

# Raising Our Children Ourselves Naomi Aldort

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Freeing Your Child from Anxiety - Tamar Chansky, Ph.D. 2008-11-19  
Anxiety is the number one mental health problem facing young people today. Childhood should be a happy and carefree time, yet more and more children today are exhibiting symptoms of anxiety, from bedwetting and clinginess to frequent stomach aches, nightmares, and even refusing to go to school. Parents everywhere want to know: All children have fears, but how much is normal? How can you know when a stress has crossed over into a full-blown anxiety disorder? Most parents don't know how to recognize when there is a real problem and how to deal with it when there is. In *Freeing Your Child From Anxiety*, a childhood anxiety disorder specialist examines all manifestations of childhood fears, including social anxiety, Tourette's Syndrome, hair-pulling, and Obsessive Compulsive Disorder, and guides you through a proven program to help your child back to emotional safety. No child is immune from the effects of stress in today's media-saturated society. Fortunately, anxiety disorders are treatable. By following these simple solutions, parents can prevent their children from needlessly suffering today—and tomorrow. [www.broadwaybooks.com](http://www.broadwaybooks.com) From the Trade Paperback edition.  
**Last Child in the Woods** - Richard Louv 2008-04-22

"The children and nature movement is fueled by this fundamental idea:

the child in nature is an endangered species, and the health of children and the health of the Earth are inseparable." —Richard Louv, from the new edition  
In his landmark work *Last Child in the Woods*, Richard Louv brought together cutting-edge studies that pointed to direct exposure to nature as essential for a child's healthy physical and emotional development. Now this new edition updates the growing body of evidence linking the lack of nature in children's lives and the rise in obesity, attention disorders, and depression. Louv's message has galvanized an international back-to-nature campaign to "Leave No Child Inside." His book will change the way you think about our future and the future of our children. "[The] national movement to 'leave no child inside' . . . has been the focus of Capitol Hill hearings, state legislative action, grass-roots projects, a U.S. Forest Service initiative to get more children into the woods and a national effort to promote a 'green hour' in each day. . . . The increased activism has been partly inspired by a best-selling book, *Last Child in the Woods*, and its author, Richard Louv." —The Washington Post  
"Last Child in the Woods, which describes a generation so plugged into electronic diversions that it has lost its connection to the natural world, is helping drive a movement quickly flourishing across the nation." —The Nation's Health  
"This book is an absolute must-read for

parents.” —The Boston Globe Now includes A Field Guide with 100 Practical Actions We Can Take Discussion Points for Book Groups, Classrooms, and Communities Additional Notes by the Author New and Updated Research from the U.S. and Abroad

**The Gentle Parenting Book** - Sarah Ockwell-Smith 2016-03-03

Parenting trends come and go. Gentle parenting is different - it isn't a label for a precise set of rules but a method of parenting that embraces the needs of parent and child, while being mindful of current science and child psychology. It means parenting with empathy, respect, understanding - and boundaries. In *The Gentle Parenting Book*, Sarah Ockwell-Smith provides a trustworthy combination of what-to-expect information and gentle-parenting solutions to the most common challenges faced by parents with young children. Sarah addresses a wide variety of topics, including coping with a crying baby, introducing solid foods and creating healthy eating habits, potty training, starting nursery and school, sibling rivalry, tantrums, whining and sulking, aggressive behaviour and much more. And for those parents who have previously used a more authoritarian style of parenting, there's plenty of advice - and reassurance - on making the transition to a gentler approach. For many, gentle parenting comes as a relief because it chimes with their deepest instincts about the best way to raise their children.

Positive Discipline - Jane Nelsen, Ed.D. 2011-05-25

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 Nelson 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.

*The Attachment Parenting Book* - William Sears 2001-09-01

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.

