

Download File PDF The Danish Way Of Parenting What The Happiest People In The World Know About Raising Confident Capable Kids

As recognized, adventure as well as experience just about lesson, amusement, as without difficulty as union can be gotten by just checking out a books **The Danish Way Of Parenting What The Happiest People In The World Know About Raising Confident Capable Kids** afterward it is not directly done, you could assume even more re this life, approximately the world.

We manage to pay for you this proper as skillfully as simple quirk to acquire those all. We allow The Danish Way Of Parenting What The Happiest People In The World Know About Raising Confident Capable Kids and numerous books collections from fictions to scientific research in any way. in the course of them is this The Danish Way Of Parenting What The Happiest People In The World Know About Raising Confident Capable Kids that can be your partner.

5C8890 - NATHANAEAL FARMER

When it comes to parenting, sometimes you have to trust your gut. With her first book, *It's OK Not to Share*, Heather Shumaker overturned all the conventional rules of parenting with her "renegade rules" for raising competent and compassionate kids. In *It's OK To Go Up the Slide*, Shumaker takes on new hot-button issues with renegade rules such as: - Recess Is A Right - It's OK Not To Kiss Grandma - Ban Homework in Elementary School - Safety Second - Don't Force Participation Shumaker also offers broader guidance on how parents can control their own fears and move from an overscheduled life to one of more free play. Parenting can too often be reduced to shuttling kids between enrichment classes, but Shumaker challenges parents to reevaluate how they're spending their precious family time. This book helps parents help their kids develop important life skills in an age-appropriate way. Most important, parents must model these skills, whether it's technology use, confronting conflict, or coping emotionally with setbacks. Sometimes being a good parent means breaking all the rules.

It's never too early to start talking to boys about gender, consent, and empathy. In a world still steeped in gender inequality and sexual violence, it's become more and more clear that we can't just teach girls to protect themselves. We must also teach boys not to do harm. As parents, we all want to raise kind and loving kids who will grow up to be conscientious adults. But when you look closely at our society—especially at the statistics surrounding rape, domestic violence, and sexual assault—it's clear that something needs to change. It's time to teach our sons compassion and empathy. It's time to show them that it's okay to cry, to laugh, to be angry, to be silly. It's time to teach them to respect girls, and not just the ones they think are pretty. It's time to teach them that it's not okay to pick on the queer kids, the little kids, and the fat kids. It's time to teach boys that it's not okay to treat kids of color like second-class citizens. It's time to teach our boys how to be conscious citizens. But where do you begin? Written by a clinical psychologist with expertise in modern families, *Raising Feminist Boys* is a parent's guide to having age appropriate conversations with boys about sexual responsibility, consent, gender, empathy, and identity. You'll find an accessible framework that includes developmental considerations, language, and clear tools for how to talk with your son about feminism without shame, fear, or judgment. We need to have honest and informative conversations with our sons about sex and consent. We must show them how to recognize and question gender norms and bias, both within the culture and, most importantly, within ourselves. *Raising Feminist Boys* will give you the tools you need to get started.

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.

Bringing Up Bébé meets *Last Child in the Woods* in this "fascinating exploration of the importance of the outdoors to childhood development" (Kirkus Reviews) from a Swedish-American mother who sets out to discover if the nature-centric parenting philosophy of her native Scandinavia holds the key to healthier, happier lives for her American children. Could the Scandinavian philosophy of "There's no such thing as bad weather, only bad clothes" hold the key to happier, healthier lives for American children? When Swedish-born Linda Åkeson McGurk moved to Indiana, she quickly learned that the nature-centric parenting philosophies of her native Scandinavia were not the norm. In Sweden, children play outdoors year-round, regardless of the weather, and letting babies nap outside in freezing temperatures is common and recommended by physicians. Preschoolers spend their days climbing trees, catching frogs, and learning to compost, and environmental education is a key part of the public-school curriculum. In the US, McGurk found the playgrounds deserted, and preschoolers were getting drilled on academics with little time for free play in nature. And when a swimming outing at a nearby creek ended with a fine from a park officer, McGurk realized that the parenting philosophies of her native country and her adopted homeland were worlds apart. Struggling to decide what was best for her family, McGurk embarked on a six-month journey to Sweden with her two daughters to see how their lives would change in a place where spending time in nature is considered essential to a good childhood. Insightful and lively, *There's No Such Thing as Bad Weather* is a fascinating personal narrative that illustrates how Scandinavian culture could hold the key to raising healthy, resilient, and confident children in America.

