

## Setting Limits How To Raise Responsible Independent Children By Providing Clear Boundaries Robert J Mackenzie

Examines the dangers that parents fear for their children and offers advice on how to raise safe, independent children.

Discusses the ways in which parental attitudes shape the child's concept of himself and offers guidelines for creating positive relationships

A professor of psychology details a five-step process called "motion coaching" that allows parents to raise a child better able to cope with his or her emotions. 35,000 first printing.

Disruptive behavior, power struggles, lack of motivation, attention deficit disorder—at times the list of obstacles to teaching seems endless. That's why thousands of teachers and child-care providers have turned to the solutions in *Setting Limits in the Classroom*. This fully updated and expanded third edition offers the most up-to-date alternatives to punishment and permissiveness—moving beyond traditional methods that wear you down and get you nowhere. Topics include: • Eliminating power struggles and handling disruptions quickly • Establishing an effective environment for learning • Using natural and logical consequences to support your rules • Conducting proactive, focused parent conferences • New research and techniques for supporting special-needs children With its new focus on younger students and special tools for handling “strong-willed” children, this edition offers schoolteachers the tools they need to gain control of their classrooms—respectfully and effectively.

The bestselling author and psychologist whose books have topped 240,000 copies in print now addresses the trait of “high sensitivity” in children—and offers a breakthrough parenting guidebook for highly sensitive children and their caregivers. With the publication of *The Highly Sensitive Person*, Elaine Aron became the first person to identify the inborn trait of “high sensitivity” and to show how it affects the lives of those who possess it. Up to 20 percent of the population is born highly sensitive, and now in *The Highly Sensitive Child*, Aron shifts her focus to highly sensitive children, who share the same characteristics as highly sensitive adults and thus face unique challenges as they grow up. Rooted in Aron's years of experience as a psychotherapist and her original research on child temperament, *The Highly Sensitive Child* shows how HSCs are born deeply reflective, sensitive to the subtle, and easily overwhelmed. These qualities can make for smart, conscientious, creative children, but with the wrong parenting or schooling, they can become unusually shy or timid, or begin acting out. Few parents and teachers understand where this behavior comes from—and as a result, HSCs are often mislabeled as overly inhibited, fearful, or “fussy,” or classified as “problem children” (and in some cases, misdiagnosed with disorders such as Attention Deficit Disorder). But raised with proper understanding and care, HSCs are no more prone to these problems than nonsensitive children and can grow up to be happy, healthy, well-adjusted adults. In this pioneering work, parents will find helpful self-tests and case studies to help them understand their HSC, along with thorough advice on: • The challenges of raising an highly sensitive child • The four keys to successfully parenting an HSC • How to soothe highly sensitive infants • Helping sensitive children survive in a not-so-sensitive world • Making school and friendships enjoyable With chapters addressing the needs of specific age groups, from newborns through teens, *The Highly Sensitive Child* delivers warmhearted, timely information for parents, teachers, and the sensitive children in their lives.

Janet Lansbury's advice on respectful parenting is quoted and shared by millions of readers worldwide. Inspired by the pioneering parenting philosophy of her friend and mentor, Magda Gerber, Janet's influential voice encourages parents and child care professionals to perceive babies as unique, capable human beings with natural abilities to learn without being taught; to develop motor and cognitive skills; communicate; face age appropriate struggles; initiate and direct independent play for extended periods; and much more. Once we are able to view our children in this light, even the most common daily parenting experiences become stimulating opportunities to learn, discover, and to connect with our child. “*Elevating Child Care*” is a collection of 30 popular and widely read articles from Janet's website that focus on some of the most common infant/toddler issues: eating, sleeping, diaper changes, communication, separation, focus and attention span, creativity, boundaries, and more. Eschewing the quick-fix ‘tips and tricks’ of popular parenting culture, Janet's insightful philosophy lays the foundation for a closer, more fulfilling parent/child relationship, and children who grow up to be authentic, confident, successful adults.