**How to Talk So Teens Will Listen and Listen So Teens Will Talk** - Adele Faber 2010-09-14

The renowned #1 New York Times bestselling authors share their advice and expertise with parents and teens in this accessible, indispensable guide to surviving adolescence. Adele Faber and Elaine Mazlish

transformed parenting with their breakthrough, bestselling books *Siblings Without Rivalry* and *How to Talk So Kids Will Listen & Listen So Kids Will Talk*. Now, they return with this essential guide that tackles the tough issues teens and parents face today. Filled with straightforward advice and written in their trademark, down-to-earth style sure to appeal to both parents and teens, this all-new volume offers both innovative, easy-to-implement suggestions and proven techniques to build the foundation for lasting relationships. From curfews and cliques to sex and drugs, it gives parents the tools to help their children safely navigate the often stormy years of adolescence.

*Your Three-Year-Old* - Louise Bates Ames 2012-01-18

A three-year-old is a real puzzle to parents, sometimes anxious to please and befriend, sometimes strong-willed and difficult to get along with. At the heart of the three-year-old's personality is often an emotional insecurity—and this causes a host of problems for parents! Drs. Ames and Ilg, recognized authorities on child behavior and development, help parents understand what's going on inside that three-year-old head, what problems children have, and how to cope with the toddler who is sometimes friend, sometimes enemy. Included in this book: • Jealousy of a new sibling • Toilet training • How to improve a child's eating habits • Friendships with peers • Common fears • Developing language skills • Nursery school • Books for parents and three-year-olds "Louise Bates Ames and her colleagues synthesize a lifetime of observation of children, consultation, and discussion with parents. These books will help parents to better understand their children and will guide them through the fascinating and sometimes trying experiences of modern parenthood."—Donald J. Cohen, M.D., Director, Yale Child Study Center, Irving B. Harris Professor of Child Psychiatry, Pediatrics, and Psychology, Yale School of Medicine

**The Everything Tween Book** - Linda Sonna 2003-05-01

Has your daughter started wearing makeup and thinking about boys - years before you dreamed it could happen? Are you concerned that your son has been acting up and talking back - while you're sure you should still be his hero? As you know, the "tween" years, which fall between the

ages of eight and twelve, can often be a challenging time for both you and your child. The *Everything Tween Book*, written by child psychologist Dr. Linda Sonna, helps you navigate the trying years between childhood and adolescence. From addressing such serious issues as eating disorders and school violence to learning tolerance for pink and blue hair, *The Everything Tween Book* helps you understand and cope with your child's psychological, social, and emotional needs. *The Everything Tween Book* provides sound, professional advice on: Understanding - and dealing with - rebellion Improving communication Disciplining Managing sibling spats Helping your tween face peer pressure Ensuring good health Teaching sex education Packed with practical advice and reliable tips to help you get through the worst conflicts, *The Everything Tween Book* ensures that you stay sane while your tween blossoms into a healthy, happy, and mature young adult.

**7 Steps to Raising a Bilingual Child** - Naomi STEINER 2008-11-13

The best time to learn a second language is as a child. During childhood, the brain is more receptive to language learning than at any other time in life. Aware that a second language can enrich their child's understanding of other cultures and bring future job opportunities in a world drawn ever closer by globalization, many parents today are motivated to raise their children bilingual. This book helps parents in both monolingual and multilingual families determine and achieve their bilingual goals for their child, whether those goals are understanding others, the ability to speak a second language, reading and/or writing in two languages, or some combination of all of these. The authors explain how the brain learns more than one language, explode common myths, address frequently asked questions, and reveal an array of resources available to families. Packed with insightful anecdotes and powerful strategies, this is a one-of-a-kind guidebook for those seeking to provide their children with a uniquely valuable experience.

*Organic Parenting* - Koko Preston 2009-01-01

*Organic Parenting: The Prevention of Parent Deficit Disorder* is a kindly grandmother whispering in your ear. At your side, she shares words of wisdom gleaned from years of experience. Pick up *Organic Parenting* and

"hear" her advice whenever you need it--if problems arise, when you yearn for another perspective, on days where stress covers up sanity. Listen and learn how to infuse harmony into your family's life. With love, gentleness, and joy, Koko Preston guides parents in the world's most important work: raising children at all stages of life into happy, healthy, caring, and responsible adults.