'A shining alternative to high-stress modern parenting, and families from New Delhi to New York will shout with joy' Heather Shumaker, author of *It's OK Not to Share* and *It's OK to Go Up the Slide* 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 guide reveals the six essential principles that have been working for parents in Denmark for decades: - Play: 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 towards others - No ultimatums: no power struggles or resentment - Togetherness: a way to celebrate family time, on special occasions and every day A revealing and fresh take on parenting advice, *The Danish Way of Parenting* will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

The #1 New York Times bestseller. Over 4 million copies sold! *Tiny Changes, Remarkable Results* No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is

your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: make time for new habits (even when life gets crazy); overcome a lack of motivation and willpower; design your environment to make success easier; get back on track when you fall off course; ...and much more. *Atomic Habits* will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Our children can be our greatest teachers. Parenting expert Susan Stiffelman writes that the very behaviors that push our buttons -- refusing to cooperate or ignoring our requests -- can help us build awareness and shed old patterns, allowing us to raise our children with greater ease and enjoyment. Filled with practical advice, powerful exercises, and fascinating stories from her clinical work, *Parenting with Presence* teaches us how to become the parents we most want to be while raising confident, caring children. "Shows parents how they can transform parenting into a spiritual practice." -- Eckhart Tolle, author of *The Power of Now* "Clear, wise, soulful, and poetic." -- Alanis Morissette

• New York Times bestseller • The 100 most substantive solutions to reverse global warming, based on meticulous research by leading scientists and policymakers around the world "At this point in time, the Drawdown book is exactly what is needed; a credible, conservative solution-by-solution narrative that we can do it. Reading it is an effective inoculation against the widespread perception of doom that humanity cannot and will not solve the climate crisis. Reported by-effects include increased determination and a sense of grounded hope." --Per Espen Stoknes, Author, *What We Think About When We Try Not To Think About Global Warming* "There's been no real way for ordinary people to get an understanding of what they can do and what impact it can have. There remains no single, comprehensive, reliable compendium of carbon-reduction solutions across sectors. At least until now. . . . The public is hungry for this kind of practical wisdom." --David Roberts, Vox "This is the ideal environmental sciences textbook--only it is too interesting and inspiring to be called a textbook." --Peter Kareiva, Director of the Institute of the Environment and Sustainability, UCLA In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to climate change. One hundred techniques and practices are described here--some are well known; some you may have never heard of. They range from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air. The solutions exist, are economically viable, and communities throughout the world are currently enacting them with skill and determination. If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth's warming but to reach drawdown, that point in time when greenhouse gases in the atmosphere peak and begin to decline. These measures promise cascading benefits to human health, security, prosperity, and well-being--giving us every reason to see this planetary crisis as an opportunity to create a just and livable world.

