

Positive Parenting Essential Rebecca Eanes

"The Power of Positive Parenting provides an in-depth description of "Triple P," one of the most extensively studied parenting programs in the world, backed by more than 30 years of ongoing research. Triple P has its origins in social learning theory and the principles of behavior, cognitive, and affective change, and its aim is to prevent severe behavioral, emotional, and developmental problems in children and adolescents by enhancing the knowledge, skills, and confidence of parents"--

Popular parenting expert Dr. Laura Markham, author of PEACEFUL PARENTS, HAPPY SIBLINGS, has garnered a large and loyal readership around the world, thanks to her simple, insightful approach that values the emotional bond between parent and child. 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. In this highly anticipated guide, 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. PEACEFUL PARENT, HAPPY SIBLINGS includes hands-on, research-based advice on: • Creating deep connections with each one of your children, so that each truly believes that you couldn't possibly love anyone else more. • Fostering a loving family culture that encourages laughter and minimizes fighting • Teaching your children healthy emotional self-management and conflict resolution skills—so that they can work things out with each other, get their own needs met and respect the needs of others • Helping your kids forge a close lifelong sibling bond—as well as the relationship skills they will need for a life of healthy friendships, work relationships, and eventually their own family bonds.

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

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.

Hands Free Life

The Conscious Parent

The How-To Guide for Putting Positive Parenting Principles Into Action in Early Childhood

The Newbie's Guide to Positive Parenting

The 49 Most Effective Methods to Stop Power Struggles, Build Communication, and Raise Empowered, Capable Kids

How to Get Your Kids to Behave Without Messing Them Up

How to Raise Joyful Children in a Stressful World

“But everyone else has it.” “If you loved me, you’d get it for me!” When you hear these comments from your kids, it can be tough not to cave. You love your children—don’t you want them to be happy and to fit in? Kristen Welch knows firsthand it’s not that easy. In fact, she’s found out that when you say yes too often, it’s not only hard on your peace of mind and your wallet—it actually puts your kids at long-term risk. In *Raising Grateful Kids in an Entitled World*, Kristen shares the ups and downs in her own family’s journey of discovering why it’s healthiest not to give their kids everything. Teaching them the difference between “want” and “need” is the first step in the right direction. With many practical tips and anecdotes, she shares how to say the ultimate yes as a family by bringing up faith-filled kids who will love God, serve others, and grow into hardworking, fulfilled, and successful adults. It’s never too late to raise grateful kids. Get ready to cultivate a spirit of genuine appreciation and create a Jesus-centered home in which your kids don’t just say—but mean!—“thank you” for everything they have.

As parents, we want to shape our children into emotionally mature and healthy human beings. But we cannot effectively shape our children's emotional well-being until we've addressed our own traumas and emotional needs. In *It Starts with You*, marriage and family therapist and parent coach Nicole Schwarz offers a nonjudgmental, shame-free guide to parenting children with a calm confidence. Working from a place of grace and compassion, she encourages us to explore how our history, thoughts, and assumptions impact our parenting decisions. Moving away from traditional discipline strategies, Schwarz focuses on the importance of having a calm brain, connected relationships, respectful conversations, and a coaching mindset with our kids. *It Starts with You* lays out a five-step process you can turn to whenever you're stuck in a difficult parenting situation. Each step is grounded in research and presented in a way that is easy to understand. Rather than adding unnecessary pressure, we learn that kids do not need perfect parents, but parents who are willing to learn, grow, and move forward with them in a positive direction.

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.

Provides information on a child's biting tendency, describing normal child development and why a child bites, along with case studies of biters and worksheets and forms to help parents and educators.