*Parenting With Patience* - Judy L Arnall 2018-04-20

This is a quick book to read when you are calm, to use when you are not! Positive discipline has to begin with positive stress management. All families have stress. Make it work for you! Learn how to recognize stress, manage it, and regain your patience before yelling. Learn why children have tantrums at all ages, and how to help them channel anger into lifelong skills for self-control and communication. Learn normal childhood development, capabilities and temperament, so you can respectfully and non-punitively resolve everyday family issues. "Every parent needs patience, and this book has simple, respectful ways to calm down and connect." - Dr. William Sears and Martha Sears, RN, co-authors of *The Baby Book* and *The Discipline Book*

*Parenting for Peace* - Marcy Axness 2012

This book emphasizes a mother's role in the development of the child's brain and emotional infrastructures.

**Positive Parenting** - Rebecca Eanes 2016-06-07

"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.

*The Joy of Parenting* - Lisa W. Coyne 2009

Offers parents acceptance and commitment therapy skills to help them develop flexibility and mindfulness when parenting their children, and includes exercises covering such topics as handling tantrums and refocusing values.

365 Manners Kids Should Know - Sheryl Eberly 2011-11-08

If you've ever cringed at the sight of your ten-year-old waltzing through the neighbor's front door without an invitation, or struggled to teach your teenager proper "netiquette" for navigating the complicated world of social networks, you know the importance of teaching kids that manners matter. Sheryl Eberly's bestselling *365 Manners Kids Should Know* gives clever and insightful advice for the myriad situations where consideration counts, but is sometimes forgotten. This new edition incorporates tips for every aspect of digital communication into her straight-forward format. Using a smart one-manner-a-day organization, parents, grandparents, and teachers alike can find practical ways to teach essential manners like: - When and where it's appropriate to text - How to write a thank-you note - The proper way to handle an online bully - How to behave at events like birthday parties, weddings, and religious services Full of role-playing exercises, games, and other activities that adults can do with children, *365 Manners Kids Should Know* explains not only what manners to teach, but also how--and at what ages--to present them.

Up - Patricia Ellis Herr 2012-04-03

When Trish Herr became pregnant with her first daughter, Alex, she and her husband, Hugh, vowed to instill a bond with nature in their children.

By the time Alex was five, her over-the-top energy levels led Trish to believe that her very young daughter might be capable of hiking adult-sized mountains. In *Up*, Trish recounts their always exhilarating--and sometimes harrowing--adventures climbing all forty-eight of New Hampshire's highest mountains. Readers will delight in the expansive views and fresh air that only peakbaggers are afforded, and will laugh out loud as Trish urges herself to "mother up" when she and Alex meet an ornery--and alarmingly bold--spruce grouse on the trail. This is, at heart, a resonant, emotionally honest account of a mother's determination to foster independence and fearlessness in her daughter, to teach her "that small doesn't necessarily mean weak; that girls can be strong; and that big, bold things are possible."

**Raising Ourselves** - Velma Wallis 2002

Describes a girl's coming of age with her twelve siblings in a two-room cabin in Fort Yukon, Alaska, fending for themselves after their father dies and their mother descends into depression and alcoholism.

Heaven on Earth - Sharifa Oppenheimer 2006-08

As we see a shift of old forms that were once the foundations of our daily lives, parents--who must prepare the next generation to meet the changing world--have more questions today than ever before. Although our cultural values and family structures may change, it is the atmosphere in the home that continues to form the foundation of a child's life. In *Heaven on Earth*, parent and educator Sharifa Oppenheimer reveals how parents can make the home environment warm, lively, loving, and consistent with their highest ideals. *Heaven on Earth* balances a theoretical understanding of child development with practical ideas, resources, and tips that can transform family life. Readers will learn how to create the regular life rhythms needed to establish a foundation for learning; how to design indoor play environments that allow children the broadest development of skills; and how to create outdoor play spaces that encourage vigorous movement and a wide sensory palette. Through art, storytelling, and the festival celebrations, this book is an invaluable guide to building a "family culture" based on the guiding principle of love--a culture that supports children and

