure trove of ideas to help children feel confident and secure. Lawrence Cohen has written a book that will help every parent of an anxious child.”—Aletha Solter, Ph.D., founder, *Aware Parenting*, and author of *Attachment Play*

Il metodo danese per crescere bambini felici ed essere genitori serenill metodo danese per giocare con tuo figlio in modo sano e intelligenteNewton Compton Editori

A blueprint for how parents can stop worrying about their children's future and start helping them prepare for it, from the cofounder and CEO of one of America's most innovative public-school networks "A treasure trove of deeply practical wisdom that accords with everything I know about how children thrive."--Angela Duckworth, New York Times bestselling author of *Grit* In 2003, Diane Tavenner cofounded the first school in what would become Summit Public Schools, which has since won national recognition for its exceptional outcomes: 99 percent of students are accepted to a four-year college, and its students graduate college at twice the national average. But in a radical departure from the environments created by the college admissions arms race, Summit students aren't focused on competing with their classmates for rankings or test scores. Instead, students spend their days solving real-world problems and developing the skills of self-direction, collaboration, and reflection, all of which prepare them to succeed in college, thrive in today's workplace, and lead a secure and fulfilled life. Through personal stories and hard-earned lessons from Summit's exceptional team of educators and diverse students, Tavenner shares the learning philosophies underlying the Summit model and offers a blueprint for any parent who wants to stop worrying about their children's future--and start helping them prepare for it. At a time when many students are struggling to regain educational and developmental ground lost to the disruptions of the pandemic, *Prepared* is more urgent and necessary than ever.

Nella nostra società, caratterizzata da rapidissime trasformazioni, tutte le dimensioni esistenziali sono state rivoluzionate da Internet e dai dispositivi digitali, in particolare lo smartphone. Da qualche anno quest'ultimo ha assunto un nuovo ruolo: è diventato giocattolo e scaccia-noia per i bambini. E noi adulti abbiamo lasciato che ciò accadesse senza darvi peso. Anzi, l'oggetto miracoloso che calma un capriccio o un'esplosione di rabbia, quasi ci fa comodo. Lo smartphone nelle loro mani è come una piccola divinità, capace di risolvere ogni conflitto e di reprimere emozioni disturbanti. E in questo modo i piccoli si isolano in un mondo virtuale allontanandosi gradualmente dal contesto reale, dagli altri, ma soprattutto da se stessi e dalle proprie emozioni che non impareranno a riconoscere né a definire. Numerosi studi scientifici dimostrano che l'uso precoce dei media digitali può compromettere fortemente abilità cognitive e sociali, capacità di attenzione e di comunicazione, fino a giungere, nei casi estremi, a disagi e seri disturbi della personalità. Quali scenari futuri dobbiamo aspettarci? È più che mai necessaria ormai una presa di coscienza da parte di tutti noi adulti affinché sia restituita all'infanzia la sua dimensione più autentica. Occorre costruire con i nostri bambini relazioni autentiche fatte di sguardi, di condivisione, di calore umano, di ascolto, di racconti, di “dolce far niente”. Senza che uno schermo si frapponga continuamente tra noi e loro.

One little word is the secret reminder of what really matters in life: Hygge. CHRISTMAS is the perfect time to embrace it and THIS BOOK will show you how. ----- To me, hygge is: - Meeting my sister for a walk in the park, chatting, laughing and clowning around, as if we were children again. - Listening to the rain on the roof with a cup of tea and my boyfriend next to me. - Drinking wine in my mum's garden - Enjoying a cup of coffee with good friends, that becomes a dinner, that becomes a late-night drink, because no one wants the evening to

end. ----- Though we all know the feeling of hygge instinctively few of us ever manage to capture it for more than a moment. Now Danish actress and hygge aficionado Marie Tourell Söderberg - star of BBC 4's 1864 - has travelled the length and breadth of her home country to create the perfect guide to cooking, decorating, entertaining and being inspired the hygge way. Full of beautiful photographs and simple, practical steps and ideas to make your home and life both comfortable and cheering all year round, this book is the easy way to introduce hygge into your life. 'Pretty, homey and intimate, scattered with reflections from ordinary Danes' Guardian