How One Family Learned That Saying No Can Lead to Life's Biggest Yes

The Revolutionary Program That Gets Your Kids to Listen Without Nagging, Remindi Ng, Or Yelling

The Positive Parenting Workbook

Embarrassing Stories and Brutally Honest Advice on the Extremely Real Struggle of Motherhood

A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating

Transforming the Lives of Children, Parents, and Communities Using the Triple P System

Raising Grateful Kids in an Entitled World

"Jane Nelsen, author of the successful Positive Discipline series, has now compiled a toolkit for parents to teach their children creative cooperation and self-discipline, with success stories from parents worldwide"--

Connection is the key to joyful parenting and raising emotionally healthy, responsible kids. Make a positive transformation in your home as you let go of fear-based techniques and embrace the philosophy of positive parenting. Filled with practical examples, personal stories, and nuggets of hard-earned wisdom, *The Newbie's Guide to Positive Parenting* has everything you need to change your parenting paradigm and enrich your family life. If you are desperately missing the close bond you once had with your child, if your days are filled with tears and frustration, this book is for you. The relationships we build with our children last a lifetime. Ultimately, love is the only leverage we have with our kids. Fear-based parenting only works as long as it can be physically or emotionally enforced, but love is a more effective motivator over time. Through being kind and firm, consistent and empathetic, we allow our children optimal development. When the child-rearing is done, the loving bond you have built is what will make your relationship with your adult child fruitful and enjoyable. Positive parenting keeps that relationship intact while teaching and guiding your child to his or her fullest potential.

How to Raise a Healthy, Adventurous Eater (in a Chicken-Nugget World) Pediatrician Nimali Fernando and feeding therapist Melanie Potock (aka Dr. Yum and Coach Mel) know the importance of giving your child the right start on his or her food journey—for good health, motor skills, and even cognitive and emotional development. In *Raising a Healthy, Happy Eater* they explain how to expand your family's food horizons, avoid the picky eater trap, identify special feeding needs, and put joy back into mealtimes, with: Advice tailored to

every stage from newborn through school-age Real-life stories of parents and kids they have helped Wisdom from cultures across the globe on how to feed kids Helpful insights on the sensory system, difficult mealtime behaviors, and everything from baby-led weaning to sippy cups And seven “passport stamps” for good parenting: joyful, compassionate, brave, patient, consistent, proactive, and mindful. Raising a Healthy, Happy Eater shows the way to lead your baby, toddler, or young child on the path to adventurous eating. Grab your passport and go!

Parenthood is a beautiful journey. We don't have to become adversaries with our children; doing so is very unnatural to our humanity. We are all wired for connection, for closeness, and for love. Positive parenting frees us to move from the traditional parenting roles which create friction and rebellion and allows us instead to move into a more natural role which creates cooperation and peace. The inevitable conflicts that arise in a relationship no longer define the relationship, but serve as stepping stones to greater understanding and connection. There is an abundance of resources available which tell parents why traditional parenting practices are not optimal, but few help parents learn what to do in place of traditional practices. In this book, we'll discuss the principles of positive parenting, and then we will go through more than 40 scenarios to show you what it looks like when these principles are put into action. Show more Show less

An Essential Guide

Positive Parenting in Action

Positive Parenting Is Easier Than You Think

Gentle Christian Parenting

Second Edition

The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills

The Gift of a Happy Mother

We all yearn to look back to find we lived a life of significance. But is it even possible anymore? Considering the amount of distraction and pressure that exists in society today, living a fulfilling life may seem like an unachievable dream. But it is not—not with the nine habits outlined in this book. New York Times bestselling author and widely known blogger, Rachel Macy Stafford, reveals nine habits that help you focus on investing in the most significant parts of your life. As your hands, heart, and eyes become open, you will experience a new sense of urgency—an urgency to live, love, dream, connect, create, forgive, and flourish despite the distractions of our culture. By following each daily Hands Free Declaration, you will be inspired to adopt mindful daily practices and new thought-processes that will help you: • Make meaningful, lasting human connections despite the busyness of everyday life. • Live in the now despite that inner nudge pushing you out of the moment toward perfection and productivity. •

Protect your most sacred relationships, as well as your values, beliefs, health, and happiness, despite the latent dangers of technology and social media. • Pursue the passions of your heart without sacrificing your job or your daily responsibilities. • Evaluate your daily choices to insure you are investing in a life that matters to you. With a Hands Free Life perspective, you will have the power to look back and see you didn't just manage life, you actually lived it—and lived it well.

Draws on the author's Positive Parenting Solutions online course to explain how to correct negative behaviors in children, introducing the psychological theories of Alfred Adler on using empowerment to promote healthy child development.