We all want our children to reach their fullest potential--to be smart and well adjusted, and to make a difference in the world. We wonder why, for some people, success seems to come so naturally. Could the secret be how they were parented? This book unveils how parenting helped shape some of the most fascinating people you will ever encounter, by doing things that almost any parent can do. You don't have to be wealthy or influential to ensure your child reaches their greatest potential. What you do need is commitment--and the strategies outlined in this book. In *The Formula: Unlocking the Secrets to Raising Highly Successful Children*, Harvard economist Ronald Ferguson, named in a New York Times profile as the foremost expert on the US educational "achievement gap," along with award-winning journalist Tatsha Robertson, reveal an intriguing blueprint for helping children from all types of backgrounds become successful adults. Informed by hundreds of interviews, the book includes never-before-published insights from the "How I was Parented Project" at Harvard University, which draws on the varying life experiences of 120 Harvard students. Ferguson and Robertson have isolated a pattern with eight roles of the "Master Parent" that make up the Formula: the Early Learning Partner, the Flight Engineer, the Fixer, the Revealer, the Philosopher, the Model, the Negotiator, and the GPS Navigational Voice. The Formula combines the latest scientific research on child development, learning, and brain growth and illustrates with life stories of extraordinary individuals--from the Harvard-educated Ghanian entrepreneur who, as the young child of a rural doctor, was welcomed in his father's secretive late-night political meetings; to the nation's youngest state-wide elected official, whose hardworking father taught him math and science during grueling days on the family farm in Kentucky; to the DREAMer immigration lawyer whose low-wage mother pawned her wedding ring to buy her academically outstanding child a special flute. The Formula reveals strategies on how you--regardless of race, class, or background--can help your children become the best they can be and shows ways to maximize their chances for happy and purposeful lives.

"This is a must-read for every family that yearns to create peace and harmony." --Shelafy 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, evol-

ing 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.

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.

Discover how Dutch parents raise The Happiest Kids in the World! Calling all stressed-out parents: Relax! Imagine a place where young children play unsupervised, don't do homework, have few scheduled "activities" . . . and rank #1 worldwide in happiness and education. It's not a fantasy—it's the Netherlands! Rina Mae Acosta and Michele Hutchison—an American and a Brit, both married to Dutchmen and raising their kids in the Netherlands—report back on what makes Dutch kids so happy and well adjusted. Is it that dads take workdays off to help out? Chocolate sprinkles for breakfast? Bicycling everywhere? Whatever the secret, entire Dutch families reap the benefits, from babies (who sleep 15 hours a day) to parents (who enjoy a work-life balance most Americans only dream of). As Acosta and Hutchison borrow ever-more wisdom from their Dutch neighbors, this much becomes clear: Sometimes the best thing we can do as parents is . . . less!

Are you searching for more purpose in your life, and want to understand yourself better? Do you feel isolated, as no one else seems to be on your wave-length? Are you feeling misplaced in work, and finding it hard to focus? Are you looking for something deeper, and more fulfilling? Heidi Sawyer has used the principles and techniques she shares in this book to help thousands of Highly Intuitive People to connect to their life purpose, understand their psychological and emotional needs, and have deeply fulfilling relationships. Her clients have learnt that their intuitive senses can be a blessing, rather than a painful, disabling sensitivity they would rather lose. Woven amongst the fascinating discoveries she has made about how Highly Intuitive People experience life, and proven, practical tools to support their happiness, Heidi shares her own story as a Highly Intuitive Person moving through trauma to success. This book will help you to understand and restore your faith in your unique abilities, so that you can learn to work with them rather than against them.

How to eat for maximum brain power and health from an expert in both neuroscience and nutrition. Like our bodies, our brains have very specific food requirements. And in this eye-opening book from an author who is both a neuroscientist and a certified integrative nutritionist, we learn what should be on our menu. Dr. Lisa Mosconi, whose research spans an extraordinary range of specialties including brain science, the microbiome, and nutritional genomics, notes that the dietary needs of the brain are substantially different from those of the other organs, yet few of us have any idea what they might be. Her innovative approach to cognitive health incorporates concepts that most doctors have yet to learn. Busting through advice based on pseudoscience, Dr. Mosconi provides recommendations for a complete food plan, while calling out noteworthy surprises, including why that paleo diet you are following may not be ideal, why avoiding gluten may be a terrible mistake, and how simply getting enough water can dramatically improve alertness. Including comprehensive lists of what to eat and what to avoid, a detailed quiz that will tell you where you are on the brain health spectrum, and 24 mouth-watering brain-boosting recipes that grow out of Dr. Mosconi's own childhood in Italy, Brain Food gives us the ultimate plan for a healthy brain. Brain Food will appeal to anyone looking to improve memory, prevent cognitive decline, eliminate brain fog, lift depression, or just sharpen their edge.