«Fino a pochi giorni fa ho cercato di vivere guardando avanti. Inaspettatamente ora mi ritrovo travolta dall'anniversario che si compie quest'anno: il cinquantesimo dalla morte di don Lorenzo Milani. Erano anni che non pensavo a lui ed erano anni che non pensavo nemmeno alla scuola. Ho provato, ma non ci sono riuscita ad evitare questo appuntamento con la mia storia personale. E allora eccomi qua: alla fin fine mi tocca guardarmi indietro, rivivere e rimeditare il mio passato e quello della famiglia di don Milani». Don Lorenzo Milani fu una figura controversa, solo recentemente rivalutata dalla Chiesa cattolica attraverso papa Francesco. Questo scritto ne ripercorre la storia grazie alla testimonianza di un membro della sua famiglia. Come vissero i suoi genitori, laici e illuminati, la conversione di Lorenzo? Lui, che apparteneva alla società "bene", ma che si spese fino all'ultimo per i più poveri? Come accolse la sua famiglia questa sua scelta? In una lunga lettera ai nipoti, Emma Paola Bassani apre il suo cuore per cercare di spiegare loro, e ai giovani di oggi, l'impegno civile e la tensione educativa che don Milani riversò nella Scuola di Barbiana. Un modello che può venire attualizzato anche oggi, come chiarisce nella seconda parte di quest'opera il professor Rossi, dirigente scolastico di una scuola all'avanguardia di Milano e particolarmente coinvolto dalla figura di don Lorenzo. Concludono questo scritto alcune testimonianze di suoi ex allievi, che da bambini furono entusiasti frequentatori della scuola del priore di Barbiana. Emma Paola Bassani (Milano, 1957) è figlia di Lalla, la cugina preferita di don Lorenzo Milani. Durante l'infanzia e l'adolescenza partecipò con la famiglia, anche se da lontano, alla vita del giovane prete e alle sue vicissitudini. Arrivò al liceo nel 1969, due anni dopo la pubblicazione di Lettera a una professoressa, in piena contestazione studentesca. Tesserata al Pci negli anni del famoso sorpasso di Berlinguer, un decennio dopo entrò nella prima sede della Lega a Varese, dove conobbe un Umberto Bossi non ancora senatore. Nel 2016 ha aperto il blog Buonsensobio.it. Angelo Lucio Rossi (Carpineto Sinello - Ch, 1958) è laureato in Pedagogia all'Università di Roma La Sapienza e in Filosofia all'Università Gabriele D'Annunzio di Chieti. Docente nella scuola primaria, nei Corsi di Alfabetizzazione per adulti stranieri, è stato esperto per il MIUR per la Riforma degli Ordinamenti Scolastici. È tra i fondatori della "Città dei Ragazzi" a L'Aquila dopo il terremoto del 2009. Attualmente è dirigente scolastico a Milano e presidente della Rete SMIM (Scuole ad Indirizzo Musicale di Milano e provincia). Già giornalista-pubblicista, si occupa da decenni di formazione e collabora con l'Ufficio "Scuole Aperte" di Milano. Autrice bestseller internazionale Il caso editoriale degli ultimi anni Il modello educativo della Danimarca sta rivoluzionando il modo di essere genitori. Il segreto della felicità secondo la filosofia scandinava sembra essere racchiuso nel concetto di fællesskab, cioè di una comunità che fa le cose insieme. La famiglia è intesa come una squadra e per dare il meglio deve lavorare in sinergia: tutti sono coinvolti nelle attività domestiche, sin dalla prima età. In quest'ottica, il continuo confronto con i bambini è determinante

