

## Unconditional Parenting

America's foremost baby and childcare experts, William Sears M.D. and Martha Sears, R.N., explain the benefits -- for both you and your child -- of connecting with your baby early. Would you and your baby both sleep better if you shared a bed? How old is too old for breastfeeding? What is a father's role in nurturing a newborn? How does early attachment foster a child's eventual independence? Dr. Bill and Martha Sears -- the doctor-and-nurse, husband-and-wife team who coined the term "attachment parenting" -- answer these and many more questions in this practical, inspiring guide. Attachment parenting is a style of parenting that encourages a strong early attachment, and advocates parental responsiveness to babies' dependency needs. The Attachment Parenting Book clearly explains the six "Baby B's" that form the basis of this popular parenting style: Bonding, Breastfeeding, Babywearing, Bedding close to baby, Belief in the language value of baby's cry, and Beware of baby trainers. Here's all the information you need to achieve your most important goals as a new parent: to know your child, to help your child feel right, and to enjoy parenting.

Unconditional Parenting Moving from Rewards and Punishments to Love and Reason  
Simon and Schuster

How often does my baby really need to feed? How do I know my baby is getting enough? Is it normal for my baby to wake at night? When you're expecting a new baby,

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suddenly everyone around you becomes an expert – particularly when it comes to how to feed them. It is easy to become overwhelmed by conflicting advice, myths and exaggerated stories. The Positive Breastfeeding Book cuts through the anecdotes, giving you clear, no-judgement, non-preachy, evidence-based information to help you make the right decisions for you and your baby. It will... help you understand how breastfeeding works give you tips for planning for your baby's arrival help you cope with those early months support you to make sure that whilst you're looking after the baby, you're getting taken care of too point you to how to seek help if challenges come up guide you through feeding in public, going back to work, and even rediscovering a glass of wine You'll find plenty of real stories and guidance throughout from mothers and experts in supporting breastfeeding. There are handy chapters on formula and mixed feeding, which cut through advertising spiel and give you the facts you need to choose and use formula safely. The Positive Breastfeeding Book doesn't promise to make it easy, nor will it get up in the middle of the night for you, but it will empower you with the knowledge and encouragement you need to feed your baby with confidence.

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

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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

Citing the pivotal role of a father in a daughter's psychological, physical, and spiritual health, a national speaker on teen issues identifies and describes ten virtues that the author believes can be effectively emulated by today's fathers to promote healthy father-daughter relations and overall well-being in young women. Reprint.

A groundbreaking approach to parenting by nationally-respected educator Alfie Kohn that gives parents "powerful alternatives to help children become their most caring, responsible selves" (Adele Faber, New York Times bestselling author) by switching the dynamic from doing things to children to working with them in order to understand their needs and how to meet them. Most parenting guides begin with the question "How can we get kids to do what they're told?" and then proceed to offer various techniques for controlling them. In this truly groundbreaking book, nationally respected educator Alfie

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Kohn begins instead by asking, “What do kids need—and how can we meet those needs?” What follows from that question are ideas for working with children rather than doing things to them. One basic need all children have, Kohn argues, is to be loved unconditionally, to know that they will be accepted even if they screw up or fall short. Yet conventional approaches to parenting such as punishments (including “time-outs”), rewards (including positive reinforcement), and other forms of control teach children that they are loved only when they please us or impress us. Kohn cites a body of powerful, and largely unknown, research detailing the damage caused by leading children to believe they must earn our approval. That’s precisely the message children derive from common discipline techniques, even though it’s not the message most parents intend to send. More than just another book about discipline, though, *Unconditional Parenting* addresses the ways parents think about, feel about, and act with their children. It invites them to question their most basic assumptions about raising kids while offering a wealth of practical strategies for shifting from “doing to” to “working with” parenting—including how to replace praise with the unconditional support that children need to grow into healthy, caring, responsible people. This is an eye-opening, paradigm-shattering book that will reconnect readers to their own best instincts and inspire them to become better parents.