encourages the free development of each unique soul. Sharifa Oppenheimer offers a gift from the heart. *Heaven on Earth* is a practical, inspiring resource that brings the author's informed, intuitive understanding of young children into the heart of the home. "Sharifa Oppenheimer has given the world a great gift in the pages of this book. The important child-development information is exquisitely combined with the best 'How-to's' I have seen in any book for parents. Her book, is a ready guide that insures joyful, enthusiastic children who learn easily and contribute to their families and society for a lifetime. I have delighted in every page and feel this is absolutely A must read for parents, grandparents, teachers, and perhaps everyone who will ever touch the life of a child." --Carla Hannaford, Ph.D., biologist and international educational consultant to 32 countries and author of *Smart Moves: Why Learning Is Not All in Your Head* and *Awakening the Child Heart*, *Handbook for Global Parenting* "This delightful book will be a wonderful resource for parents. They will certainly appreciate its warm, friendly, personal, and reassuring tone. I would have loved such a book when I was a young mother! For those whose children already attend Waldorf programs, it provides a helpful resource for creating a bridge between home and kindergarten. For others, this lovely book offers wonderful glimpses into the wise and nurturing practices of Waldorf early childhood education. In a world where childhood is increasingly 'media'ted and 'adult'erated, this book offers much-needed support for the protection of childhood. " --Susan Howard, chairperson, Waldorf Early Childhood Association of North America and coordinator, International Association for Steiner/Waldorf Early Childhood Education "Being a parent is a challenging assignment, but with the help of Sharifa Oppenheimer's book, *Heaven on Earth*, our work immediately becomes easier. This book is both heartfelt and practical. It offers sound parenting principles with down-to-earth examples of how to raise children with both insight and grace." --Jack Petrash, director, Nova Institute, and author, *Navigating the Terrain of Childhood: A Guidebook for Meaningful Parenting and Heartfelt Discipline*

**Trauma-Proofing Your Kids** - Peter A. Levine, Ph.D. 2014-09-16

Now in 15 languages. Understand the different types of upsets and traumas your child may experience—and learn how to teach them how to be resilient, confident, and even joyful. The number of anxious, depressed, hyperactive and withdrawn children is staggering—and still growing! Millions have experienced bullying, violence (real or in the media), abuse or sexual molestation. Many other kids have been traumatized from more “ordinary” ordeals such as terrifying medical procedures, accidents, loss and divorce. *Trauma-Proofing Your Kids* sends a lifeline to parents who wonder how they can help their worried and troubled children now. It offers simple but powerful tools to keep children safe from danger and to help them “bounce back” after feeling scared and overwhelmed. No longer will kids have to be passive prey to predators or the innocent victims of life’s circumstances. In addition to arming parents with priceless protective strategies, best-selling authors Dr. Peter A. Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them. *Trauma-Proofing Your Kids* is a treasure trove of simple-to-follow “stress-busting,” boundary-setting, sensory/motor-awareness activities that counteract trauma’s effect on a child’s body, mind and spirit. Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development, this groundbreaking book simplifies an often mystifying and complex subject, empowering parents to raise truly confident and joyful kids despite stressful and turbulent times.

**Criar a Nuestros Hijos Creciendo Nosotros** - Naomi Aldort  
2015-06-26

Every parent would happily give up ever scolding, punishing or threatening if she only knew how to ensure that her toddler/child/teen would thrive and act responsibly without such painful measures. *Raising Our Children, Raising Ourselves* is the answer to this universal wish. It is not about gentle ways to control a child, but about a way of being and of understanding a child so she/he can be the best of herself, not because she fears you or seeks your approval but because she wants to, of her own free will. Aldort's guidance takes the struggle out of parenting. The

book is full of real life stories, often leaving the reader moved to tears or laughter and relieved to discover that there is a kinder way. The SALVE communication formula has been praised for providing a hybrid of *The Work of Byron Katie* and *Nonviolent Communication*. It gives parents the tools to move beyond their initial unproductive reaction, to a response that is connecting and empowering to the child and to themselves.