per un sano sviluppo, per alimentare valori come il rispetto, l'empatia e il senso di responsabilità. Ma che cosa possiamo fare, concretamente, nella vita di tutti i giorni? Jessica Alexander e Camilla Semlov hanno raccolto decine di attività per giocare, interagire e impegnarsi nelle attività sia in casa che all'esterno insieme ai nostri figli. Si tratta di consigli che facilitano l'ascolto dei bambini, la relazione con questi e contribuiscono a formare individui indipendenti e con una solida autostima. Non solo regole da imparare, quindi, ma soprattutto suggerimenti su come trasformare un gioco in un'esperienza formativa o rendere le faccende domestiche un'occasione per divertirsi e trascorrere del tempo insieme. In un mondo in cui il confine tra lo spazio fisico e quello virtuale è sempre più fluido, è compito dei genitori farsi trovare preparati ad accompagnare i figli nella crescita, perché grazie al metodo danese la felicità è a portata di mano. Dall'autrice del bestseller *Il metodo danese per crescere bambini felici* Tradotta in 28 Paesi «La ricetta per la felicità a scuola e in famiglia l'ha trovata Jessica Joelle Alexander, che insegna come fare a crescere ragazzi calmi e contenti.» corriere.it «Jessica Joelle Alexander ci apre le porte di scuole e abitazioni danesi. Senza mitizzare il modello del Paese più felice del mondo, ci invita, con esempi, confronti e suggerimenti, a percorrere una nuova strada per accompagnare i nostri figli e diventare grandi, e felici, insieme.» [Huffington post](http://Huffingtonpost.com) Jessica Joelle Alexander è una psicologa e giornalista da sempre appassionata di studi sulle differenze culturali. È spesso ospite di programmi televisivi e radiofonici sul tema dei figli e collabora con l'«[Huffington Post](http://HuffingtonPost.com)», «[The Copenhagen Post](http://TheCopenhagenPost.com)» e il «[Local Denmark](http://LocalDenmark.com)». Sposata con un danese, parla quattro lingue e da qualche tempo vive tra l'Italia e la Danimarca. Il metodo danese per crescere bambini felici ed essere genitori sereni è diventato un bestseller internazionale tradotto in 28 Paesi e in Italia è stato per settimane nella classifica dei libri più venduti. Il nuovo metodo danese per educare i bambini alla felicità a scuola e in famiglia è diventato in breve tempo un altro bestseller. Camilla Semlov Anderson offre sostegno psicologico professionale alle famiglie in Danimarca da oltre 20 anni seguendo i principi alla base del metodo danese. È l'autrice di due libri molto amati ed è spesso invitata a intervenire in qualità di esperta da quotidiani, giornali e radio danesi. Camilla organizza incontri basati sui suoi libri e sui suoi molti anni di esperienza per affiancare le famiglie.

Part reportage, part travelogue, this is a fascinating introduction to contemporary Danish culture for anyone who wants to know more about the world's happiest nation. Denmark is the country of the moment. Recently named the happiest nation in the world, it's the home of *The Killing* and Noma, the world's best (and most eccentric) restaurant. We wear their sweaters, watch their thrillers, and covet their cool modern design, but how much do we really know about the Danes themselves? Part reportage, part travelogue, *How to Be Danish* fills in the gaps—an introduction to contemporary Danish culture that spans politics, television, food, architecture, and design.

Asha Phillips writes as both a child psychotherapist and a mother, using case studies as well as informal anecdotes from family and friends as illustrations. She strips away the negative associations surrounding the word 'no' and celebrates change and setting limits as essential ingredients in development. In a new introduction, Asha Phillips explains why the idea of limits and boundaries have become ever more pertinent since the book was first published. Now with a new chapter on illness in the family, *Saying No* can continue to build confidence and self-esteem in both children and parents.

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At Last! A Beginner's Guide to Newborn Baby Technology You've programmed your DVR, you've installed a wireless Internet connection, you can even check Facebook on your cell phone. But none of this experience will prepare you for the world's biggest technological marvel: a newborn baby. Through step-by-step instructions and helpful schematic diagrams, *The Baby Owner's Manual* explores hundreds of frequently asked questions: What's the best way to swaddle a baby? How can I make my newborn sleep through the night? When should I bring the baby to a doctor for servicing? Whatever your concerns, you'll find the answers here—courtesy of celebrated pediatrician Dr. Louis Borgenicht and his son, Joe Borgenicht. Together, they provide plenty of useful advice for anyone who wants to learn the basics of childcare.