As *The Giving Tree* turns fifty, this timeless classic is available for the first time ever in ebook format. This digital edition allows young readers and lifelong fans to continue the

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legacy and love of a household classic that will now reach an even wider audience. Never before have Shel Silverstein's children's books appeared in a format other than hardcover. Since it was first published fifty years ago, Shel Silverstein's poignant picture book for readers of all ages has offered a touching interpretation of the gift of giving and a serene acceptance of another's capacity to love in return. Shel Silverstein's incomparable career as a bestselling children's book author and illustrator began with *Lafcadio, the Lion Who Shot Back*. He is also the creator of picture books including *A Giraffe and a Half, Who Wants a Cheap Rhinoceros?*, *The Missing Piece*, *The Missing Piece Meets the Big O*, and the perennial favorite *The Giving Tree*, and of classic poetry collections such as *Where the Sidewalk Ends*, *A Light in the Attic*, *Falling Up*, *Every Thing On It*, *Don't Bump the Glump!*, and *Runny Babbit*. And don't miss these other Shel Silverstein ebooks, *Where the Sidewalk Ends*, and *A Light in the Attic*!

“There is therefore now no condemnation for those who are in Christ Jesus.” — Romans 8:1

Shame is an assault on the core of who we are. It assassinates our character, minimizes our worth, and dashes our hope. Like Adam and Eve, we often hide shame, but hiding never heals it. Left unattended, shame can develop into a crippling reality that paralyzes us. Like an infectious disease, shame impacts everyone . . . but not all shame is bad. Shame can either be an oppressive and powerful tool of worldly condemnation or a source of conviction that God uses to bring his people back to himself. Having the discernment to know the difference and recognize shame in its

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many forms can change the course of one's life. In a transparently honest style, Pass shares of her experience dealing with shame after learning that her former husband was a sexual offender. Having lived through the aftermath, she leads you into God's Word where you will see for yourself that God is bigger than your pain, shame, mistakes, and limitations. *Shame Off You* shares how freedom can be found in choosing to break the cycle of shame by learning from the past, developing healthy thinking patterns, silencing lies, and overcoming the traps of vanity and other people's opinions.

Drawing from hundreds of studies in half a dozen fields, *The Brighter Side of Human Nature* makes a powerful case that caring and generosity are just as natural as selfishness and aggression. This lively refutation of cynical assumptions about our species considers the nature of empathy and the causes of war, why we (incorrectly) explain all behavior in terms of self-interest, and how we can teach children to care. This revised edition of the award-winning 1-2-3 Magic program addresses the difficult task of child discipline with humor, keen insight, and proven experience. The technique offers a foolproof method of disciplining children ages two through 12 without arguing, yelling, or spanking. By means of three easy-to-follow steps, parents learn to manage troublesome behavior, encourage good behavior, and strengthen the parent-child relationship—avoiding the "Talk-Persuade-Argue-Yell-Hit" syndrome which frustrates so many parents. Ten strategies for building a child's self-esteem and the six types of

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testing and manipulation a parent can expect from the child are discussed, as well as tips on how to prevent homework arguments, make mealtimes more enjoyable, conduct effective family meetings, and encourage children to start doing their household chores. New advice about kids and technology and new illustrations bring this essential parenting companion completely up-to-date.

We all want our children to reach their fullest potential—to be smart and well adjusted, and to make a difference in the world. We wonder why, for some people, success seems to come so naturally. Could the secret be how they were parented? This book unveils how parenting helped shape some of the most fascinating people you will ever encounter, by doing things that almost any parent can do. You don't have to be wealthy or influential to ensure your child reaches their greatest potential. What you do need is commitment—and the strategies outlined in this book. In *The Formula: Unlocking the Secrets to Raising Highly Successful Children*, Harvard economist Ronald Ferguson, named in a *New York Times* profile as the foremost expert on the US educational "achievement gap," along with award-winning journalist Tatsha Robertson, reveal an intriguing blueprint for helping children from all types of backgrounds become successful adults. Informed by hundreds of interviews, the book includes never-before-published insights from the "How I was Parented Project" at Harvard University, which draws on the varying life experiences of 120 Harvard students. Ferguson and Robertson have isolated a pattern with eight roles of the "Master Parent" that make up

