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The Godmother of Silicon
Valley, legendary teacher,

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and mother of a Super Family
shares her tried-and-tested
methods for raising happy,
healthy, successful children
using Trust, Respect,
Independence, Collaboration,
and Kindness: TRICK. Esther
Wojcicki--"Woj" to her many

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friends and admirers--is famous for three things: teaching a high school class that has changed the lives of thousands of kids, inspiring Silicon Valley legends like Steve Jobs, and raising three daughters who

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have each become famously successful. What do these three accomplishments have in common? They're the result of TRICK, Woj's secret to raising successful people: Trust, Respect, Independence, Collaboration,

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and Kindness. Simple lessons, but the results are radical. Wojcicki's methods are the opposite of helicopter parenting. As we face an epidemic of parental anxiety, Woj is here to say: relax. Talk to infants as if

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they are adults. Allow teenagers to pick projects that relate to the real world and their own passions, and let them figure out how to complete them. Above all, let your child lead. How to Raise

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Successful People offers essential lessons for raising, educating, and managing people to their highest potential. Change your parenting, change the world.

As the ever-increasing “quit-

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lit" audience explores new ways to get sober, many are asking, "What's next?" A renowned sobriety coach shares a road map for long-term change and a fulfilling, alcohol-free life. Here is a practical

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and straightforward program to stop drinking, stay stopped, and develop emotional sobriety.

Offers practical, easy-to-apply ideas to help parents regulate themselves and their own emotions in order

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to foster a better connection with their children to help them learn emotional intelligence, empathy, and responsibility. This second edition of "SOS" provides parents with guidance for handling a

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variety of common behavior problems based on the behavior approach to child rearing and discipline. This approach suggests that good and bad behavior are both learned and can be changed, and proposes specific

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methods, skills, procedures, and strategies for parents to use in getting improved behavior from their children. The guide is divided into four sections. Section 1 presents some fundamentals of child

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behavior and effective discipline. Some of the causes of children's misbehavior are examined as well as ways of increasing good behavior and eliminating bad ones.

Section 2 provides advice

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for implementing the "time-out" method. Section 3 gives suggestions on how to: (1) manage bad behavior away from home; (2) use points, tokens, and contracts; (3) use time-out on two children at the same time; (4) use

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time-out on a toy instead of the child; (5) handle aggressive and dangerous behavior; and (6) help children express feelings. Section 4 suggests some additional resources for helping children. Each

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chapter includes a review of the most important ideas and instructions presented. The book's two appendices include an index of problem behaviors, quizzes and answers for parents, more resources for professionals,

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and tear-out sheets for parents and teachers.

Approximately 60 references are included. A videotape, not available from ERIC, demonstrates the child-rearing rules, and errors to avoid, as well as other

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child management methods. A printed "Video Leader's Guide" for the training leaders provides objectives, suggested outlines for workshops, and guidelines for discussing the behavior vignettes in the video.

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Workshop evaluation forms
and handouts are appended. A
parent audio cassette on how
to use "time out"
effectively is also part of
this multimedia package.

(HTH)

How to Stop the Fighting and

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You want to be a loving parent who guides

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your kids towards a life of happiness and success. But the chaos of parenting life leaves you feeling overwhelmed, stressed, or just vaguely annoyed all the time. (Or maybe it's not so vague.) With this practical guide for busy parents and a bonus printable workbook, you'll know how to: * Stop feeling overwhelmed. Get a

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handle on the swirling chaos of to-do items and appointments and "should"s in your head. * Set yourself up for a happy day, every day. Find out the ingredients you need in your day in order to become your happiest self. * Catch yourself before you lose your cool. Learn what to do when you lose your patience with a temper-

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taming toolkit of proven tools to get you back on track. * Heal after the storm. For the days when you do lose your cool, you'll get the exact steps to flush the bad mojo from your body and repair the relationship with your child (or your partner). This book gives you the best science-backed tools that you need as a

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busy parent to become your happiest self.

Introduces a practical approach to parenting that explains how to overcome the stresses and anxieties of parenting by learning how to relate to children in a calm, cool, and connected way.

The beloved host of PBS Kids' Dinosaur Train presents an activity-complemented

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guide for caregivers and teachers on how to alleviate common childhood challenges by forging strong connections between children and nature. 25,000 first printing. 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,

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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.