A thought-provoking combination of practical parenting information and scientific analysis, Our Babies, Ourselves is the first book to explore why we raise our children the way we do—and to suggest that we reconsider our culture's traditional views on parenting. New parents are faced with innumerable decisions to make regarding the best way to care for their baby, and, naturally, they often turn for guidance to friends and family members who have already raised children. But as scientists are discovering, much of the trusted advice that has been passed down through generations needs to be carefully reexamined. In this ground-breaking book, anthropologist Meredith Small reveals her remarkable findings in the new science of ethnopediatrics. Professor Small joins pediatricians, child-development researchers, and anthropologists across the country who are studying to what extent the way we parent our infants is based on biological needs and to what extent it is based on culture—and how sometimes what is culturally dictated may not be what's best for babies. Should an infant be encouraged to sleep alone? Is breast-feeding better than bottle-feeding, or is that just a myth of the nineties? How much time should pass before a mother picks up her crying infant? And how important is it really to a baby's development to talk and sing to him or her? These are but a few of the important questions Small addresses, and the answers not only are surprising, but may even change the way we raise our children.

Bringing Reggio Emilia Home is the first book to integrate the experiences of one American teacher on a year-long internship in the preschools of Reggio, with a four-year adaptation effort in one American school. The lively text includes many "mini-stories" of preschool and kindergarten-age children, teachers, and parents who embark on journeys of learning together. These journeys take shape in language, in drawings, in tempera paint and clay, in outdoor excursions, and in the imaginations of both the children and adults. This informative and accessible work features photographs of the children (both in Italy and the United States) and samples of the children's work, including some in full colour. During the past 10 years there has been a tremendous interest among early childhood educators and parents in the innovative approaches to teaching pioneered in the preschools of Reggio Emilia, Italy. This book is a must read for anyone interested in the Reggio Approach! Teachers, especially those in early childhood, teacher educators, policy makers, administrators, and parents will find it invaluable.

Audrey "Sunshine" Monke, mother of five and camp owner-director, shares nine powerful parenting techniques-inspired by the research-based practices of summer camp-to help kids thrive and families become closer. Research has proven that kids are happier and gain essential social and emotional skills at camp. A recognized parenting expert, Audrey Monke distills what she's learned from thousands of interactions with campers, camp counselors, and parents, and from her research in positive psychology, to offer intentional strategies parents can use to foster the benefits of camp at home. Our screen-obsessed, competitive society makes it harder than ever to raise happy, thriving kids. But there are tried-and-true methods that can help. Instead of rearing a generation of children who are overwhelmed, anxious, depressed, and who struggle to become independent, responsible adults, parents can create a culture that promotes the growth of important character traits and the social

skills kids need for meaningful, successful lives. Thousands of parents attest to the "magical" benefits of summer camp for their kids, noting their children return more joyful, positive, confident, and resilient after just a few weeks. But you can learn exactly what it takes to promote these benefits at home. Complete with specific ideas to implement the most effective summer camp secrets, HAPPY CAMPERS is a one of a kind resource for raising happy, socially intelligent, successful kids.

Winner of the International Federation for Family Development Award. When Dr Tom Harrison, a leading expert in the field of character education and the Internet, bought his daughter her first smartphone, a major milestone had been reached: she had entered the 'cyber-world'. Harrison no longer needed to know what to think; he needed to know what to do. This is the first practical book of its kind to show parents and teachers how to develop character as the foundation for helping young people to thrive in their online interactions. It answers the question: How do we prepare our children to do the right thing when no one is watching? Based on his own experience as a parent, more than a decade of research and thousands of conversations with parents, teachers, children and policymakers, the REACT and THRIVE models have been developed to engage with character, wellbeing, social and emotional learning, ethics and digital citizenship - all the ingredients for flourishing online. The world is waking up to the importance of character for individual and wider societal flourishing. Harrison is at the forefront of this movement and is regularly invited to advise policymakers and thousand of teachers and parents around the world. This book is a must-read for parents and educators who want to help children not just survive but thrive online in their cyber-worlds.