Il rivoluzionario metodo di educazione danese per crescere i bambini più felici del mondo Pubblicato in 20 Paesi Da oltre 40 anni la Danimarca domina il World Happiness Report, la classifica dei Paesi più felici stilata ogni anno dalle Nazioni Unite, tanto da diventare oggetto di studi sociologici. Dopo tredici anni di ricerca e collaborazione, Iben Sandahl, psicologa, e Jessica Joelle Alexander, giornalista americana sposata con un danese, ritengono di aver scoperto il vero segreto della felicità del piccolo Paese del nord e lo svelano in questo manuale rivoluzionario. Sembra che alla base dell'appagamento ci sia il modo in cui genitori e figli si relazionano tra di loro, l'empatia e la capacità degli adulti di offrire strumenti e istruzioni senza porre ultimatum ai piccoli. Sandahl e Alexander sono riuscite nell'intento di scrivere una guida pratica, da poter seguire passo passo per analizzare i propri comportamenti, evitare errori e orientare i propri metodi educativi nella giusta direzione. «I danesi hanno un approccio basato sul buon senso nell'educazione dei loro figli. Le autrici sono due grandi sostenitrici del tempo libero non organizzato. In altri paesi, c'è una forte pressione sui genitori affinché riempiano il tempo libero dei propri figli con attività dopo-scuola, come attività sportive o musicali. Siamo diventati una generazione di papà e mamme competitivi, ma grazie a questo manuale possiamo cambiare.» *The Huffington Post* Jessica Joelle Alexander è un'autrice e giornalista americana. Laureata in psicologia, è da sempre appassionata di studi sulle differenze culturali. Collabora con l'«*Huffington Post*», «*The Copenhagen Post*» e il «*Local Denmark*». Sposata con un danese da oltre quindici anni, parla quattro lingue e vive in Europa con la sua famiglia. Iben Sandahl Iben Dissing Sandahl è una psicoterapeuta specializzata in Narrative Exposure Therapy (NET) e lavora soprattutto in campo familiare. Firma autorevole di riviste e giornali specializzati, è spesso ospite in radio e televisioni nazionali danesi. È sposata e ha due figlie.

“TRACY HOGG HAS GIVEN PARENTS A GREAT GIFT—the ability to develop early insight into their child's temperament.” —Los Angeles Family When Tracy Hogg's *Secrets of the Baby Whisperer* was first published, it soared onto bestseller lists across the country. Parents everywhere became “whisperers” to their newborns, amazed that they could actually communicate with their baby within weeks of their child's birth. Tracy gave parents what for some amounted to a miracle: the ability to understand their baby's every coo and cry so that they could tell immediately if the baby was hungry, tired, in real distress, or just in need of a little TLC. Tracy also dispelled the insidious myth that parents must go sleepless for the first year of a baby's life—because a happy baby sleeps through the night. Now you too can benefit from Tracy's more than twenty years' experience. In this groundbreaking book, she shares simple, accessible

programs in which you will learn: • E.A.S.Y.—how to get baby to eat, play, and sleep on a schedule that will make every member of the household's life easier and happier. • S.L.O.W.—how to interpret what your baby is trying to tell you (so you don't try to feed him when he really wants a nap). • How to identify which type of baby yours is—Angel, Textbook, Touchy, Spirited, or Grumpy—and then learn the best way to interact with that type. • Tracy's Three Day Magic—how to change any and all bad habits (yours and the baby's) in just three days. At the heart of Tracy's simple but profound message: treat the baby as you would like to be treated yourself. Reassuring, down-to-earth, and often flying in the face of conventional wisdom, *Secrets of the Baby Whisperer* promises parents not only a healthier, happier baby but a more relaxed and happy household as well.

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 another parent's approval)!

Diventa il genitore che vuoi essere per loro e con loro nella prima parte del libro e poi impara dritte di guida emotiva e intelligenza linguistica nella seconda parte. Questo libro presenta le migliori e più efficaci tecniche educative dei nostri tempi raccolte e testate dall'autrice. Debora Conti è coach e trainer di PNL, laureata in psicologia e operatrice certificata per lo Yale Parenting Method e la Positive Discipline. Questo libro è un salvavita per "quei" momenti difficili e un prontuario indispensabile per tutte le mamme e tutti i papà. Nel libro si parla di autostima, motivazione, indipendenza, emozioni e le giuste parole pronunciate nel modo giusto, nell'ordine giusto e nel momento giusto. Lo sapevi che tu puoi influenzare anche senza parlare? Il libro è completato da preziosi interventi di psicologhe intervistate e da vignette divertenti che aiutano ad apprendere i concetti chiave. Using original sources--such as newspaper articles, silent movies, letters, autobiographies, and interviews--Ilaria Serra depicts a large tapestry of images that accompanied mass Italian migration to the U.S. at the turn of the twentieth century. She chooses to translate the Italian concept of *immaginario* with the Latin *imago* that felicitously blends the double English translation of the word as "imagery" and "imaginary." *Imago* is a complex knot of collective representations

of the immigrant subject, a mental production that finds concrete expression; impalpable, yet real. The "imagined immigrant" walks alongside the real one in flesh and rags.