*The Gospel According to Mamma* is a collection of twenty-one extraordinary lessons the author learned from her charming and captivating mamma. These “mamma teachings” are packed with sassy inspiration, practical insights and real-life anecdotes. Leaving Georgia with her mamma late one September night when her daddy was en route to end their lives marked the beginning of a lifetime of instruction. How to maintain faith in God and yourself, love the hell out of folks and be happy when there's no obvious reason to be are just a few of the messages you'll find in this book. PRAISE FOR THE GOSPEL ACCORDING TO MAMMA “Annette's first book is a winner! She picked the perfect subject – her irrepressibly joyous mother, who has given her daughter important and inspiring words of wisdom to cherish. If you yearn to help your daughter navigate life experiences with assurance and spunk, give her *The Gospel According to Mamma*.” —Mary Jo Beebe, coauthor of *Jesus' Healings* and *New Testament Healings* “If only there were more mothers like Annette Bridges' mamma: always encouraging, always believing the best of her children, a ‘steel magnolia’ whose motherly advice is based on the Bible and common sense. Remembering events in her own past, Annette gives us 21 valuable life lessons based on the wisdom of her indefatigable Southern mamma.”—Renee Corley, former editor at UPI's religionandspirituality.com “Once you get to the end of reading about Mamma and her wonderful lessons, you will walk away a little wiser. Annette puts life in perspective. She lives a fulfilling life, just as her Mamma taught her. Whether to find your faith, believe in your self or master the ability to see the good in others, Mamma lessons

help you find the positive. There is much to learn from these strong and inspiring women.” —SingleMom.com “A look into the heart and soul of Annette Bridges. It could be anyone’s story, but it couldn’t be told any better.” —Bob Belcher, Managing Editor, Corsicana Daily Sun “For anyone who has ever had a mother (and you know who you are), synthesizing that experience can leave many of us speechless. It is ‘good news’ that Annette Bridges is at no loss for words. She liberally shares her mom’s gospel in deep drafts of down-to-earth good sense and faith, liberally laced with Southern humor.” —Susan J. Cobb, author of *Virgin Territory: How I Found My Inner Guadalupe* “Irresistibly heartfelt. Perfect for all mothers and daughters, past, present and future!” —Jennifer Bridges, author’s daughter and Ph.D. student “I have been hearing stories about Nellie, Annette’s Mamma for the last 25 years. Annette makes you feel like you are sitting down with her in her ranch house or on that beach she talks about going to while she shares her Mamma with you from her perspective, with the insights she has gained over her lifetime. I hope you enjoy getting to know Nellie and Annette, 2 Georgia peaches transplanted to Texas. I love the way Annette brings the Bible into her daily life and shares it with us so that we can feel the love of God that is so present today in her life and illustrates how the Bible can show us how to go in ours. Way to go Girlfriend... you finally did it! You wrote a book and it’s a winner! I can’t wait to share this with my family and friends!” —Kathy Glover, friend to both Annette and her mamma

In this new edition, authors Shapiro and Carlson draw from Eastern wisdom and practices as well as Western psychological theory and science to explore why mindful awareness is integral to the therapeutic healing process and to show clinicians how to connect with this deeper awareness.

Shows parents how to effectively raise children by setting boundaries, eliminating power struggles, establishing rules that encourage cooperation, and teaching problem-solving skills

Turn your home into a Montessori home—and become a more mindful, attentive, and easygoing parent. It’s time to change the way we see toddlers. Using the principles developed by the educator Dr. Maria Montessori, Simone Davies shows how to turn life with a “terrible two” into a mutually rich and rewarding time of curiosity, learning, respect, and discovery. With hundreds of practical ideas for every aspect of living with a toddler, here are five principles for feeding your child’s natural curiosity, from “Trust in the child” to “Fostering a sense of wonder.” Step-by-step ways to cultivate daily routines with ease, like brushing teeth, toilet-training, dealing with siblings, losing the pacifier. Plus learn how to: Stay composed when your toddler is not and set limits with love and respect—without resorting to bribes or punishment Set up your home and get rid of the chaos Create Montessori activities that are just right for your one-to-three-year-old Raise an inquisitive learner who loves exploring the world around them See the world through your toddler’s eyes and be surprised and delighted by their perspective Be your child’s guide—and truly celebrate every stage

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.

MacKenzie is back with even more time-proven methods for dealing with misbehavior and creating positive, respectful, and rewarding relationships with children prone to acting out and disobedience. Offers the most up-to-date alternatives to punishment and permissiveness.