[You Can Heal Your Child](#) -

**The Natural Child** - Jan Hunt 2001-12-01

Discover an age-old parenting method that treats children with dignity, respect, understanding, and compassion from infancy into adulthood. *The Natural Child* makes a compelling case for a return to attachment parenting, a child-rearing approach that has come naturally for parents throughout most of human history. In this insightful guide, parenting specialist Jan Hunt links together attachment parenting principles with child advocacy and homeschooling philosophies, offering a consistent approach to raising a loving, trusting, and confident child. *The Natural Child* dispels the myths of “tough love,” building baby’s self-reliance by ignoring its cries, and the necessity of spanking to enforce discipline. Instead, the book explains the value of extended breast-feeding, family co-sleeping, and minimal child-parent separation. Homeschooling, like attachment parenting, nurtures feelings of self-worth, confidence, and trust. The author draws on respected leaders of the homeschool movement such as John Taylor Gatto and John Holt, guiding the reader through homeschool approaches that support attachment parenting principles. Being an ally to children is spontaneous for caring adults, but intervening on behalf of a child can be awkward and surrounded by social taboo. *The Natural Child* shows how to stand up for a child’s rights effectively and sensitively in many difficult situations. The role of caring adults, points out Hunt, is not to give children “lessons in life”—but to employ a variation of The Golden Rule, and treat children as we would like to have been treated in childhood. Praise for *The Natural Child* “I had grown jaded with the flood of parenting books, but *The Natural Child* is a rare and splendid exception . . . I can’t praise it sufficiently, and

would place it along with Leidloff's Continuum Concept and my own Magical Child . . . . It could make an enormous difference if read widely enough." —Joseph Chilton Pierce, author of *The Magical Child* "In prose that is at the same time eloquent and simple, [Hunt] provides a mix of useful parenting tips that are supported by the philosophy that children reflect the treatment they receive. This is no less than an impassioned plea for the future—not only our children's future, but the future of our way of life on this planet." —Wendy Priesnitz, Editor, *Natural Life Magazine*

**Parenting for a Peaceful World** - Robin Grille 2014-04-14

*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 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.

*Divorce Casualties* - Douglas Darnall 1998

Details the effects of divorce on children and offers techniques for understanding the effects of alienation

*ParentShift* - Wendy Thomas Russell 2019-05-07

"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:

- 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.

**The Bullying Antidote** - Louise Hart 2013

Offers parents advice on raising confident children who will be resilient in the face of a bully, featuring strategies for building a family culture that prohibits bullying and for boosting children's self-respect and self-esteem.

*Beyond Time-Out* - Beth A. Grosshans 2008

The covers of such magazines as *Time* and *Newsweek* have described parents as living in "mayhem" and "madness" with their children. TV's *Supernanny* regularly captures kids wildly, unbelievably out of control. How did our families get to such a state? Child psychologist Dr. Beth Grosshans has the answer. And mothers and fathers everywhere are listening. In what is sure to become a much-discussed blockbuster, Dr. Grosshans reveals why she believes nearly a half-century of parenting advice—with its emphasis on talking, exalting children's self-esteem, and time-outs—is largely to blame for today's lack of discipline. Her innovative ideas and techniques challenge this prevailing culture, proving that power and authority are as essential as love and good intentions to effective parenting. She persuasively explains why kids can only grow up healthy and strong when firmly led by their parents'

experience and better judgment, and provides a clear, easy five step program to follow. She enables parents to look at themselves clearly and identify their child-rearing style as they are often shocked to discover how their own behavior has inadvertently caused an imbalance in the family's structure. Reading *Beyond Time-Out* is akin to sitting with Dr. Grosshans in her clinical office--and her core truths about healthy parent-child relationships are timeless.