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the Formula: the Early Learning Partner, the Flight Engineer, the Fixer, the Revealer, the Philosopher, the Model, the Negotiator, and the GPS Navigational Voice. The Formula combines the latest scientific research on child development, learning, and brain growth and illustrates with life stories of extraordinary individuals—from the Harvard-educated Ghanian entrepreneur who, as the young child of a rural doctor, was welcomed in his father's secretive late-night political meetings; to the nation's youngest state-wide elected official, whose hardworking father taught him math and science during grueling days on the family farm in Kentucky; to the DREAMer immigration lawyer whose low-wage mother pawned her wedding ring to buy her academically outstanding child a special flute. The Formula reveals strategies on how you—regardless of race, class, or background—can help your children become the best they can be and shows ways to maximize their chances for happy and purposeful lives.

The bestselling author of "Why Do They Act That Way?" writes the book his readers have been asking him for: how and when to say no to kids and make it stick.

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



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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 author of *Punished by Rewards* and *The School Our Children Deserve* builds on his parenting theories of working with children rather than trying to control them, argues against practices that teach children that they must earn a parent's approval, and presents techniques that promote desired child qualities through unconditional support. Reprint. 30,000 first printing.

Parents of LGBT Children. Looking for LGBTQ books that offer guidance on providing loving support to your LGBT child? *Parents of LGBT children guide: Unconditional: A Guide to Loving and Supporting Your LGBTQ Child* provides parents of a LGBTQ (lesbian, gay, bisexual, transgender or questioning) child with a framework for helping their LGBTQ child navigate through a world that isn't always welcoming. Author Telaina Eriksen, a professor at Michigan State University and the mother of a gay daughter, explains what she and her husband have learned through experience, including how to:

- Deal with gay children coming out
- Confront bullying of gay children
- Become an advocate for gay children
- Build a support system in a gay family

Gender and sexuality: Eriksen also covers the science on gender and sexuality

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and how to help a transgender child through the various stages of development. Throughout the book parents and kids who have been there, share their stories. She also directs gay family parents to various resources online to help them. LGBTQ parents will learn...

- How to help their child navigate locker rooms, sleepovers, proms, etc.
- When to involve the police or school administration when it comes to bullying
- How to advocate for local, state and national policies that protect your child
- Ways to educate well-meaning, but misguided extended family members
- How to help start a Gay-Straight Alliance at your child's school
- Strategies for keeping your child talking after he or she comes out
- Signs of unhealthy relationships
- When to consider therapy for your child and/or your family
- How to find an LGBTQ-friendly community (including inclusive churches)

When Covid19 broke out and most families were panicking, Ben Crawford used his business acumen to see the crisis as an opportunity - especially for his family. His family made a quick pivot based on skills they have built with intention and turned the chaos into creativity. The results for starters are this book. Ben will fast-paced take you through one week of living with his family, that will transform yours. The book is a bargain read, that will blow your mind with wisdom, compacted into only one hour of your time. Ben Crawford is raw, transparent and unconventional. With his unexpected fearlessness in life, business and family, he continues to bring a notable Return on Investment that will teach and provoke you out of your stuck-in-a-rut autopilot. If you

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played two truths and a lie about Ben Crawford, you'd have to be a creative liar to keep up with his truth. He has won millions through blackjack. 3.5 million people have seen one of his children be born on his successful you-tube channel. He owns 7 houses on one street, one that he let his kids re-hab with no supervision on a 45K budget. Did I mention he has 6 kids? His family was the largest to finish the entire Appalachian trail. They've run innumerable marathons as a family, and all while keeping his marriage thriving for 20 years. In business, he won Entrepreneur of the Year from Ernst and Young in 2013, made millions by 30 with customers like Facebook and Google, and retired in his early 30s to continue experimenting with how to do family, and take on personal challenges like writing a book in a week. And I'm sure while you were reading this he's had 10 new ideas. Not that he wouldn't stop to have a cigar by the fire with you, if you stopped by. "I got more done on my first day than I did in 6 months!" - Steve Zan (Corporate Banker and Father of 5) ????? "Ben's book was just the wake up call I needed." - Kendall Elizabeth ????? "Right to the point, short, practical. I downloaded it, finished it in one hour and knew what I wanted to change. The next day I felt more energy to be productive" - Tatjana K. ?????