A psychologist with a reputation for penetrating to the heart of complex parenting issues joins forces with a physician and bestselling author to tackle one of the most disturbing and misunderstood trends of our time -- peers replacing parents in the lives of our children. Dr. Neufeld has dubbed this phenomenon peer orientation, which refers to the tendency of children and youth to look to their peers for direction: for a sense of right and wrong, for values, identity and codes of behaviour. But peer orientation undermines family cohesion, poisons the school atmosphere, and fosters an aggressively hostile and sexualized youth culture. It provides a powerful explanation for schoolyard bullying and youth violence; its effects are painfully evident in the context of teenage gangs and criminal activity, in tragedies such as in Littleton, Colorado; Tabor, Alberta and Victoria, B.C. It is an escalating trend that has never been adequately described or contested until *Hold On to Your Kids*. Once understood, it becomes self-evident -- as do the solutions. *Hold On to Your Kids* will restore parenting to its natural intuitive basis and the parent-child relationship to its rightful preeminence. The concepts, principles and practical advice contained in *Hold On to Your Kids* will empower parents to satisfy their children’s inborn need to find direction by turning towards a source of authority, contact and warmth. Something has changed. One can sense it, one can feel it, just not find the words for it. Children are not quite the same as we remember being. They seem less likely to take their cues from adults, less inclined to please those in charge, less afraid of getting into trouble. Parenting, too, seems to have changed. Our parents seemed more confident, more certain of themselves and had more impact on us, for better or for worse. For many, parenting does not feel natural. Adults through the ages have complained about children being less respectful of their elders and more difficult to manage than preceding generations, but could it be that this time it is for real? -- from *Hold On to Your Kids*

"Healthy boundaries. We all know we should have them--in order to achieve work/life balance, cope with toxic people, and enjoy rewarding relationships with partners, friends, and family. But what do "healthy boundaries" really mean--and how can we successfully express our needs, say "no," and be assertive without offending others?"--

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.

Let go of everything that doesn't make your life awesome!With three key principles and numerous practical tips, Discardia-a new holiday-helps you solve specific issues, carve away the nonsense of physical objects, habits, or emotional baggage, and uncover what brings you joy.Dinah Sanders, productivity and happiness coach, draws on many years of experience to provide a flexible, iterative method for cutting out distractions and focusing on more fulfilling activities. Join others around the world who use Discardia's inspirational-but not sappy-approach, and put your energy where it counts: toward living the less stressful life of your dreams!

Setting LimitsHow to Raise Responsible, Independent Children by Providing Clear BoundariesHarmony

A guide to raising happy and healthy children discusses adapting a parenting style to match a particular child's needs, establishing limits, and promoting such qualities as honesty, kindness, and independence.

With so many parenting styles to choose from, when it comes to giving your child the best start in life it can be difficult to know which way to turn. Psychiatrist and mother Robin Burman's brilliant new book shows you the way: Hate Me Now, Thank Me Later is the definitive guide to helping your child grow with both love and discipline.

A clinical psychologist and internationally recognized expert in mindfulness provides parents with the five elements of mindful discipline, including unconditional love, mentorship and admitting mistakes to help raise respectful, responsible children with high emotional intelligence and good self-esteem. Original.

The authors of Emotionally Intelligent Parenting combine real-life scenarios, practical strategies, and helpful advice into a unique guide for parents on how to cope with the special challenges of dealing with teenagers, explaining how to deal with issues of identity, self-confidence, peer pressure, responsibility, and independence during the teen years. Reprint. 15,000 first printing.

As any parent of more than one child knows, though, it's challenging for even the most engaged parent to maintain harmony and a strong connection when competition, tempers, and irritation run high. Dr. Markham presents simple yet powerful ways to cut through the squabbling and foster a loving, supportive bond between siblings, while giving each child the vital connection that he or she needs.

One of the nation's most influential parenting authorities shares her winning tips for raising great kids "Takes parents well beyond discipline and provides lasting lessons in raising caring, confident kids." --Ann Pleshette Murphy, parenting correspondent for "ABC News" and "Mother Know-How" columnist for Family Circle Raising well-behaved, considerate children requires balancing discipline with love and humor. Nancy Samalin, internationally known parent educator and author of the bestselling Loving Your Child Is Not Enough, provides immediate answers to child-rearing challenges and helps develop the confidence and skills needed to raise a new generation of well-adjusted adults. Covering the most common parental concerns, Loving Without Spoiling provides effective strategies for positive parenting.