A supportive guide that gives busy moms permission to care for themselves, from a popular parenting blogger with one million Facebook followers "Would you rather have a perfect mom, or a happy one?" This is the question that popular parenting blogger Rebecca Eanes couldn't get out of her head. So she asked her school-age son, who didn't miss a beat in responding: "A happy one." Thus began a journey of reflection and repair work, as Rebecca asked herself an even harder question: How can I rediscover everyday joy amid the chaos of schedules, homework, and housework--not to mention the guilt, comparisons, loneliness, fear, and overwhelm? In other words, how can I become a happy mom again? In this relatable guide, Rebecca walks readers through the process of getting back to happy, for your own sake as well as your family's. Going beyond the usual advice about finding balance, embracing gratitude, and not sweating the small stuff, her hard-won advice is written by a busy mom in the trenches. Topics include: * Letting go of perfection (or anything close to it) * Making peace with the past--including the pain of disappointment, loss, and the roads not taken * Tuning in to your own wants and needs--and tuning out the comparisons, "shoulds," and noise of social media * Finding magic in the mess * Choosing joy over fear and worry * Creating healthy boundaries so that everyone in your life can thrive (including you!) Filled with fresh insights, simple strategies, and aha moments, this is that rare book you'll want to read, share, and return to for a booster shot of confidence, connection, and joy.

In this easy-to-read, science-based book, parents, caregivers, and adults of all kinds discover how discipline affects children's development, why intervention should reinforce connection not separation, and why the disciplinary strategies that may have been used on us as children are not the ones that children really need. As a practicing child and family psychologist and advisor to the British Columbia ministry of children and families, Dr. Vanessa has seen it all, and she has navigated hundreds of tough situations with families. Drawing on scientific research and a wealth of clinical experience, she shows you how to put out the fire without dampening your child's spirits; how to correct their behavior while emphasizing connection; and how to discipline without damage.

What's Wrong with How We Talk to Our Children--and What to Say Instead

The Me, Me, Me Epidemic

What the Happiest People in the World Know About Raising Confident, Capable Kids

It's A Mom !

The Happy Kid Handbook

Mindful Discipline

No-drama Discipline

Outlines practical parenting strategies from the toddler years through preadolescence that focus on productive and peaceful disciplinary methods while promoting positive neural connections.

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 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. For twenty-five years, *Positive Discipline* has been the gold standard reference for grown-ups working with children. Now Jane Nelsen, distinguished psychologist, educator, and mother of seven, has written a revised and expanded edition. The key to positive discipline is not punishment, she tells us, but mutual respect. Nelsen coaches parents and teachers to be both firm and kind, so that any child—from a three-year-old toddler to a rebellious teenager—can learn creative cooperation and self-discipline with no loss of dignity. Inside you'll discover how to • bridge communication gaps • defuse power struggles • avoid the dangers of praise • enforce your message of love • build on strengths, not weaknesses • hold children accountable with their self-respect intact • teach children not what to think but how to think • win cooperation at home and at school • meet the special challenge of teen misbehavior "It is not easy to improve a classic book, but Jane Nelsen has done so in this revised edition. Packed with updated examples that are clear and specific, *Positive Discipline* shows parents exactly how to focus on solutions while being kind and firm. If you want to enrich your relationship with your children, this is the book for you." -Sal Severe, author of *How to Behave So Your Children Will, Too!* Millions of children have already benefited from the counsel in this wise and warmhearted book, which features dozens of true stories of positive discipline in action. Give your child the tools he or she needs for a well-adjusted life with this proven treasure trove of practical advice.

From a popular parenting blogger and the author of *Positive Parenting*, an interactive guide for any parent who wants to foster emotional connection in place of yelling, nagging, and power struggles With more than one million Facebook followers for her *Positive Parenting* online community, Rebecca Eanes has become a trusted

voice among parents who are looking for a better way -- hoping to dial down the drama, frustration, stress and resentment that's all too common in our hectic times. This inspiring and inviting guide walks readers through the process of charting a new path, toward greater emotional awareness, clear communication, and even joyful moments in parenting (remember those?). Filled with encouraging prompts and plenty of room to record your progress, this is a much-needed addition to the positive parenting shelf -- and a companion to some of the most popular parenting guides on the market.