It's time to say NO to trying to fit square-peg kids into round holes, and YES to raising them from a place of acceptance and joy. Today millions of kids are stuck in a world that doesn't embrace who they really are. They are the one in five "differently wired" children with ADHD, dyslexia, giftedness, autism, anxiety, or other neurodifferences,

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and their challenges are many. And for the parents who love them, the challenges are just as numerous, as they struggle to find the right school, the right support, the right path. But now there's hope. *Differently Wired* is a revolutionary book—weaving together personal stories and a tool kit of expert advice from author Deborah Reber, it's a how-to, a manifesto, and a reassuring companion for parents who can so often feel that they have no place to turn. At the heart of *Differently Wired* are 18 paradigm-shifting ideas—what the author calls “tilts,” which include how to accept and lean in to your role as a parent (#2: Get Out of Isolation and Connect). Deal with the challenges of parenting a differently wired child (#5: Parent from a Place of Possibility Instead of Fear). Support yourself (#11: Let Go of Your Impossible Expectations for Who You “Should” Be as a Parent). And seek community (#18: If It Doesn't Exist, Create It). Taken together, it's a lifesaving program to shift our thinking and actions in a way that not only improves the family dynamic, but also allows children to fully realize their best selves. “In this generous and urgent book, Deborah Reber lets the light in. She helps parents see that they're not alone, and even better, delivers a positive action plan that will change lives.”—Seth Godin, author of *Linchpin* “*Differently Wired* will help parents of children who think differently to accept their child for who they are and facilitate their successful development.”—Temple Grandin, author of *Thinking in Pictures* and *The Autistic Brain*

Peaceful parenting is hard enough for the average parent. Imagine trying to do it when

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you have the instincts of a tiger mother. In *Untigering*, Iris Chen shares her journey of leaving behind authoritarian tiger parenting to embrace a respectful, relational way of raising children. As a Chinese American mom, she draws from her experiences of living in both North America and Asia and offers insights and practices to:

- Heal from your childhood wounds?
- Change your beliefs about yourself and your children?
- Parent through connection instead of control?
- Redefine your understanding of success?
- Navigate and challenge cultural norms

Iris calls for a radical shift from parenting that is rooted in power to one that is grounded in partnership, but she does so with humor, humility, and empathy. This book is her invitation to you to begin your own journey of transformation as a parent.

In *Not Another Parenting Book*, 12 voices share their insight & expertise to help you self-interrogate, challenge the status quo, and adapt to a new way of parenting - one that puts connection, compassion and intuition at its core.

Parents have heard that play is a child's work—but play is not for kids only. As psychologist Lawrence J. Cohen, Ph.D., demonstrates in this delightful new book, play can be the basis for an innovative and rewarding approach to parenting. From eliciting a giggle during baby's first game of peek-a-boo to cracking jokes with a teenager while hanging out at the mall, *Playful Parenting* is a complete guide to using play to raise strong, confident children. Have you ever stepped back to watch what really goes on when your children play? As Dr. Cohen points out, play is children's complex and fluid

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way of exploring the world, communicating hard-to-express feelings, getting close to those they care about, working through stressful situations, and simply blowing off steam. That's why "playful parenting" is so important and so successful in building strong, close bonds between parents and children. Through play we join our kids in their world. We help them express and understand deep emotions, foster connection, aid the process of emotional healing--and have a great time ourselves while we're at it. Anyone can be a playful parent--all it takes is a sense of adventure and a willingness to let down your guard and try something new. After identifying why it can be hard for adults to play, Dr. Cohen discusses how to get down on the floor and join children on their own terms. He covers games, activities, and playful interactions that parents can enjoy with children of all ages, whether it's gazing deep into a baby's eyes, playing chase with a toddler, fantasy play with a grade schooler, or reducing a totally cool teenager to helpless laughter. Playful Parenting also includes illuminating chapters on how to use play to build a child's confidence and self-esteem, how to play through sibling rivalry, and how play can become a part of loving discipline. Written with love and humor, brimming with good advice and revealing anecdotes, and grounded in the latest research, Playful Parenting will make you laugh even as it makes you wise in the ways of being a happy, effective, enthusiastic parent. Mind-opening writing on what kids need from school, from one of education's most outspoken voices Almost no writer on schools asks us to question our fundamental