After being bombarded by parenting fad after parenting fad, moms and dads finally have a friendly, commonsense guide to raising thriving children. Today, many parents have rejected the dictatorships they resented from their own childhoods. But they overcorrected by turning into child-pleasers. Showering praise and letting kids rule the roost has actually eroded the very self-esteem parents are trying to create. Using her clinical experience, psychiatrist Robin Berman shows parents how they can take charge while building a loving family with deep connections. How children learn love and respect at home becomes the template for how they show love and respect in life. It's a huge task, but Dr. Berman is your ally every step of the way. Every parent's struggles are reflected (many of them comically), but so are heartwarming triumphs. Parents, teachers and children themselves recount turning points at which they figured out what great parenting looked like and the magic it unlocked. This engaging book—a perfect mix of medical research and inspirational anecdotes—just might be the key to being the parent you want to be and the parent your children need.

Early adolescence can be a challenging time for children and parents alike. Parents often feel unprepared and they may view the years from 10 through 14 as a time just “to get through.” However, research and common sense tell us that this view is very limited. During the early adolescent years, parents and families can greatly influence the growth and development of their children. We sell our children short if we expect little from them and we sell ourselves short if we believe that we have no influence. A growing awareness that young adolescents can accomplish a great deal is behind a national effort to improve education in America's middle grades. At the heart of the No Child Left Behind Act of 2001 is a promise to raise standards for all children and to help all children meet those standards. In support of this goal, President George W. Bush is committed to promoting the very best teaching programs. Well-trained teachers and instruction that is based on research can bring the best teaching approaches and programs to children of all ages and help ensure that no child is left behind. Helping Your Child through Early

Adolescence is part of the president's efforts to provide parents with the latest research and practical information that can help you support your children both at home and in school. It's not easy to raise a young teen. Many outside influences distract our children and complicate our efforts. Exhaustion, anxiety, a lack of support and limited resources may make it hard for us to be all that we want to be for our children. But whatever the challenges, we share one aim: to do the best job possible as parents. We hope that you will find this publication helpful in achieving this goal.

From the bestselling Setting Limits series comes an invaluable guide for parents of strong-willed teenagers that explains how to effectively enforce discipline, encourage healthy growth, and create rewarding relationships with teens. Parenting modern teenagers is an enormous challenge. Teens have always been prone to rebellion and limit-testing. But in today's world of Twitter and Facebook, enormous academic and extracurricular pressure, and corrosive media influence, raising a teen to be well-adjusted, respectful, and mature enough to make good decisions is tougher than ever. Fortunately, Setting Limits with Your Strong-Willed Teen offers powerful, time-tested tools for moving beyond traditional methods that wear parents down while getting nowhere, and zeroing in on what really works so parents can use their energy in more efficient and productive ways. By understanding how to draw clear limits without lapsing into punishment or permissiveness, parents will be able to foster good judgment, build stronger bridges of communication and mutual respect, and end destructive power struggles. This is an invaluable resource for anyone wondering how to effectively build a positive, respectful, and rewarding relationship with their teen. In Setting Limits With Your Strong-Willed Teen, you will learn how to:

- Understand your Strong-Willed Teen
- Set firm and meaningful limits that your teen will respect
- Motivate your teen to cooperate and communicate respectfully
- Develop your own patience and a better tolerance for natural changes
- Hold your teen accountable with instructive natural and logical consequences
- Determine your teen's readiness for new freedoms and privileges
- Teach your teen valuable lessons about character and trust
- And much more!

In this fully revised and expanded second edition, Setting Limits author Robert MacKenzie is back with even more time-proven methods for dealing with misbehavior and creating positive, respectful, and rewarding relationships with children prone to acting out and disobedience. Disruptive misbehavior, constant power struggles, manipulative or aggressive behavior--the challenges facing parents and teachers of strong-willed children can seem overwhelming at times. That's why thousands of parents and educators have turned to the solutions in Setting Limits With Your Strong-Willed Child. This revised and expanded second edition offers the most up-to-date alternatives to punishment and permissiveness--moving beyond traditional methods that wear you down and get you nowhere, and zeroing in on what really works so parents can use their energy in more efficient and productive ways. With fully updated guidelines on parenting tools like "logical consequences," and examples drawn directly from the modern world that children deal with each day, this is an invaluable resource for anyone wondering how to effectively motivate strong-willed children and instill proper conduct.