The Danish Way of Parenting

Five Simple Tools to Meet Your Everyday

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Parenting Challenges

Connection Parenting

Effective Strategies for Stressed Out
Parents

How to Raise Joyful Children in a
Stressful World

The Emotional Life of the Toddler

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A practical guide to help parents teach their children how to cope with stress offers an innovative approach that combines real-life situations, hands-on examples, and helpful advice on how to resolve conflicts, reduce anger and anxiety,

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develop listening skills, foster self-esteem and understanding, and more. Original.

"Trust me. This is the only baby book you'll ever need! It's amazing, heartwarming, and completely user-friendly. Just add your heart!"

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--Christiane Northrup, MD, author of Mother-Daughter Wisdom, The Wisdom of Menopause, and Women's Bodies, Women's Wisdom Attached at the Heart offers readers practical parenting advice for the modern age. In its

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most basic form, "attachment parenting" is instinctive. A crying baby is comforted and kept close to parents for protection. If hungry, he or she is breastfed. And while it is understood that there is no such thing as perfect parenting, research

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suggests that there is a strong correlation between a heightened sense of respect, empathy, and affection in those children raised the "attachment parenting" way. In this controversial book, readers will gain much needed insight into

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childrearing while learning to trust the intuitive knowledge of their child, ultimately building a strong foundation that will strengthen the parent-child bond. Using the Eight Principles of Parenting, readers will learn: How to prepare for baby

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and its rewards Tips for finding and maintaining balance The benefits of using a baby sling and implementing infant massage Tips on dealing with criticism from those opposed or unfamiliar with AP style The dangers surrounding traditional

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discipline styles of parenting
Contrary to popular belief,
"attachment parenting" has been
practiced in one form or another
since recorded history. Over the
years, it had been slowly replaced
by a more detached parenting

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style—a style that is now believed by experts to be a lead contributing factor to suicide, depression, and violence. The concept of "attachment parenting"—a term originally coined by parenting experts William and Martha

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Sears has increasingly been validated by research in many fields of study, such as child development, psychology, and neuroscience. Also known as "conscious parenting," "natural parenting," "compassionate

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parenting," or "empathic parenting," its goal is to stimulate optimal child development. While many attachment-parenting recommendations likely counter popular societal beliefs, authors Barbara Nicholson and Lysa Parker

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are quick to point out that the benefits outweigh the backlash of criticism that advocates of detached parenting may impose.

"This is a must-read for every family that yearns to create peace and harmony. □ --Shefali Tsabary, Ph.D.,

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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

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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

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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

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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

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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

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connection that helps kids learn self-discipline, feel confident, and create lasting, loving bonds.

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proven roadmap to help ADHD kids succeed in school and life You've read all the expert advice, but despite countless efforts to help your child cope better and stay on track, you're still struggling with everyday issues like homework,

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chore, getting to soccer practice on time, and simply getting along without pushback and power struggles. What if you could work with your child, motivating and engaging them in the process, to create positive change once and for

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all? In this insightful and practical book, veteran psychologist Sharon Saline shares the words and inner struggles of children and teens living with ADHD—and a blueprint for achieving lasting success by working together. Based on more

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than 25 years of experience counseling young people and their families, Dr. Saline's advice and real-world examples reveal how parents can shift the dynamic and truly help kids succeed. Topics include: * Setting mutual goals that

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foster cooperation * Easing academic struggles * Tackling everyday challenges, from tantrums and backtalk to staying organized, building friendships, and more. With useful exercises and easy-to-remember techniques, you'll

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discover a variety of practical strategies that really work, creating positive change that will last a lifetime.

Peaceful Parenting for the
Deconstructing Tiger Parent
Dharma Parenting

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Positive Parenting

The Secrets of Stress-free

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Autopilot Is for Planes

The Art and Science of Falling in

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Drawing on evidence-based practices, here is an insight-packed and tip-filled plan for how to stop the parental meltdowns. Its compassionate, pragmatic approach will help readers feel less ashamed and

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***more empowered to get their,
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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

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*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*

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*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*

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*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*

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*of life raise the happiest, most
well-adjusted kids in the world.*

*Intentional Parenting is built
around 12 chapters that each
dispel some of the most
common parenting myths and
reminds all parents of truths*