*Attachment Play* - Aletha Jauch Solter 2013

*Peaceful Parent, Happy Kids* - Laura Markham 2012-11-27

A groundbreaking guide to raising responsible, capable, happy kids

Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham's approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years. If you're tired of power struggles, tantrums, and searching for the right "consequence," look no further. You're about to discover the practical tools you need to transform your parenting in a positive, proven way.

***Elevating Child Care: A Guide to Respectful Parenting*** - Janet Lansbury 2014-05-01

Janet Lansbury's advice on respectful parenting is quoted and shared by millions of readers worldwide. Inspired by the pioneering parenting philosophy of her friend and mentor, Magda Gerber, Janet's influential voice encourages parents and child care professionals to perceive babies as unique, capable human beings with natural abilities to learn without being taught; to develop motor and cognitive skills; communicate; face age appropriate struggles; initiate and direct independent play for extended periods; and much more. Once we are able to view our children

in this light, even the most common daily parenting experiences become stimulating opportunities to learn, discover, and to connect with our child. "Elevating Child Care" is a collection of 30 popular and widely read articles from Janet's website that focus on some of the most common infant/toddler issues: eating, sleeping, diaper changes, communication, separation, focus and attention span, creativity, boundaries, and more. Eschewing the quick-fix 'tips and tricks' of popular parenting culture, Janet's insightful philosophy lays the foundation for a closer, more fulfilling parent/child relationship, and children who grow up to be authentic, confident, successful adults.

*Connection Parenting* - Pam Leo 2007

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

***Raising Our Children, Raising Ourselves*** - Naomi Aldort 2006

[This title] operates on the radical premise that neither child nor parent must dominate. -- Review.

***kids are worth it!*** - Barbara Coloroso 1995-08-01

Barbara Coloroso's powerful message is that good parenting begins with treating kids with respect. It means giving them a sense of power in their own lives, and offering them opportunities to make decisions, take responsibility for their actions, and learn from their own successes and mistakes. Rejecting the "quick fix" solutions of punishment and reward, she uses everyday family situations from sibling rivalry to teenage rebellion to demonstrate sound strategies for giving children the inner discipline and self-confidence that will help them grow into responsible, resourceful, and resilient adults. Discover:

- Three basic tenets to a good parent/child relationship
- Why discipline is not learned through threats and bribes
- Why teaching a child how to think instead of what to think builds self-confidence
- The good news about the strong-willed child

Three alternatives to always saying "No" • How to buffer your children from the dangers of sexual promiscuity, drug abuse, and other self-destructive behavior • Using mealtime, bedtime, toilet-training, chores, allowance, and sibling rivalry as opportunities to help children develop their own sense of inner discipline

**Packaging Girlhood** - Sharon Lamb, Ed.D. 2007-04-01

The stereotype-laden message, delivered through clothes, music, books, and TV, is essentially a continuous plea for girls to put their energies into beauty products, shopping, fashion, and boys. This constant marketing, cheapening of relationships, absence of good women role models, and stereotyping and sexualization of girls is something that parents need to first understand before they can take action. Lamb and Brown teach parents how to understand these influences, give them guidance on how to talk to their daughters about these negative images, and provide the tools to help girls make positive choices about the way they are in the world. In the tradition of books like *Reviving Ophelia*, *Odd Girl Out*, *Queen Bees and Wannabees* that examine the world of girls, this book promises to not only spark debate but help parents to help their daughters.

**Helping Young Children Flourish** - Aletha Jauch Solter 1989

This book is a sequel to *The Aware Baby*, and has now been translated into French, German, Hebrew, and Italian. It focuses on the development and emotional needs of children up to eight years of age, and provides insights to help you understand your child, maintain a close, loving relationship, and cope with day-to-day problems. It will also give you guidelines for helping your child reach his or her highest potential. If you have not read *The Aware Baby*, and are not yet practicing *Aware Parenting*, *Helping Young Children Flourish* can profoundly shift your relationship with your child. The topics covered include crying and raging, dealing with childhood fears, stimulation and learning, reasons for "misbehavior," alternatives to punishments and rewards, sibling rivalry, eating problems, the emotional aspects of illnesses and injuries, bedtime problems, and hyperactivity.