We've seen the enemy, and they're small . . . and unionized. If anyone understands why children behave the way they do, it's internationally known psychologist and New York Times bestselling author Dr. Kevin Leman. Using the 7 principles of reality discipline, this father of five and grandfather of four reveals a practical, action-oriented game plan to - get kids to listen to parents - encourage healthy attitudes and two-way communication - turn off temper tantrums, minimize sibling rivalries, and foil finicky eaters - put parents back in the driver's seat - prompt long-lasting, positive behavior and instill values - rear respectful, well-behaved children who become responsible difference makers in the world Thought-provoking questions at the end of each chapter and Dr. Leman's real-life examples give readers sure-fire techniques for developing a loving, no-nonsense approach for rearing children. With over a million satisfied customers, parents can't go wrong with this classic, perennial bestseller.

Read Jennifer Kolari's posts on the Penguin Blog. A groundbreaking, counterintuitive parenting approach to create deep, empathic bonds with challenging children A child and family therapist for more than twenty years, Jennifer Kolari began her career working with children who suffer from severe behavioral problems. That experience taught her an invaluable lesson: It wasn't "tough" discipline that helped these kids change their behavior and build self-esteem. It was unending compassion and empathy. Now Kolari applies these lessons in her work with all families, teaching them how to take a non-defensive stance through even the most heated moments. Filled with heartfelt advice, Connected Parenting helps parents:

- set limits and change problem behaviors for good
- lower the child's anxiety level
- stop the endless battles over homework, routines, food, and more
- learn how to keep cool in any situation

Powerful and inspiring, Connected Parenting includes incredible stories from families who have experienced miraculous transformations- often in just a few weeks-using Kolari's parenting approach. It is a dynamic blueprint for bringing peace and loving connections into any family for life.

Grandparents, with their greater life experience, will often realize?Xeven before the parents?Xthat a child is gifted, and that the child will need additional emotional and intellectual sustenance. Grandparents Guide to Gifted Children includes:

- ?XEarly signs of giftedness
- ?XSpecial needs of gifted children
- ?XAreas of concern
- ?XUnique roles of grandparents
- ?XBuilding a bond with a grandchild
- ?XMaximizing grandparenting
- ?XEducation plans
- ?XWhen a grandparent is the parent
- ?XLeaving a personal legacy

Provides an alternative method of disciplining children to the ineffective extremes of punishment and permissiveness, using motivation techniques to teach proper conduct.

Create a mutually beneficial partnership between nonprofit and for-profit enterprises Cause marketing creates a partnership with benefits for both a nonprofit entity and a business. Written by an expert on cause marketing whose blog, SelfishGiving.com, is a key resource on the subject, this friendly guide shows both business owners and marketers for nonprofits how to build and sustain such a partnership using social media such as Facebook and Twitter. It covers new online tools, how to identify potential partners, tips on engaging your fans, and how to model a campaign on proven successes. Cause marketing is not marketing a cause, but a partnership between business and nonprofit that benefits both This guide offers an easy-to-understand blueprint for finding appropriate partners, planning and setting up a campaign using Facebook, Twitter, and blogs, measuring campaign success, and more Explains online tools such as Quick Response Codes, services like Causon and The Point, and location marketing services including Foursquare, Whrrl, and Gowalla Features case studies that illustrate successful campaign techniques Cause Marketing For Dummies helps both businesses and nonprofits reap the benefits of effective cause marketing.

BUY THE PAPERBACK VERSION OF THIS BOOK ON AMAZON.COM AND GET THE KINDLE BOOK VERSION FOR FREE Have your children ever completely lost it in the middle of the grocery store?