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*that can empower them to be
not only the parents that their
children need but that God has
called them to be."*

*Please note: This is a
companion version & not the
original book. Sample Book*

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Insights: #1 There are many answers to how to raise a happy, responsible, and considerate child. The first is to respond with warm, respectful attunement to the needs of your individual child,

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*and set limits supportively and
coach your child's emotions
constructively. #2 Your child
will delight and exasperate
you, thrill and annoy you. But
by accident, your child will ask
you to grow. If you can notice*

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***when you're triggered and
restore yourself to equilibrium
before you take action, you can
raise happy, emotionally
healthy children who are
successful in every sense. #3
The first responsibility of***

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*parenting is to be mindful of
your own inner state. This
means that you pay attention
to what you're feeling, but
don't act on it. Anger is a part
of all relationships, and acting
on it mindlessly with words or*

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*actions compromises your
parenting. #4 Parents should
be aware of the areas in which
they were wounded as
children, and make sure to
heal those wounds in order to
become the best parents they*

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can be.

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Self-Absorbed World
SOS Help for Parents
Parenting Through Connection
Instead of Coercion, Through
Love Instead of Fear*

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***How to Raise a Wild Child
Helping Your Anxious Child
Peaceful Parents, Peaceful
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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

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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,

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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

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further. You're about to discover the practical tools you need to transform your parenting in a positive, proven way.

The celebrated Positive Discipline brand of parenting books presents the revised and updated third edition of their readable and practical guide

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to communicating boundaries to very young children and solving early discipline problems to set children up for success. Over the years millions of parents have used the amazingly effective strategies of Positive Discipline to raise happy, well-behaved, and successful children.

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Research has shown that the first three years in a child's life are a critical moment in their development, and that behavior patterns instilled during that time can have profound implications for the rest of a child's life. Hundreds of thousands of parents have already used the advice

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in Positive Discipline: The First Three Years to help set effective boundaries, forge strong foundations for healthy communication, and lay the groundwork for happy and respectful relationships with their young children. Now this classic title has been revised and updated to

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reflect the latest neuroscientific research and developments in positive discipline parenting techniques.

Listen: Five Simple Tools to Meet Your Everyday Parenting Challenges offers readers a practical understanding of children's emotions and their upset

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moments, and effective tools for easing the most challenging interactions they face each day.

Listen shows parents how to build long-lasting, meaningful, relationships that last a lifetime.

Challenging popular beliefs about self-esteem parenting, a guide for parents

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recommends an alternative approach that encourages respect for the self and others, in a reference that explains how to foster such values in children as thankfulness and unselfishness. Original. 50,000 first printing.

Screamfree Parenting

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Simple Lessons for Radical Results

Summary of Dr. Laura Markham's

Peaceful Parent, Happy Kids

How to Stop Yelling and Start

Connecting

Listen

Uncover a Sustainable, Fulfilling Life

Free of Alcohol

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

Drawing on what hard science says about the factors that breed happiness in childhood and

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beyond, here are 10 simple principles for fostering the skills and habits that will set the stage for optimism, emotional health, and confidence for kids.

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"Connection Parenting" is based on author Pam Leo's seven week parenting series, "Meeting the Needs of Children," that she has been teaching for over sixteen years. The premise

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is that a strong parent-child bond is the key to children's optimal human development and our most effective parenting tool. Connection Parenting is a proactive approach to

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parenting that supports parents and caregivers in creating and maintaining the strong bonds children need to thrive.

Popular parenting expert Dr. Laura Markham, author

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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

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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

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competition, tempers, and irritation run high. In this highly anticipated guide, Dr. Markham presents simple yet powerful ways to cut through the squabbling and

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foster a loving, supportive bond between

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each child the vital

connection that he or she

needs. PEACEFUL PARENT,

HAPPY SIBLINGS includes

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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. •

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Fostering a loving family culture that encourages laughter and minimizes fighting • Teaching your children healthy emotional self-management and conflict resolution

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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

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well as the relationship skills they will need for a life of healthy friendships, work relationships, and eventually their own family bonds.

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“Christakis . . . expertly weaves academic research, personal experience and anecdotal evidence into her book . . . a bracing and convincing case that early education has

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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.”