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

From the authors of The Whole-Brain Child and No-Drama Discipline, an indispensable guide to unlocking your child's innate capacity for resilience, compassion, and creativity. When facing contentious issues such as screen time, food choices, and bedtime, children often act out or shut down, responding with reactivity instead of receptivity. This is what New York Times bestselling authors Daniel J. Siegel and Tina Payne Bryson call a No Brain response. But our kids can be taught to approach life with openness and curiosity. When kids work from a Yes Brain, they're more willing to take chances and explore. They're more curious and imaginative. They're better at relationships and handling adversity. In The Yes Brain, the authors give parents skills, scripts, and activities to bring kids of all ages into the beneficial "yes" state. You'll learn • the four fundamentals of the Yes Brain—balance, resilience, insight, and empathy—and how to strengthen them • the key to knowing when kids need a gentle push out of a comfort zone vs. needing the "cushion" of safety and familiarity • strategies for navigating away from negative behavioral and emotional states (aggression and withdrawal) and expanding your child's capacity for positivity The Yes Brain is an essential tool for nurturing positive potential and keeping your child's inner spark glowing and growing strong. Praise for The Yes Brain "This unique and exciting book shows us how to help children embrace life with all of its challenges and thrive in the modern world. Integrating research from social development, clinical psychology, and neuroscience, it's a veritable treasure chest of parenting insights and techniques."—Carol S. Dweck, Ph.D., author of Mindset "I have never read a better, clearer explanation of the impact parenting can have on a child's brain and personality."—Michael Thompson, Ph.D. "Easily assimilated and informative, the book will help adults enable children to lead physically and emotionally satisfying and well-rounded lives filled with purpose and meaningful relationships. Edifying, easy-to-understand scientific research that shows the benefits that accrue when a child is encouraged to be inquisitive, spirited, and intrepid."—Kirkus Reviews

Through her own family's often funny experiences as well as interviews with other parents, teachers, and experts, Zaske shares the many unexpected parenting lessons she learned from living in Germany.

"If Mr. and Mrs. Smith had kids and wrote a parenting book, this is what you'd get: a practical guide for how to utilize key spy tactics to teach kids important life skills--from self-defense to effective communication to conflict resolution." --Working Mother Christina was a single, successful CIA analyst with a burgeoning career in espionage when she met fellow spy, Ryan, a hotshot field operative who turned her world upside down. They fell in love, married, and soon they were raising three children from his first marriage, and later, two more of their own. Christina knew right away that there was something special about the way Ryan was parenting his kids, although she had to admit their obsession with surviving end-of-world scenarios and their ability to do everything from archery to motorcycle riding initially gave her pause. More than that, Ryan's kids were much more security savvy than most adults she knew. She soon realized he was using his CIA training and field experience in his day-to-day child-rearing. And why shouldn't he? The CIA trains its employees to be equipped to deal with just about anything. Shouldn't parents strive to do the same for their kids? As Christina grew into her new role as a stepmom and later gave birth to their two children, she got on board with Ryan's unique parenting style--and even helped shape it using her own experiences at the CIA. Told through honest and relatable parenting anecdotes, Christina shares their distinctive approach to raising confident, security-conscious, resilient children, giving practical takeaways rooted in CIA tradecraft along the way. License to Parent aims to provide parents with the tools necessary to raise savvy, well-rounded kids who have the skills necessary to navigate through life.