How Children Learn

A Step-by-Step Guide to Raising Capable, Grateful Kids in an Over-Entitled World

Letting Go of Perfection and Embracing Everyday Joy

A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child

Foreword by Dr. Harvey Karp

Positive Discipline

Using Emotional Connection--Not Punishment--to Raise Confident, Capable Kids

THE NATIONAL BESTSELLER Hilarious best friends Cat and Nat created a massive online community of moms by sharing their ultra-real and just a bit R-rated dispatches from the mom trenches. From what not to eat a few days after giving birth (chicken wings) to the most effective ways to dodge post-partum sex, Cat & Nat's Mom Truths shares everything no one will tell you about having kids. Mixing memoir, humor, and advice, Cat and Nat tell never-before-told stories about the stress, guilt, joy, and laundry (oh the laundry!) of being a mom in their first book. With seven kids between them and millions of fans on social media, they get real about the parts of parenting that somehow don't make the Instagram feed. Sharing their outrageous humor, fearless myth-busting, and genuine comfort on every page, they walk you from pregnancy to the toddler years and beyond. And they dole out ridiculously honest advice, like what you think you need at the hospital when you have your first baby (lip gloss) versus what you actually need (hemorrhoid pillow), and how worried you should really be about germs (less than you are). Fearless crusaders against the perfection myth and all the gluten-free, sugar-free baking it entails, Cat and Nat assure you that you're already doing a great job, making this an essential companion for moms everywhere.

Cure your kids of the entitlement epidemic so they develop happier, more productive attitudes that will carry them into a successful adulthood. Whenever Amy McCready mentions the "entitlement epidemic" to a group of parents, she is inevitably met with eye rolls, nodding heads, and loaded comments about affected children. It seems everywhere one looks, there are preschoolers who only behave in the grocery store for a treat, narcissistic teenagers posting selfies across all forms of social media, and adult children living off their parents. Parenting expert McCready reveals in this book that the solution is to help kids develop healthy attitudes in life. By setting up limits with consequences and training them in responsible behavior and decision making, parents can rid their homes of the entitlement epidemic and raise confident, resilient, and successful children. Whether parents are starting

from scratch with a young toddler or navigating the teen years, they will find in this book proven strategies to effectively quell entitled attitudes in their children.

Please note: This is a companion version & not the original book. Sample Book Insights: #1 Modern-day parenting has fallen into the trap of trying to manage children's behavior, and this has caused many parents to become frustrated and worn out with their children. #2 Positive parenting helps parents get rid of their fear and control and tap into the wellspring of love and connection. It allows parents to have fun with their children again, and it helps them have a better relationship with their children. #3 Positive parenting allows you to maintain the deep connection you are meant to have with your child as you help them navigate the difficult road to adulthood. With strong connection comes more cooperation, and with that, more joy and peace in the family. #4 While it may be difficult to enforce limits without resorting to punishment, positive parenting is not permissive. It is simply teaching, and it becomes easy to guide a child without punishment once the paradigm shift is made.

'This is a fab book. Really recommend it!' Mrs Hinch Read this book for an instant pick-me-up. Whether this is your first or fifth baby, The Little Book of Self-Care for New Mums is your handy survival guide to managing the emotional and physical rollercoaster of becoming a new mum. Bringing together decades of experience from a midwife and a doula, you'll find invaluable tips and tricks to boost confidence and calm frazzled nerves - plus answers to all those questions you may be too embarrassed to ask. From creating cooling breast pads with chamomile tea and quick stretches to relieve aching muscles, through to easy recipes to nourish your postnatal body and 5-minute fixes to restore your sense of humour, this is the book you can turn to when the overwhelm sets in. Beautifully illustrated in full-colour, it covers everything you need to know about the postnatal period to feel supported, empowered and understood.

Peaceful Parent, Happy Siblings

Jesus, the Gentle Parent

Parent Hacks

How to Stop the Fighting and Raise Friends for Life

How Imperfect Parents Can Find Calm and Connection with Their Kids

Raising a Healthy, Happy Eater: A Parent's Handbook

A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!