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--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

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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

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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

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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

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*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*

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in today's preschool and kindergarten classrooms, learning has been reduced to scripted lessons and suspect metrics that too often undervalue a child's intelligence while

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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

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childhood expert Erika

Christakis says our fears are wildly misplaced. Our anxiety about preparing and safeguarding our

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*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*

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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

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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

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tests, more play. She
looks at children's use of
language, their artistic
expressions, the way their
imagination grow, and how
they build deep emotional
bonds to stretch the

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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

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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

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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

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*Moving from Rewards and
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Up: Parenting From The

Inside Out Book

Intentional Parenting

A must-have resource for anyone who

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lives or works with young kids, with an introduction by Adele Faber, coauthor of *How to Talk So Kids Will Listen & Listen So Kids Will Talk*, the international mega-bestseller *The Boston Globe* dubbed "The Parenting Bible." For over thirty-five years,

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parents have turned to How to Talk So Kids Will Listen & Listen So Kids Will Talk for its respectful and effective solutions to the unending challenges of raising children. Now, in response to growing demand, Adele's daughter, Joanna Faber,

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along with Julie King, tailor How to Talk's powerful communication skills to children ages two to seven. Faber and King, each a parenting expert in her own right, share their wisdom accumulated over years of conducting How To Talk workshops with parents

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and a broad variety of professionals. With a lively combination of storytelling, cartoons, and fly-on-the-wall discussions from their workshops, they provide concrete tools and tips that will transform your relationship with the young kids in

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your life. What do you do with a little kid who...won't brush her teeth...screams in his car seat...pinches the baby...refuses to eat vegetables...throws books in the library...runs rampant in the supermarket? Organized according to

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common challenges and conflicts, this book is an essential emergency first-aid manual of communication strategies, including a chapter that addresses the special needs of children with sensory processing and autism spectrum disorders. This user-friendly

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guide will empower parents and caregivers of young children to forge rewarding, joyful relationships with terrible two-year-olds, truculent three-year-olds, ferocious four-year-olds, foolhardy five-year-olds, self-centered six-year-olds, and the occasional semi-

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civilized seven-year-old. And, it will help little kids grow into self-reliant big kids who are cooperative and connected to their parents, teachers, siblings, and peers.

This is a book for parents and prospective parents interested in

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making their family life the best it possibly can be for the sake of their children.

Calm Parents, Happy Kids is the UK version of Dr Laura Markham's hugely successful and ground-breaking book, Peaceful Parent,

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Happy Kids. Now adapted for UK audiences, this practical and inspiring book reveals a three step programme that will transform family life. Most parenting books focus on changing a child's behaviour, but the truth is that children only change when their

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relationship with their parents changes. In *Calm Parents, Happy Kids*, Dr Laura Markham introduces an approach to parenting that eliminates threats, power struggles and manipulation, in favour of setting limits with empathy and

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communication. Bringing together the latest research in brain development with a focus on emotional awareness (for both parents and children), it will appeal to all parents who don't want to force their children into compliance and lose their temper, but want to

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keep calm and help their children want to behave.

Two renowned neuroscientists and pioneers in documenting the benefits of Transcendental Meditation give parents a guided tour of their children's brains through

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contemporary science and ancient Ayurvedic typology (parents can "type" their kids and themselves) for a wealth of methods and insights to maximize your child's learning and behavioral style. Dharma Parenting offers a uniquely individual approach

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to raising a happy and successful child. The word "dharma" means a way of living that upholds the path of evolution, maintains balance, and supports both prosperity and spiritual freedom. For the first time, we can understand why one child learns

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quickly and forgets quickly while another learns slowly and forgets slowly; why one child is hyperactive and another slow moving; or why one falls asleep quickly but wakes in the night while another takes hours to fall asleep. Leading brain researchers

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Robert Keith Wallace and Frederick
Travis combine knowledge from
modern science, ancient Ayurveda,
and their personal experience to show
how to unfold the full potential of a
child's brain, as well as how to
nurture his or her inherent brilliance

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and goodness. The first tool of Dharma Parenting is to determine your child's--and your own--brain/body type through a simple quiz. The Eastern system of natural medicine called Ayurveda has used three distinct mind/body types

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(and combinations of these types) for thousands of years. Scientific studies suggest that there is a specific set of genetic, biochemical, and physiological characteristics that underlie each of the three main Ayurveda mind/body types. Coupling

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old and new wisdom, Dharma Parenting offers unique insight into why a child is the way he or she is and reveals how to bring each child into a state of balance. Its language is readily comprehensible by parents of any cultural background, with real-

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life stories to illustrate areas of universal parental concern--such as emotions, behavior, language, learning styles, habits, diet, health issues, and, most importantly, the parent-child relationship.