Cribsheet meets The Sh!t No One Tells You in this no-holds-barred, judgment-free parenting guide that sets the record straight on every hot-button parenting topic by longtime journalist and founder of the viral #NoShameParenting movement. What if you could do more for your kids, by doing a whole lot less? Parenting today has become a competitive sport, and it seems that everyone is losing. From the very moment that little line turns blue, parents-to-be find themselves in a brave new world where every decision they make is fraught, every action they take is judged, and everything they do seems to be the wrong thing. Formula feed? Breast is best. Breastfeed in public? That's indecent. Cry it out? You're causing permanent harm to your child. Don't sleep train? Your child will never learn to sleep on his or her own. Stay home? You're setting a bad example for your kids. Go back to work? Don't you love your kids more than your job? Lindsay Powers—former editor-in-chief of Yahoo! Parenting, creator of the #NoShameParenting movement, and mom of two—is here to help parents everywhere breathe a collective sigh of relief. This laugh-out-loud funny, accessible, and reassuring book sets the record straight on all of the insane conflicts that parents face—from having a glass of wine while pregnant to sleep training, childcare, feeding, and even sex after baby. Drawing on the latest research and delivered in a relatable, comforting voice, You Can't F*ck Up Your Kids demonstrates that it is possible to take the stress out of parenting and sit back and enjoy the ride.

This Danish book full of bedtime "hygge" has helped thousands of children to sleep in more than 20 countries. Is your tiny wonder popping out of bed? Would you love to teach your child about inner beauty and the power of the heart? Introducing your child to heart meditation is helping them navigate the challenges of growing up in The Digital Age.

Countering the Tiger Mother parenting style, this research-based, practical guide provides an excellent framework for raising competent and compassionate children. In an era of helicopter parents—moms and dads who constantly hover over their children to monitor and manage their lives—and our cultures focus on personal gain and corporate greed, there is great need for a parenting guide that outlines how to raise children who are well adjusted. A Practical Guide for Raising a Self-Directed and Caring Child fills that void. In response to Amy Chua's recent bestseller, Battle Hymn of the Tiger

Mother, psychologist Louis J. Lichtman, PhD, presents a compelling case for the notion that children will be more successful if they are self-directed rather than parent-controlled. Through anecdotes and research studies, Lichtman illustrates how to build a child's self-esteem and delves into how parenting styles and disciplinary practices influence a child's behavior and character. Lichtman also gives special attention to the topics of achievement, parenting during the adolescent years, and how family structure impacts children. In addition, Lichtman discusses how to avoid common parenting mistakes, issues to consider before deciding to become a parent, and how to give children the best possible start in life. Designed to help parents develop a set of guiding parenting principles, this guide is applicable to all situations and to children of all ages. A Practical Guide for Raising a Self-Directed and Caring Child offers a solid, comprehensive resource for today's parents.

An eye-opening guide to the world's best parenting strategies Research reveals that American kids lag behind in academic achievement, happiness, and wellness. Christine Gross-Loh exposes culturally determined norms we have about "good parenting," and asks, Are there parenting strategies other countries are getting right that we are not? This book takes us across the globe and examines how parents successfully foster resilience, creativity, independence, and academic excellence in their children. Illuminating the surprising ways in which culture shapes our parenting practices, Gross-Loh offers objective, research-based insight such as: Co-sleeping may promote independence in kids. "Hoverparenting" can damage a child's resilience. Finnish children, who rank among the highest academic achievers, enjoy multiple recesses a day. Our obsession with self-esteem may limit a child's potential.

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 guide reveals the habits of the happiest families on earth. With illuminating examples and simple yet powerful advice, the authors present 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 towards 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 simple yet meaningful way to foster a close bond. A revealing and fresh take on cross-cultural parenting advice, *The Danish Way of Parenting* will help parents from all walks of life raise the happiest, most well-adjusted kids in the world. From the Trade Paperback edition.

Today's busier, faster society is waging an undeclared war on childhood. With too much stuff, too many choices, and too little time, children can become anxious, have trouble with friends and school, or even be diagnosed with behavioral problems. Now internationally renowned family consultant Kim John Payne helps parents reclaim for their children the space and freedom that all kids need for their attention to deepen and their individuality to flourish. *Simplicity Parenting* offers inspiration, ideas, and a blueprint for change:

- Streamline your home environment. Reduce the amount of toys, books, and clutter—as well as the lights, sounds, and general sensory overload.
- Establish rhythms and rituals. Discover ways to ease daily tensions, create battle-free mealtimes and bedtimes, and tell if your child is overwhelmed.
- Schedule a break in the schedule. Establish intervals of calm and connection in your child's daily torrent of constant doing.
- Scale back on media and parental involvement. Manage your children's "screen time" to limit the endless deluge of information and stimulation. A manifesto for protecting the grace of childhood, *Simplicity Parenting* is an eloquent guide to bringing new rhythms to bear on the lifelong art of raising children.