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assumptions about education and motivation as boldly as Alfie Kohn. The Washington Post says that “teachers and parents who encounter Kohn and his thoughts come away transfixed, ready to change their schools.” And Time magazine has called him “perhaps the country’s most outspoken critic of education’s fixation on grades [and] test scores.” Here is challenging and entertaining writing on where we should go in American education, in Alfie Kohn’s unmistakable voice. He argues in the title essay with those who think that high standards mean joylessness in the classroom. He reflects thoughtfully on the question “Why Self-Discipline Is Overrated.” And in an essay for the New York Times, which generated enormous response, he warns against the dangers of both punishing and praising children for what they do instead of parenting “unconditionally.” Whether he’s talking about school policy or the psychology of motivation, Kohn gives us wonderfully provocative—and utterly serious—food for thought. This new book will be greeted with enthusiasm by his many readers, and by teachers and parents seeking a refreshing perspective on today’s debates about kids and schools.

Outlines a four-step program for decluttering a home, increasing a child's sense of security, scheduling down time, and instilling calmness in the face of hectic environments.

Thousands of books have examined the effects of parents on their children. In *All Joy and No Fun*, award-winning journalist Jennifer Senior now asks: what are the effects of

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children on their parents? In *All Joy and No Fun*, award-winning journalist Jennifer Senior tries to tackle this question, isolating and analyzing the many ways in which children reshape their parents' lives, whether it's their marriages, their jobs, their habits, their hobbies, their friendships, or their internal senses of self. She argues that changes in the last half century have radically altered the roles of today's mothers and fathers, making their mandates at once more complex and far less clear. Recruiting from a wide variety of sources—in history, sociology, economics, psychology, philosophy, and anthropology—she dissects both the timeless strains of parenting and the ones that are brand new, and then brings her research to life in the homes of ordinary parents around the country. The result is an unforgettable series of family portraits, starting with parents of young children and progressing to parents of teens. Through lively and accessible storytelling, Senior follows these mothers and fathers as they wrestle with some of parenthood's deepest vexations—and luxuriate in some of its finest rewards.

Meticulously researched yet imbued with emotional intelligence, *All Joy and No Fun* makes us reconsider some of our culture's most basic beliefs about parenthood, all while illuminating the profound ways children deepen and add purpose to our lives. By focusing on parenthood, rather than parenting, the book is original and essential reading for mothers and fathers of today—and tomorrow.

What is most remarkable about the assortment of discipline programs on the market today is the number of fundamental assumptions they seem to share. Some may



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advocate the use of carrots rather than sticks; some may refer to punishments as "logical consequences." But virtually all take for granted that the teacher must be in control of the classroom, and that what we need are strategies to get students to comply with the adult's expectations. Alfie Kohn challenged these widely accepted premises, and with them the very idea of classroom "management," when the original edition of *Beyond Discipline* was published in 1996. Since then, his path-breaking book has invited hundreds of thousands of educators to question the assumption that problems in the classroom are always the fault of students who don't do what they're told; instead, it may be necessary to reconsider what it is that they've been told to do--or to learn. Kohn shows how a fundamentally cynical view of children underlies the belief that we must tell them exactly how we expect them to behave and then offer "positive reinforcement" when they obey. Just as memorizing someone else's right answers fails to promote students' intellectual development, so does complying with someone else's expectations for how to act fail to help students develop socially or morally. Kohn contrasts the idea of discipline, in which things are done to students to control their behavior, with an approach in which we work with students to create caring communities where decisions are made together. *Beyond Discipline* has earned the status of an education classic, a vital alternative to all the traditional manuals that consist of techniques for imposing control. For this 10th anniversary edition, Kohn adds a new afterword that expands on the book's central themes and responds to questions

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from readers. Packed with stories from real classrooms around the country, seasoned with humor and grounded in a vision as practical as it is optimistic, *Beyond Discipline* shows how students are most likely to flourish in schools that have moved toward collaborative problem solving--and beyond discipline.