Daily insights for conscious parenting. Rewarding, humbling, challenging--parenting is a lot of things, but one thing it isn't is easy. In this warm, accessible, and ultimately inspiring book of daily insights and affirmations, developmental expert and Neufeld Institute facilitator Bridgett Miller offers parents the support they need to nurture their children using their head and heart. With gentle guidance and suggestions grounded in developmental science, What Young Children Need You To Know opens the door for parents to move from reactivity to

consciousness--with a greater understanding of how to meet their children's emotional needs. I Wish I Had Read This Book Before I First Became A Mother! It Takes A Refreshingly Honest Look At The Intense Emotional Journey Of Becoming A Mother For The First Time And Validates All The Feelings New Mothers Experience But Are Afraid To Acknowledge. Priyanka Gandhi Vadra Bringing Your First-Born Into The World Actually Means The Birth Of A Whole New You, Says First-Time Mother And Toddler-Survivor Shefali Tsabary. While Everyone Fusses Over The Little Bundle, You Re Going To Have To Overcome The Feeling Of Your Life Being Taken Over And Turned On Its Head (While Your Body Has Been Transformed Into Something Just As Unrecognizable). You Ll Have To Learn To Take Pleasure In Being A Mother Through The Utter Helplessness Of The Initial Days, The Extreme Fatigue Resulting From Sleepless Nights, And The Overwhelming Responsibility Of Shaping Another Life. It S A Mom! Gives You Invaluable Advice On How To Handle Your Baby And Yourself In Every Imaginable Situation. From Feeding And Burping And Establishing Sleeping Patterns To Tackling Your Toddler S Tantrums, This Book Outlines Effective Techniques That Will Make Bonding With Your Baby A Pleasure. And It Gives You The Crucial Tip That Your Ever-Eager-To-Advise Relatives Forget To Mention: You Have A Life Beyond Your Baby And A Body And Mind, And Spouse To Reconnect With. Shefali Tsabary Has Written A Book Of Profound Personal Insight, With The Courage To Confront Her Actual Experiences And Extract Wisdom From Solutions That She Found Helpful. Roni Beth Tower, Ph.D, Diplomate In Clinical Psychology

With all the parenting information out there and the constant pressure to be the "perfect" parent, it seems as if many parents have lost track of one very important piece of the parenting puzzle: raising happy kids. Parenting today has gotten far too complicated. It's never been the easiest job in the world, but with all the "parenting advice" parents are met with at every corner, it's hard not to become bewildered. It seems that in the past it was a good deal simpler. You made sure there was dinner on the table and the kids got to school on time and no one set anything on fire, and you called it a success. But today everybody has a different method for dealing with the madness--attachment parenting, free-range parenting, mindful parenting. And who is to say one is more right or better than another? How do you choose? The truth is that whatever drumbeat you march to, all parents would agree that we just want our kids to be happy. It seems like a no-brainer, right? But in the face of all the many parenting theories out there, happiness feels like it has become incidental. That's where The Happy Kid Handbook by child and adolescent psychotherapist and parenting expert Katie Hurley comes in. She

shows parents how happiness is the key to raising confident, capable children. It's not about giving in every time your child wants something so they won't feel bad when you say no, or making sure that they're taking that art class, and the ballet class, and the soccer class (to help with their creativity and their coordination and all that excess energy). Happiness is about parenting the individual, because not every child is the same, and not every child will respond to parenting the same way. By exploring the differences among introverts, extroverts, and everything in between, this definitive guide to parenting offers parents the specific strategies they need to meet their child exactly where he or she needs to be met from a social-emotional perspective. A back-to-basics guide to parenting, *The Happy Kid Handbook* is a must-have for any parent hoping to be the best parent they can be.

In this examination of mainstream Christian parenting practices and the doctrinal beliefs behind them, best-selling author L.R.Knost debunks common cultural and theological beliefs about spanking, original sin, sin nature, submission, authority, obedience, breaking a child's will, and more along with providing grace-filled, gentle solutions to behavior issues.

A Cookbook for New Mamas

Nine Habits for Overcoming Distraction, Living Better, and Loving More

The Power of Positive Parenting

Cat and Nat's Mom Truths

Summary of Rebecca Eanes & Laura Markham's Positive Parenting

The No-Cry Sleep Solution for Toddlers and Preschoolers: Gentle Ways to Stop Bedtime Battles and Improve Your Child's Sleep

What's My Child Thinking?