No-nonsense, sanity-saving insights from the Washington Post on Parenting columnist—for anyone who's drowning in parental pressure and advice that doesn't work. Ever feel overwhelmed by the stress and perfectionism of our overparenting culture—and at the same time, still look for solutions to ease the struggles of everyday family life? Parenting coach and Washington Post columnist Meghan Leahy feels your pain. Like her clients and readers, she grew weary of the endless "shoulds" of modern parenting—along with the simplistic rules and advice that often hurt more than help. Filled with insights based on child development and hard-won lessons in the trenches, this honest guide presents a new approach, offering permission to practice imperfect parenting with a strong dose of common sense, empathy, and laughter. You'll gain perspective on trusting your gut, picking your battles, and when to question what's "normal" (as opposed to what works best for your child). Forget impossible standards and dogma, and serving organic salmon to four-year-olds. Forget helicopters, tiger moms, and being "mindful" in the middle of a meltdown (your child's or your own). Instead, discover relatable insights for staying connected to your child and true to the parent you want to be (and already are).

The beloved host of PBS Kids' *Dinosaur Train* presents an activity-complemented guide for caregivers and teachers on how to alleviate common childhood challenges by forging strong connections between children and nature. 25,000 first printing.

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—isn't this ok as long as 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 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 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.
- 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 with another parent's approval)!

An updated edition—with a new preface—of the bestselling parenting classic by the author of "BRAIN-STORM: The Power and Purpose of the Teenage Brain" In *Parenting from the Inside Out*, child psychiatrist Daniel J. Siegel, M.D., and early childhood expert Mary Hartzell, M.Ed., explore the extent to which our childhood experiences shape the way we parent. Drawing on stunning new findings in neu-

robiology and attachment research, they explain how interpersonal relationships directly impact the development of the brain, and offer parents a step-by-step approach to forming a deeper understanding of their own life stories, which will help them raise compassionate and resilient children. Born out of a series of parents' workshops that combined Siegel's cutting-edge research on how communication impacts brain development with Hartzell's decades of experience as a child-development specialist and parent educator, this book guides parents through creating the necessary foundations for loving and secure relationships with their children.

Doepke and Zilibotti investigate how economic forces shape how parents raise their children. They show that in countries with increasing economic inequality, such as the United States, parents push harder to ensure their children have a path to security and success. Economics has transformed the hands-off parenting of the 1960s and '70s into a frantic, overscheduled activity. Growing inequality has also resulted in an increasing 'parenting gap' between richer and poorer families, raising the disturbing prospect of diminished social mobility and fewer opportunities for children from disadvantaged backgrounds. The authors discuss how investments in early childhood development and the design of education systems factor into the parenting equation, and how economics can help shape policies that will contribute to the ideal of equal opportunity for all. --From publisher description.

The bestselling author of *UnSelfie* offers 7 teachable traits that will safeguard our kids for the future. We think we have to push our kids to do more, achieve more, BE more. But we're modeling the wrong traits—like rule-following and caution—and research shows it's NOT working. This kind of "Striver" mindset isn't just making kids unhappier, says Dr. Michele Borba...it's actually the opposite of what it takes to thrive in the uncertain world ahead. Thrivers are different: they flourish in our fast-paced, digital-driven, often uncertain world. Why? Through her in-depth research, Dr. Borba discovered that the difference comes down not to grades or test scores, but to seven character traits that set Thrivers apart—confidence, empathy, self-control, integrity, curiosity, perseverance, and optimism. The even better news: these traits can be taught to children at any age...in fact, parents and educators must do so. In *Thrivers*, Dr. Borba offers practical, actionable ways to develop these traits in children from preschool through high school, showing how to teach kids how to cope today so they can thrive tomorrow.