Criticizes the system of motivating through reward, offering arguments for motivating people by working with them instead of doing things to them

A smart, funny, provocative guide to the hidden dangers of "parentspeak"--those seemingly innocent phrases parents use when speaking to their young children, from "Good job!" to "Can you say thank you?"--that advocates for a more conscious approach to parenting based on respect and love for the child as an individual.

When parents work in tandem with the faith community to raise their children, they increase their parenting capacity exponentially. Most parents have so many demands on their time that they can't be the kind of parent they desire to be. They need to know the Orange Factor: Two combined influences will make a greater impact on kids than just two influences. And it's true. Parents who partner with the faith community are the best way to bring the next generation into the family of God--and keep them there.

A beautiful meditation on the joys of being a grandparent and a practical guide to help you and your adult children make the most of your relationship with a grandchild. For many grandparents, a grandchild offers a second chance to become the parent they didn't have the time or the energy to be when raising their own children. Being a

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grandparent, family relationships expert Jane Isay argues, is the opportunity to turn missed opportunities into delight. Drawing on her personal experience, dozens of interviews, and the latest findings in psychology, Isay shows how a grandparent can use his or her unique perspective and experience to create a deep and lasting bond that will echo throughout a grandchild's life. She explores the realities of today's multigenerational families, identifying problems and offering solutions to enhance love, trust, and understanding between grandparents, parents, and grandchildren. She also offers a wealth of practical advice, from when to get involved, when to stay away, and how to foster a strong relationship when you're separated by long distance. Unconditional Love advocates for honest conversation, thinking in the long run and healing breaches in order to be together, understanding that most of us try to do our best and need to be forgiven if we fail. Isay argues that secrets and surprises may tilt the boat but won't necessarily sink it and that grandparents and their grown children are happier when they give each other the benefit of the doubt. Most importantly, she writes, the advent of grandchildren offers families the opportunity for healing and redemption—if we seize the moment. In lovely prose and through delightful stories, Isay shows us how we can. A great gift for grandparents-to-be and a wonderful resource for all, Unconditional Love is a beautiful and psychologically astute look at what it means to be an engaged grandparent.

As we search for meaning in our world of shallow online relationships and glamorized

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selfies, many are returning to traditional and liturgical churches. The repeated words, benedictions, and historic hymns connect us to saints who have gone before, giving us a sense of belonging, richness, and transcendence. Written prayers, once cast off as archaic, are now welcomed as guides to tune our hearts to the heart of God. In *My Heart, Ever His* Barbara Rainey shares 40 prayers for women. They can meditate on one prayer throughout the week or read a prayer a day for 40 days as a way to express the longing of our hearts to our Father who loves us even as he sees who we truly are. Like the psalms of David, these prayers are honest, sometimes raw. Barbara uses these transparent expressions of common experiences to encourage us to surrender to Christ and help us see God as he is, not as we assume him to be. *My Heart, Ever His* provides a stepping-stone to help you become more transparent with God and discover his welcoming embrace.

Parenting and education expert Alfie Kohn tackles the misconception that overparenting and overindulgence has produced a modern generation of entitled children incapable of making their way in the world.

As a stepparent or biological parent in a blended family that has experienced divorce, you may encounter resistance. But take heart. That resistance is probably not because of your personality or something you've done wrong, but because of the position you hold. Walking in your child's shoes for a while, to see things from their point of view, can make all the difference. Lauren Reitsema's stories, research, and firsthand

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experiences will help you better understand the mindset of your child. While every stepparent/stepchild relationship is unique, there are many common themes that children experience as they adapt to their changing family. Lauren carefully explains these themes and brings out practical ideas that will help you cultivate authentic connections. Discover what's going on in the heart and mind of your child and learn to walk beside them. Your efforts will pay off in stronger, closer blended family relationships.