**Discipline Without Distress** - Judy Arnall 2008

Discipline that you and your child will feel good about! Spanking and time-outs do NOT work. At last, a positive discipline book that is full of practical tips, strategies, skills, and ideas for parents of babies through teenagers, and tells you EXACTLY what to do "in the moment" for every type of behaviour, from whining to web surfing. Includes 50 pages of handy charts of the most common behaviour problems and the tools to handle them respectfully! Parents and children today face very different challenges from the previous generation. Today's children play not only in the sandbox down the street, but also in the world wide web, which is too big and complex for parents to control and supervise. As young as aged four, your child can contact the world and the world can contact them. A strong bond between you and your child is critical in order for your child to regard you as their trusted advisor. Traditional discipline methods no longer work with today's children and they destroy your ability to influence your increasingly vulnerable children who need you as their lifeline! You need new discipline tools!

**Honey, I Wrecked The Kids** - Alyson Schafer 2013-07-02

More life-saving parenting advice from the bestselling author of *Breaking the Good Mom Myth*. Bringing the same perceptive and actionable advice that made *Breaking the Good Mom Myth* an international bestseller, TV host and psychotherapist Alyson Schafer again comes to the rescue of desperate parents everywhere. For those who've tried just about everything to discipline their kids, *Honey, I Wrecked the Kids* explains why children today really are resistant to traditional parenting methods and how only a new model for winning cooperation really works. Full of real-life examples, the book gives parents a deeper understanding of misbehavior and their role in it, shies away from traditional behavioral models of parenting, and offers humane, good-humored advice that will make parenting a manageable and, finally, rewarding task. Alyson Schafer (Toronto, ON) is the host of *The Parenting Show* and a media expert on parenting. She has appeared on *The Montel Williams Show* and been featured in *Cosmopolitan*, *Parenting*, *Reader's Digest*, and more.

**Respectful Parents, Respectful Kids** - Sura Hart 2006

A practical handbook that provides seven simple steps to resolving

conflicts between parents and children; and includes activities, stories, and helpful resources.

Instead of Medicating and Punishing - Laurie A. Couture 2008-10

Parents in our culture today are bombarded by "experts" offering "tools," "programs," diagnoses, "treatments" and medications. Why doesn't any of it seem to help our children act and feel better? With this book parents will learn: . Children's brains are wired from conception through adolescence to need certain parenting and educational conditions that are different from almost everything that we have grown up with or have learned from our culture. . What people in peaceful tribal cultures have known about parenting and education for millennia . How to heal their children's mental health, behavioral and learning problems at the root causes, resulting in genuine improvements in family happiness. "Instead of Medicating and Punishing" is for parents of children of all ages, from pregnancy through late adolescence. It is for parents of children who have mild, moderate or severe mental health, learning or behavioral

problems and also addresses the special needs of adoptive children.

*The Other Baby Book* - Megan McGrory Massaro 2012

What if the rules of modern motherhood were turned upside down? *The Other Baby Book: A Natural Approach to Baby's First Year* guides new and expecting mamas on a journey past "shoulds" and "musts," back to the heart of true joy and relationship. Motherhood has been targeted by advertisers, and bombarded by opinions masquerading as medical necessities. Massaro and Katz are helping mothers reclaim a simpler, more connected first year with their babies. Readers will find eight fun-to-read chapters filled with baby-friendly practices, along with stories from moms in-the-know. In a soothing yet sassy voice, the authors present compelling research on topics like birth, holding your baby, breastfeeding, infant sleep, pottyng babies (yes, really!), sign language, baby-led solids, and self-care for moms. The book also features contributions from leading practitioners in baby care: Dr. James McKenna, Dr. Janet Zand, Naomi Aldort, Gill Rapley, Nancy Mohrbacher, and more.