Lo sguardo costituisce una importante competenza della persona, da sostenere e valorizzare per mobilitare sin dall'infanzia le risorse individuali e rendere ciascuno partecipe di quanto accade intorno: osservatore attento, curioso e vigile nel mentre tesse una molteplicità di transazioni con gli altri e con l'ambiente circostante. Di taglio interdisciplinare, il volume rende conto di un'ampia serie di ricerche, fra le più significative nell'attuale dibattito sulla pedagogia dell'infanzia, testimonia riflessioni ed esperienze di educazione dello sguardo con il contributo di docenti universitari provenienti da otto diversi atenei. L'opera si rivolge in particolare a coloro che compiono ricerche scientifiche in questo ambito, agli educatori e a quanti si prendono cura dell'infanzia.

Le parole umanità, essere umani, restare umani sono sempre più frequentemente pronunciate in tutti i canali di comunicazione. Forse tutti cerchiamo proprio quelle radici comuni che ci stanno sfuggendo, ciò che ci tiene insieme, al di là delle nostre idee, fedi e convinzioni politiche? In questo libro si propone una via, una prospettiva di ricerca, un'ipotesi di lavoro: occuparsi dei bambini con sguardo aperto porta a occuparsi dell'umano in generale. In loro possiamo riconoscere un senso per il nostro esistere, la dimensione originaria e autentica di quel che siamo; attraverso di loro possiamo misurare, valutare quanto la nostra storia personale e quella dell'umanità abbiano rispettato o snaturato quella originaria identità e accingerci a fornire la cura necessaria per rigenerare le nostre radici. Il quadro in cui la riflessione si dipana è quello presente, nasce da ciò che sta avvenendo attorno a noi oggi, si rivolge a ciò che ci caratterizza senza distinzioni. Per interrogare le nostre comuni radici umane. It's never too early to start talking to boys about gender, consent, and empathy. In a world still steeped in gender inequality and sexual violence, it's become more and more clear that we can't just teach girls to protect themselves. We must also teach boys not to do harm. As parents, we all want to raise kind and loving kids who will grow up to be conscientious adults. But when you look closely at our society—especially at the statistics surrounding rape, domestic violence, and sexual assault—it's clear that something needs to change. It's time to teach our sons compassion and empathy. It's time to show them that it's okay to cry, to laugh, to be angry, to be silly. It's time to teach them to respect girls, and not just the ones they think are pretty. It's time to teach them that it's not okay to pick on the queer kids, the little kids, and the fat kids. It's time to teach boys that it's not okay to treat kids of color like second-class citizens. It's time to teach our boys how to be conscious citizens. But where do you begin? Written by a clinical psychologist with expertise in modern families, Raising Feminist Boys is a parent's guide to having age appropriate conversations with boys about sexual responsibility, consent, gender, empathy, and identity. You'll find an accessible framework that includes developmental considerations, language, and clear tools

for how to talk with your son about feminism without shame, fear, or judgment. We need to have honest and informative conversations with our sons about sex and consent. We must show them how to recognize and question gender norms and bias, both within the culture and, most importantly, within ourselves. Raising Feminist Boys will give you the tools you need to get started.

WINNER OF THE GUILD OF FOOD WRITERS' BEST

INTERNATIONAL/REGIONAL COOKBOOK AWARD 2019 The food culture of Copenhagen is woven into the fabric of Trine's daily life; she has lived in the heart of the city for more than 40 years. There is no smørrebrød, hot dog, ice cream, or coffee she hasn't tasted in this quietly gastronomic capital city. She has hosted summer parties, Christmas dinners, street parties, picnics and long, leisurely breakfasts for close friends and huge gatherings, and she has written and talked about the Danish way of eating for publications all around the world. Now, in this ground-breaking book, Trine takes us on a tour of her home town, introducing us to all the best spots to eat, drink, and catch up with friends. We learn about the old bakeries and food markets, the burgeoning street food scene, the coffee culture, and the world-famous restaurants – and along the way, Trine will offer 70 recipes for some of her very favourite dishes.

During the first six years of life the child's brain has a potential that will never have again. This does not mean that we should try to turn children into little geniuses, because besides being impossible, a brain developed under pressure is likely to miss a great part of its essence. This book is a practical manual that summarizes the knowledge that neuroscience provides to parents and educators, so that they can help children to achieve full intellectual and emotional development.

In Dublin, Rose Holden's husband leaves her for another woman after 20 years of marriage and three children. The novel describes the way the couple arrived at this situation and Rose's efforts to create a life as a single mother.