Practical Ways to Create a Calm and

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Yell Less, Love More

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Find Your Recipe for Happiness in the Chaos of Parenting Life

Parenting can be such an overwhelming job that it's easy to lose track of where you stand on some of the more controversial subjects at the playground (What if my kid likes to rough house—

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no one gets hurt? And what if my kid just doesn't feel like sharing?). In this inspiring and enlightening book, Heather Shumaker describes her quest to nail down "the rules" to raising smart, sensitive, and self-sufficient kids. Drawing on her own experiences as the mother of two small children, as

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well as on the work of child psychologists, pediatricians, educators and so on, in this book Shumaker gets to the heart of the matter on a host of important questions. Hint: many of the rules aren't what you think they are! The "rules" in this book focus on the toddler and preschool years—an

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important time for laying the foundation for competent and compassionate older kids and then adults. Here are a few of the rules:

- It's OK if it's not hurting people or property
- Bombs, guns and bad guys allowed.
- Boys can wear tutus.
- Pictures don't have to be pretty.

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Paint off the paper! • Sex ed starts in preschool • Kids don't have to say "Sorry." • Love your kid's lies. IT'S OK NOT TO SHARE is an essential resource for any parent hoping to avoid PLAYDATEGATE (i.e. your child's behavior in a social interaction with another child clearly doesn't meet

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with another parent's approval)!

Most children are afraid of the dark.

Some fear monsters under the bed.

But at least ten percent of children have excessive fears and worries—phobias, separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder—that

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can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help. Now in its second edition, *Helping Your Anxious Child* has been expanded and updated to

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include the latest research and techniques for managing child anxiety.

The book offers proven effective skills based in cognitive behavioral therapy (CBT) to aid you in helping your child overcome intense fears and worries.

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with compassion. Inside, you will learn to: Help your child practice “detective thinking” to recognize irrational worries What to do when your child becomes frightened How to gently and gradually expose your child to challenging situations Help your child learn important social skills This book has

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been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit—an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for

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Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Parenting without anxiety, guilt, or feeling overwhelmed Happy Parents Happy Kids is the ultimate no-guilt

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guide to boosting your enjoyment of parenting while at the same time maximizing the health and happiness of your entire family. You can find ways to take care of yourself while you're busy raising a family—just as you can choose to use parenting strategies that work for you and your

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kids. This practical and encouraging book will help you · Discover what less-stressed-out parents know about minimizing the fallout from work-life imbalance (to say nothing of all the other things our generation of parents can't help but feel anxious about) · Tackle the challenges of distracted

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parenting(in a way that helps kids to develop healthy relationships with technology) · Balance your hopes and dreams for your children with the demands of the rest of your life · Manage screen time for your whole family with simple and effective strategies · Learn mindfulness

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strategies that can make parenting easier and can be effortlessly worked into your daily life

- Live healthier (including a crash course on the science of habit change)
- Become a calmer and more confident parent so that you can stop feeling bad and raise astonishingly great kids

The takeaway

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message is clear, powerful, and potentially life-changing. You can lose the guilt, embrace the joy, and thrive alongside your kids.

Raising kids is never easy. In fact, it's often one of the most challenging--and often frustrating--things you will ever do, especially because you are

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learning as you go. No one goes into parenting knowing exactly how to handle everything that is thrown at them. But the best parents are always looking for ways to improve. In this Parenting Book, you will discover: - How to handle your own life once the nest is empty - Teaching your children

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cooking skills - Safety While Living Solo - Paying Bills and Handling Finances - The importance of boundaries if you and your grown child begin sharing a roof again - And much more! Clearly, you care about how you interact with and raise your kids and that's likely the most important part of

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being a good parent. Start your journey today!

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**has followed an active
toddler around for a day
knows that a child of this
age is a whirlwind of
explosive, contradictory,
and ever-changing
emotions. Alicia F.**

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**Lieberman offers an in-
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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

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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

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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

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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

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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

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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

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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

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a must-have for any parent hoping to
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