*Make every moment with your child count. Tap into the psychology behind your child's behavior at every stage of development, and respond with confidence. Find out what your child really means when he says "Look what I did", "But I'm not tired," or "You're embarrassing me," and discover what's really going on when he can't express himself at all. Using more than 100 everyday scenarios, the book leads you through each one step by step, explaining not only your child's behavior and the psychology behind it but also your own feelings as a parent. It then gives instant recommendations for what you could say and do in response to best resolve the situation. Covering all your child's developmental milestones from ages 2 to 7 years, *What's My Child Thinking?* covers important issues, such as temper tantrums, friendships (real and imaginary), sibling rivalry, aggressive behavior, and peer pressure. There's also a bank of practical "survival guides" for critical times, such as traveling in the car, eating out, and going online safely.*

Rooted in evidence-based clinical psychology and championing positive parenting, What's My Child Thinking? will help you tune in to your child's innermost thoughts and be the parent you want to be.

Looking for more connection with your kids--and more fun, too? Welcome to the Bounceback Parenting League! This insightful and empowering book is more than just another parenting guide. It's a playbook filled with simple yet powerful "secret missions" for parents who want to recharge, refresh and restart in a positive new way. Filled with simple challenges, journal prompts with room to write, and inspiring advice to try today, this is a game-changing resource for overwhelmed moms and dads everywhere. Get ready for your first mission....

Guaranteed to help parents reclaim sweet dreams for their entire family New from the bestselling author of the classic baby sleep guide! Getting babies to sleep through the night is one thing; getting willful toddlers and energetic preschoolers to sleep is another problem altogether. Written to help sleep-deprived parents of children ages one to five, The No-Cry Sleep Solution for Toddlers and Preschoolers offers loving solutions to help this active age-group get the rest they--and their parents--so desperately need. A follow-up to Elizabeth Pantley's megahit The No-Cry Sleep Solution, this breakthrough guide is written in Pantley's trademark gentle, child-centered style. Parents will discover a wellspring of positive approaches to help their children get to bed, stay in bed, and sleep all night, without having to resort to punishments or other negative and ineffective measures. The No-Cry Sleep Solution for Toddlers and Preschoolers tackles many common nighttime obstacles, including: Refusals to go to bed Night waking and early rising Reluctance to move out of the crib and into a big-kid bed Nighttime visits to the parents' bed Naptime problems Nightmares, "night terrors," and fears Special sleep issues of twins, special needs children, and adopted children Sleepwalking, sleep talking, snoring, and tooth grinding

Drawing from the award-winning website ParentHacks.com, here are 134 ingenious ideas for simplifying life with kids. A parent hack can be as simple as putting the ketchup under the hot dog, minimizing the mess. Or strapping baby into a forward-facing carrier when you need to trim his fingernails—it frees your hands while controlling the squirming. Or stashing a wallet in a disposable diaper at the beach—who would ever poke through what looks like a used Pamper? On every page, discover easy-to-do, boldly illustrated, unconventional solutions, arranged by category from Pregnancy & Postpartum through Sleep, Eating, Bath Time, Travel, and more. A Field Guide for Creating Connection, Not Perfection

Happy Tummies

It Starts with You

ParentSpeak

Positive Parenting

Bounceback Parenting

Positive Discipline Parenting Tools

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.

"Rachel Macy Stafford's post "The Day I Stopped Saying Hurry Up" was a true phenomenon on The Huffington Post, igniting countless conversations online and off about freeing ourselves from the vicious cycle of keeping up with our overstuffed agendas. Hands Free Mama has the power to keep that conversation going and remind us that we must not let our lives pass us by." --Arianna Huffington, Chair, President, and Editor-in-Chief of the Huffington Post Media Group, nationally syndicated columnist, and author of thirteen books <http://www.huffingtonpost.com/> DISCOVER THE POWER, JOY, AND LOVE of Living "Hands Free" If technology is the new addiction, then multi-tasking is the new marching order. We check our email while cooking dinner, send a text while bathing the kids, and spend more time looking into electronic screens than into the eyes of our loved ones. With our never-ending to-do lists and jam-packed schedules, it's no wonder we're distracted. But this isn't the way it has to be. In July 2010, special education teacher and mother Rachel Macy Stafford decided enough was enough. Tired of losing track of what matters most in life, Rachel began practicing simple strategies that enabled her to momentarily let go of largely meaningless distractions and engage in meaningful soul-to-soul connections. She started a blog to chronicle her endeavors and soon saw how both external and internal distractions had been sabotaging her happiness and preventing her from bonding with the people