An experienced humanitarian worker who has helped the refugees in Rwanda, Sierra Leone, Darfur and Haiti gives an insider's view of the chaos and danger involved in such a pursuit, as well as the often-wild social lives that some workers lead to deal with the stress. Original.

The Plastics Paradox is the first and only book to reveal the truth about plastics and the environment. Based on over 400 scientific articles, it dispels the myths that the public believe today. We are told that plastics are not green when in fact, they are usually the greenest choice according to lifecycle analysis (LCA) We are told that plastics create a waste problem when they are proven to dramatically reduce waste, for example replacing 1lb of plastic requires 3-4lb of the replacement material We are told that plastics take 1000 years to degrade when in fact a plastic bag disintegrates in just one year outdoors We are led to believe that plastic bags and straws are an issue when in fact they barely register in the statistics The list goes on... Everything you believe now is untrue and we are making policies that harm the environment based on bad information. After

reading *The Plastics Paradox* you will be able to make wise choices that help create a brighter future for us and for our children.

Elliott Erwitt: *Home Around the World* offers a timely and critical reconsideration of Erwitt's unparalleled life as a photographer. Produced alongside a major retrospective exhibition, the book features examples of Erwitt's early experiments in California, his intimate family portraits in New York, his major magazine assignments and long-term documentary interests, and his ongoing personal investigations of public spaces and their transitory inhabitants. Essays by photography experts based on extensive new interviews with the photographer consider less-studied aspects of Erwitt's work: his engagement with social and political issues through photojournalism, the humanist qualities of his very early photographs, and his work as a filmmaker. *Home Around the World* traces the development and refinement of Erwitt's unique visual approach over time. With over two hundred photographs, and ephemera including magazine reproductions, advertisements, and contact sheets, this volume is the first to offer a comprehensive historical treatment of Erwitt's body of work and position in the field.

When it comes to parenting, sometimes you have to trust your gut. With her first book, *It's OK Not to Share*, Heather Shumaker overturned all the conventional rules of parenting with her "renegade rules" for raising competent and compassionate kids. In *It's Ok To Go Up the Slide*, Shumaker takes on new hot-button issues with renegade rules such as: - Recess Is A Right - It's Ok Not To Kiss Grandma - Ban Homework in Elementary School - Safety Second - Don't Force Participation Shumaker also offers broader guidance on how parents can control their own fears and move from an overscheduled life to one of more free play. Parenting can too often be reduced to shuttling kids between enrichment classes, but Shumaker challenges parents to reevaluate how they're spending their precious family time. This book helps parents help their kids develop important life skills in an age-appropriate way. Most important, parents must model these skills, whether it's technology use, confronting conflict, or coping emotionally with setbacks. Sometimes being a good parent means breaking all the rules.

How we parent our children is at the heart of our relationships with them – and Dr Carlos Gonzalez, a renowned Spanish paediatrician and father, believes that our children deserve all the love we can give them. If we reject the routines and excessive discipline promoted by self-styled childcare experts, and instead parent with love, respect and freedom, we can allow our children to grow and thrive both physically and emotionally. A bestseller in Spain, *Kiss Me* encourages parents to see the good in their children and nurture it carefully, forging warm and rewarding family relationships. With discussions of how to handle common parenting issues including sleep, rewards and punishment and carving out quality time with our children, this warm and reassuring book is hugely valuable for parents in today's world.

Hygge (pronounced “hoo-gah”) is a Danish word that describes the feeling of being cozy, comfortable, and at peace with the world. It’s almost impossible to translate to English, and it’s probably the reason that Denmark is one of the happiest countries in the world. According to the London Evening Standard, hygge takes us beyond mindful meditation and adult coloring books and introduces us to a comfortable, warm, relaxing lifestyle exemplified by those in Denmark. The Joy of Hygge is packed with recipes to warm you on a winter’s evening, craft ideas for decorating your home, and inspirational suggestions for enjoying the magic of everyday pleasures. Learn how to make your life more hyggelig by:

- Creating a snuggly pair of hand-knitted socks
- Filling your house with more light and nature displays
- Building a cozy campfire for friends and family
- Taking advantage of picnics, bike rides, and woodland walks
- Appreciating the natural wonders that surround us every day
- And more!

Remember—a little hygge brings a lot of happiness.

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 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.

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