Not just being fussy, but a full-blown tantrum with snot and tears running down their faces as They screech about how awful of a parent you are? Maybe you told them that they could not have a piece of candy or a new toy and they went into complete meltdown mode. Did you struggle to calm your child down during this tantrum? Perhaps everything you said and did only exacerbated the situation, and ultimately led to both of you losing your temper. What if someone told you that there is a five-step process to mitigating your children's tantrums and teaching them to be more able to control their own emotions? Emotion coaching is a type of relationship that endeavors to do just that. An emotion coaching parent guides the child through the throes of emotions, helping the child navigate through all of the overwhelming feelings, and emerging better able to cope with the adversities life throws at him or her in a more mature and resilient manner. Children who have been parented in this manner are typically far more successful than their peers at navigating through tough situations and creating meaningful, healthy relationships and friendships. Through the five steps of emotion coaching, you will be there with your child through the failures and successes, teaching your child to navigate through emotions and develop critical skills that will allow your child to develop a higher EQ (emotional intelligence quotient). Each of these steps builds upon each other to help you solve conflicts and mitigate tantrums or other unacceptable behaviors by teaching your child to be emotionally conscientious. These steps will create an emotionally intelligent young child who is better equipped to tackle the world head-on and deal with anything life throws at him or her. Within the pages of this book, you will be guided on how to parent in an emotion coaching manner with the end goal being to develop overall emotional intelligence. You will learn all the different ways emotional intelligence is relevant to both yourself and your child, especially in stressful situations such as divorce. You will find: Essential facts about emotional intelligence The elements of emotion coaching, as well as commonly made mistakes The five steps to emotion coaching, and several tips for how to raise an emotionally intelligent child A list of recommended books for children of all ages to aid in emotional intelligence development An assessment for how effective you are at emotion coaching How emotional intelligence of the father is important to the emotional intelligence of his children Examples of both children and teens with lower and higher EQs and how emotion coaching can help them And more! Would You Like to Know More? Scroll to the top of the page and select the buy now button

Start Setting Effective Limits — Now! Do your children misbehave? Do they repeatedly ignore or refuse your requests for proper behavior? Are you constantly fluctuating between permissive and authoritarian parenting, with little or no success? Are you convinced there has to be a better way? There is. Setting Limits will help you establish the positive, respectful, and instructional groundwork your children need for proper ethical and behavioral development In this revised and expanded edition of his popular book, Robert MacKenzie, Ed.D., demonstrates proven techniques and procedures that not only correct misbehavior but instill the cooperation and conduct you want and expect from your children. This book shows parents how to: • Enforce clear, firm, and effective boundaries • Put an end to conflicts and power struggles • Establish rules that encourage cooperation • Teach children important problem-solving skills • Apply logical consequences of misbehavior Children need limits to guide their development. With MacKenzie's expert guidance, you will learn how to build and enforce the instructive boundaries necessary for a happy and rewarding family life.

Intelligence That Comes from the Heart Every parent knows the importance of equipping children with the intellectual skills they need to succeed in school and life. But children also need to master their emotions. Raising an Emotionally Intelligent Child is a guide to teaching children to understand and regulate their emotional world. And as acclaimed psychologist and researcher John Gottman shows, once they master this important life skill, emotionally intelligent children will enjoy increased self-confidence, greater physical health, better performance in school, and healthier social relationships. Raising an Emotionally Intelligent Child will equip parents with a five-step "emotion coaching" process that teaches how to: \* Be aware of a child's emotions \* Recognize emotional expression as an opportunity for intimacy and teaching \* Listen empathetically and validate a child's feelings \* Label emotions in words a child can understand \* Help a child come up with an appropriate way to solve a problem or deal with an upsetting issue or situation Written for parents of children of all ages, Raising an Emotionally Intelligent Child will enrich the bonds between parent and child and contribute immeasurably to the development of a generation of emotionally healthy adults.

A provocative call to rethink America's values in health care.

What Every Parent Needs to Know about Screens and Their Kids Maybe your kids are like many others--glued to their smartphones, social media, and streaming entertainment. While we know excessive screen time, especially social media, isn't healthy, how do we teach our kids to become screenwise? Prioritizing connection over correction, Parenting Generation Screen equips you with key questions and conversations to help you process screen limits with and for your kids. You'll learn how to dialogue in meaningful ways about social media, entertainment, and screen time so they learn to be wise in the digital world. Jonathan McKee speaks and writes worldwide about technology and social media for families--and has three kids of his own. He addresses such questions as: At what age should my child get a phone or screen? Can my kid have a phone in their bedroom? How does social media affect my teen's mental health and sleep? What dangers are really lurking on social media? How can I best use parental controls? In this extremely practical book, you'll gain confidence and find answers you need to set boundaries, guide your kids, and help them navigate the digital landscape.

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