À la carte wisdom from the international bestseller *Bringing Up Bébé* In *BRINGING UP BÉBÉ*, journalist and mother Pamela Druckerman investigated a society of good sleepers, gourmet eaters, and mostly calm parents. She set out to learn how the French achieve all this, while telling the story of her own young family in Paris. *BÉBÉ DAY BY DAY* distills the lessons of *BRINGING UP BÉBÉ* into an easy-to-read guide for parents and caregivers. How do you teach your child patience? How do you get him to like broccoli? How do you encourage your baby to sleep through the night? How can you have a child and still have a life? Alongside these time-tested lessons of French parenting are favorite recipes straight from the menus of the Parisian crèche and winsome drawings by acclaimed French illustrator Margaux Motin. Witty, pithy and brimming with common sense, *BÉBÉ DAY BY DAY* offers a mix of practical tips and guiding principles, to help parents find their own way.

Enter a world where Batman does the dishes and Barbie fights crime In the US and around the world, people are striving to close the gender gap. Ranked fifth globally for gender equality, Sweden is doing something right. But to truly close the gap, Swedish experts Kristina Henkel and Marie Tomicic know that we have to start at the beginning, with the daily gender traps and stumbling blocks that cause us to view our children one-dimensionally and limit their potential. In *The Swedish Way to Parent and Play*, Henkel and Tomicic share practical strategies and tips covering play and friendship, emotions and self-esteem, and language and body, to help parents and teachers support children's development as unique individuals. The point is not that boys should wear dresses and girls can't play with dolls, or that all children should be the same. Gender equality is about variety; it's about showing children 100 possible ways to be instead of just two.

A new voice in comics is incisive, funny, and fiercely feminist. "The mental load. It's incessant, gnawing, exhausting, and disproportionately falls to women. You know the scene—you're making dinner, calling the plumber/doctor/mechanic, checking homework and answering work emails—at the same time. All the while, you are being peppered with questions by your nearest and dearest 'where are my shoes?', 'do we have any cheese?...' " --Australian Broadcasting Corp on Emma's comic In her first book of comic strips, Emma reflects on social and feminist issues by means of simple line drawings, dissecting the mental load, ie all that invisible and unpaid organizing, list-making and planning women do to manage their lives, and the lives of their family members. Most of us carry some form of mental load—about our work, household responsibilities, financial obligations and personal life; but what makes up that burden and how it's distributed within households and understood in offices is not always equal or fair. In her strips Emma deals with themes ranging from maternity leave (it is not a vacation!), domestic violence, the clitoris, the violence of the medical world on women during childbirth, and other feminist issues, and she does so in a straightforward way that is both hilarious and deadly serious.. If you're not laughing, you're probably crying in recognition. Emma's comics also address the everyday outrages and absurdities of immigrant rights, income equality, and police violence. Emma has over 300,000 followers on Facebook, her comics have been shared 215,000 times, and have elicited comments from 21,000 internet users. An article about her in the French magazine *L'Express* drew 1.8 million views—a record since the site was created. And her comic has just been picked up by *The Guardian*. Many women will recognize themselves in *THE MENTAL LOAD*, which is sure to stir a wide ranging, important debate on what it really means to be a woman today.

More than 45 million children play youth sports in the United States each year, and most are coached by parent volunteers with good intentions but little training. This lack of training and an overemphasis on winning often results in stress and frustration for coaches and players alike, which can discourage young athletes so much that they walk away from sports altogether. With this new guide for amateur parent coaches, Jennifer Etnier, author of *Bring Your 'A' Game*, aims to change that. Etnier offers a system of positive coaching that can be applied to any sport, from the beginner level to high school athletics, and explains that good coaching requires working with young athletes at their developmental level and providing feedback designed to keep children engaged and having fun. Etnier gives easy-to-understand guidance on important aspects of successful coaching—including information on the development of children's motor skills, communication with a young athlete's parents, and nurturing a growth-oriented mind-set—making this a critical resource for youth coaches of all experience levels.