“An encyclopedic exploration of the most effective methods for giving children the courage to realize their full potential.” — ADELE FABER, author of *How to Talk So Kids Will Listen & Listen So Kids Will Talk* WINNER: Nautilus Book Award, Foreword Indies Award, Independent Publishers Book Award, Readers Choice Award, National Indie Excellence Award and Family Choice Award. **NEW TOOLS AND A GROUNDBREAKING FORMULA FOR SOLVING VIRTUALLY ANY PARENTING CHALLENGE WITHOUT PUNISHMENTS, REWARDS OR BRIBERY.** ParentShift is an award-winning book that marries modern research and science with the work of some of the greatest child psychologists of our time. The advice, which applies to children of any age, is built into a flexible, common-sense approach. Unlike any other parenting book on the market, ParentShift transforms families by showing parents precisely how to solve short-term challenges, prevent long-term problems and build strong relationships with kids — all at the same time. In this book, readers will learn to: •

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Respond thoughtfully to outbursts and tantrums. • Set age-appropriate limits and boundaries. • Prepare children to meet life's challenges. • Ensure kids become strong boundary-setters. • Curtail power struggles and sibling rivalry. • Move beyond timeouts, reward charts and other outdated tactics. • Build open, trusting parent-child bonds that keep kids turning to parents, instead of peers, for guidance.

"Christakis . . . expertly weaves academic research, personal experience and anecdotal evidence into her book . . . a bracing and convincing case that early education has reached a point of crisis . . . her book is a rare thing: a serious work of research that also happens to be well-written and personal . . . engaging and important." --Washington Post "What kids need from grown-ups (but aren't getting)...an impassioned plea for educators and parents to put down the worksheets and flash cards, ditch the tired craft projects (yes, you, Thanksgiving Handprint Turkey) and exotic vocabulary lessons, and double-down on one, simple word: play." --NPR The New York Times bestseller that provides a bold challenge to the conventional wisdom about early childhood, with a pragmatic program to encourage parents and teachers to rethink how and where young children learn best by taking the child's eye view of the learning environment To a four-year-old watching bulldozers at a construction site or chasing butterflies in flight, the world is awash with promise. Little children come into the world hardwired to learn in virtually any setting and about any matter. Yet in today's preschool and kindergarten classrooms, learning has been reduced to scripted lessons

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and suspect metrics that too often undervalue a child's intelligence while overtaxing the child's growing brain. These mismatched expectations wreak havoc on the family: parents fear that if they choose the "wrong" program, their child won't get into the "right" college. But Yale early childhood expert Erika Christakis says our fears are wildly misplaced. Our anxiety about preparing and safeguarding our children's future seems to have reached a fever pitch at a time when, ironically, science gives us more certainty than ever before that young children are exceptionally strong thinkers. In her pathbreaking book, Christakis explains what it's like to be a young child in America today, in a world designed by and for adults, where we have confused schooling with learning. She offers real-life solutions to real-life issues, with nuance and direction that takes us far beyond the usual prescriptions for fewer tests, more play. She looks at children's use of language, their artistic expressions, the way their imaginations grow, and how they build deep emotional bonds to stretch the boundaries of their small worlds. Rather than clutter their worlds with more and more stuff, sometimes the wisest course for us is to learn how to get out of their way. Christakis's message is energizing and reassuring: young children are inherently powerful, and they (and their parents) will flourish when we learn new ways of restoring the vital early learning environment to one that is best suited to the littlest learners. This bold and pragmatic challenge to the conventional wisdom peels back the mystery of childhood, revealing a place that's rich with possibility.

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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. A revised edition of the child development classic offers advice to a current generation



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of parents on how to develop empathetic yet disciplined child rearing skills that place an emphasis on good communication and avoid negative reinforcements. Reprint.

Arguing against the "tougher standards" rhetoric that marks the current education debate, the author of *No Contest* and *Punished by Rewards* writes that such tactics squeeze the pleasure out of learning. Reprint.