she loves most. Hands Free Mama is the digital society's answer to finding balance in a media-saturated, perfection-obsessed world. It doesn't mean giving up all technology forever. It doesn't mean forgoing our jobs and responsibilities. What it does mean is seizing the little moments that life offers us to engage in real and meaningful interaction. It means looking our loved ones in the eye and giving them the gift of our undivided attention, leaving the laundry till later to dance with our kids in the rain, and living a present, authentic, and intentional life despite a world full of distractions. So join Rachel and go hands-free. Discover what happens when you choose to open your heart—and your hands—to the possibilities of each God-given moment.

Positive ParentingAn Essential GuidePenguin

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

The Biting Solution

Hands Free Mama

The Danish Way of Parenting

The Little Book of Self-Care for New Mums

What Young Children Need You to Know: How to See Them So You Know what to Do for Them

An Interactive Guide for Strengthening Emotional Connection

"This is a must-read for every family that yearns to create peace and harmony." --Shefali Tsabary, Ph.D., New York Times bestselling author of *The Conscious Parent* Tired of yelling and nagging? True family connection is possible--and this essential guide shows us how. Popular parenting blogger Rebecca Eanes believes that parenting advice should be about more than just getting kids to behave. Struggling to maintain a meaningful connection

with her two little ones and frustrated by the lack of emotionally aware books for parents, she began to share her own insights with readers online. Her following has grown into a thriving community--hundreds of thousands strong. In this eagerly anticipated guide, Eanes shares her hard-won wisdom for overcoming limiting thought patterns and recognizing emotional triggers, as well as advice for connecting with kids at each stage, from infancy to adolescence. This heartfelt, insightful advice comes not from an "expert," but from a learning, evolving parent. Filled with practical, solution-oriented advice, this is an empowering guide for any parent who longs to end the yelling, power struggles, and downward spiral of acting out, punishment, resentment, and shame--and instead foster an emotional connection that helps kids learn self-discipline, feel confident, and create lasting, loving bonds.

Winner, 2017 National Parenting Product Award As mamas, we all want our babies to get the best nutrition possible. In a time when the house is messier, showers are shorter, and every wink of sleep is worth its weight in gold, finding the time to cram one more thing into your to-do list can seem unbearable. Written for the busy, modern mom, Happy Tummies shows you how to make healthy and delicious baby food the easiest way--from everyday foods that you already have at home. Featuring over 40 ingredients, this indispensable collection of recipes teaches you how to properly prepare food for your baby, from purees to finger foods. Plus, each ingredient includes tasty adult recipes so you can make something nourishing for yourself at the same time. Based on the latest research and expert recommendations, Happy Tummies is an indispensable resource for all new mothers starting their babies on solid foods. Inside you'll find * The latest infant nutrition and feeding recommendations * Signs baby is ready * How to introduce new foods and textures * Secrets for the first feeding * What to do when you spot a food allergy and foods to avoid * Simple ways to store and freeze baby food * More than 230 nutritious fruit, vegetable, protein, and grain baby food recipes * Nutrition facts for each ingredient * Step-by-step photographs for making homemade purees and infant cereals * Over 100 delicious recipe ideas for parents * Countless time and money saving tips * And a whole lot more!

The Whole-brain Way to Calm the Chaos and Nurture Your Child's Developing Mind

If I Have to Tell You One More Time...

The Expert's No-Biting Guide for Parents, Caregivers, and Early Childhood Educators

Gentle Discipline

134 Genius Shortcuts for Life with Kids

Practical Child Psychology for Modern Parents

Discipline Without Damage