For anyone who's ever felt put down, unsure, underestimated, or overlooked, these biblical stories encourage you to recognize your own power and potential to be bold. From the "thin slice of life" where she grew up with her family in Appalachia to success as pastor of a large church, Rachel Billups's life stories show strength and grace even in the midst of doubt and wondering. With her brand of fierce she worked through years of school to become an accomplished pastor and mother of four. She took nothing lying down and found that being bold was the only way to be alive. In *Be Bold*, she weaves her stories into the lives of biblical characters. You will find redemption and insight in Sarah's story, inspiration in Mary's call, and ministry and community in Paul's letter to Timothy. For anyone who hopes to find the fierce in their own lives, Billups's work leads the way. In both her personal experience and her telling of Bible stories, Billups shows how being bold can bring you closer to God and God's plan for your life. Product Features: Readers will learn to identify their own personal sources of strength. Offers key insights into biblical stories of strength through the author's stories of growth and hope.

*Parenting for a Peaceful World* is a fascinating look at how child-rearing customs have shaped societies and major world events. It reveals how children adapt to and are influenced by

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different parenting styles and how safeguarding their emotional development is the key to creating a more peaceful, harmonious and sustainable world. Practical advice for raising a well-adjusted child includes tips on supporting your child's developing emotional intelligence, understanding how your childhood has influenced your own emotional make-up, and helping you achieve your full parenting potential. Drawing on leading edge brain research, child-development studies, psycho-history, and personal and clinical experience, this completely revised and updated edition of *Parenting for a Peaceful World* is a must-read for parents, child health professionals, teachers, and for adults seeking to heal and grow.

Unlike other books on divorce, *Living Unbroken* takes a deep dive into understanding and overcoming the emotional toll divorce, separation, and the loss of a serious long-term relationship has on a woman's well-being. As someone who has walked this path, Tracie Miles leads women on a powerful, life-changing journey that provides much-needed hope, encouragement, and practical guidance for living their best life even if it's not the life they once imagined. Her biblically sound approach teaches readers how to trust in God's promises and restore their self-confidence and hope for the future.

Raising happy, compassionate, and responsible children requires both love and limits. In *Mindful Discipline*, internationally recognized mindfulness expert Shauna Shapiro and pediatrician Chris White weave together ancient wisdom and modern science to provide new perspectives on parenting and discipline. Grounded in mindfulness and neuroscience, this pioneering book redefines discipline and outlines the five essential elements necessary for children to thrive: unconditional love, space for children to be themselves, mentorship, healthy boundaries, and mis-takes that create learning and growth opportunities. In this book, you will

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also discover parenting practices such as setting limits with love, working with difficult emotions, and forgiveness and compassion meditations that place discipline within a context of mindfulness. This relationship-centered approach will restore your confidence as a parent and support your children in developing emotional intelligence, self-discipline, and resilience—qualities they need for living an authentic and meaningful life.

Cher-ish-ment, n. F. cher, dear. Sweet, indulgent love, esp. of children. Emotional equivalent of nourishment; soul food. What the world needs now. Elisabeth Young-Bruehl and Faith Bethelard give a name to the kind, warm, tender, and affectionate love that babies expect before they can speak of it and that we all desire our whole lives long. As adults, they note, we all desire our whole lives long. As adults, they note, we don't often acknowledge or even understand our need for this "cherishment." Their book is a rare effort to explore that need, to create a "psychology of the heart." In *Cherishment*, Young-Bruehl and Bethelard provide a wholly original way of thinking about familiar concepts such as love, attachment, and care, showing how deep-seated disappointments and fears of dependency keep so many of us from forming healthy relationships. Questioning the traditional, celebratory view of independence and self-reliance, they argue that cherishment is the emotional foundation, formed in childhood, that sustains all kinds of growth-promoting adult bonds. Blending the philosophical writing that has won Young-Bruehl international acclaim with Bethelard's imaginative sensibility, *Cherishment* is a finely balanced interplay of scholarship, dual-memoir, and intimate therapeutic tales. It draws on ancient wisdom traditions of the East and West, telling many instructive stories of men and women, young and old, who have learned to cultivate the cherishment instinct in themselves as well as in others. It helps readers attune sensitively to

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the ways people express their need for affection in the details of daily life and relationships. The book narrates a journey of discovery, and any reader on his or her own journey in the realm of the heart will feel cherished by it.

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