

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.

Calms Carrie Contey 2007-04 A simple book to support parents to stay emotionally connected with their babies during challenging moments. Printed on recycled paper."This book is user-friendly and a little life-saver for Moms and Dads as they embark upon the grand journey of caring for their child. Easy to read - but make no mistake: this booklet is chock-a-block full of the most up-to-date, scientifically sound information and advice, and it will help you inject peace, harmony and pleasure into your relationship with your child. The beautiful and heart-warming family photos sprinkled throughout will keep you connected to our larger human family." –Robin Grille, Author of Parenting for a Peaceful World

The Bottom Line for Baby Tina Payne Bryson 2020-09-01 Apply the best science to all your parenting decisions with this essential A–Z guide for your biggest questions and concerns from the New York Times bestselling co-author of The Whole-Brain Child and No-Drama Discipline Every baby- and toddler-care decision sends parents scrambling to do the right thing, and often down into the rabbit hole of conflicting advice. Dr. Tina Payne Bryson has sifted through the reliable research (including about all those old wives’ tales) and will help you make a manageable molehill out of the mountain of information and answer more than sixty common concerns and dilemmas, including • Breast or bottle? Or breast and bottle? Will that cause nipple confusion? • What’s the latest recommendation for introducing solids in light of potential allergies? • Should I sign us up for music and early-language classes? • What’s the evidence for and against circumcision? • When is the right time to wean my baby off her pacifier? • How do I get this child to sleep through the night?! Dr. Bryson boils things down with authority, demystifying the issues in three distinct sections: an objective summary of the schools of thought on the topic, including commonly held pros and cons; a clear and concise primer on “What the Science Says”; and a Bottom Line conclusion. When the science doesn’t point clearly in one direction, she guides you to assess and apply the information in a way that’s consistent with your family’s principles and meets your child’s unique needs. Full of warmth, expert wisdom, and blessedly bite-sized explanations, The Bottom Line for Baby will help you prioritize what you really need to know and do during the first year of precious life.

The Everything Parent’s Guide to Emotional Intelligence in Children Korrel Kanoy 2013-03-18 Put your child on the path to success! A child's emotional intelligence has been shown to be one of the strongest factors in whether or not that child will be successful later in life. A child with high emotional intelligence (EQ) has good self-control, resilience, and empathy--all factors that help build a foundation for a more grounded, satisfying, and successful life. With The Everything Parent’s Guide to Emotional Intelligence in Children, you will learn how to help your child: Improve academic achievement and behavior. Achieve mindfulness. Understand emotions. Empathize with others. Improve self-confidence. Build inner resilience. This hands-on guide shows you exactly how to promote core EQ skills in your child and provides you with all you need to help your children achieve their greatest potential.

Dear Parent Magda Gerber 1998 Internationally renowned infant specialist Magda Gerber, M.A., the founder of RIE, offers a healthy new approach to infant care based on a profound respect for each baby's individual needs and abilities.

Baby Knows Best Deborah Carlisle Solomon 2013-12-17 Raise self-confident, self-reliant children using the RIE (Resources for Infant Educators) Approach. Your baby knows more than you think. That's the heart of the principles and teachings of Magda Gerber, founder of RIE (Resources for Infant Educators), and Educaring. Baby Knows Best is based on Gerber's belief in babies' natural abilities to develop at their own pace, without coaxing from helicoptering or hovering parents. The Educaring Approach helps parents see their infants as competent people with a growing ability to communicate, problem-solve, and self-soothe. Baby Knows Best is a comprehensive resource that shows parents how to respond to their babies' cues and signals; how to develop healthy sleep habits; why babies need uninterrupted playtime; and how to set clear, consistent limits. The result? More relaxed parents and more confident, self-reliant children.

Growing Up Brave Donna B. Pincus 2012-08-28 When our children are born, we do everything we can to make sure they have love, food, clothing, and shelter. But despite all this, one in five children today suffers from a diagnosed anxiety disorder, and countless others suffer from anxiety that interferes with critical social, academic, and physical development. Dr. Donna Pincus, nationally recognized childhood anxiety expert, is here to help. In Growing Up Brave, Dr. Pincus helps parents identify and understand anxiety in their children, outlines effective and convenient parenting techniques for reducing anxiety, and shows parents how to promote bravery for long-term confidence. From trouble sleeping and separation anxiety to social anxiety or panic attacks, Growing Up Brave provides an essential toolkit for instilling happiness and confidence for childhood and beyond.

Endangered Minds Jane M. Healy 2011-07-19 Is today's fast-paced media culture creating a toxic environment for our children's brains? In this landmark, bestselling assessment tracing the roots of America's escalating crisis in education, Jane M. Healy, Ph.D., examines how television, video games, and other components of popular culture compromise our children's ability to concentrate and to absorb and analyze information. Drawing on neuropsychological research and an analysis of current educational practices, Healy presents in clear, understandable language: -- How growing brains are physically shaped by experience -- Why television programs -- even supposedly educational shows like Sesame Street -- develop "habits of mind" that place children at a disadvantage in school -- Why increasing numbers of children are diagnosed with attention deficit disorder -- How parents and teachers can make a critical difference by making children good learners from the day they are born

A Theory of Objectivist Parenting Roslyn Ross 2015-01-15 Human beings can relate to one another with either mutual respect and freedom or mutual attempts to control and force. Objectivists idealize the former; most of America practices the latter. Though Objectivists are fundamentally against relating to their fellow human beings with various methods of control (bribery, threats, manipulation, slavery), many do not hesitate to relate in that way to the young human beings we temporarily refer to as children. In this short book, Ross examines the contradiction and proposes a theory of Objectivist parenting.

Becoming the Parent You Want to Be Laura Davis 2012-08-01 Informative, inspiring, and enlightening, Becoming the Parent You Want to Be provides parents with the building blocks they need to discover their own parenting philosophy and develop effective parenting strategies. Through in-depth information, practical suggestions, and many lively first-person stories, the authors address the many dilemmas and joys that the parent of young children encounter and demonstrate a range of solutions to the major issues that arise in the raising of babies, toddlers and preschoolers. Full of warmth, clarity, humor, and respect, Becoming the Parent You Want to Be gives parents permission to be human: to question, to learn, to make mistakes, to struggle and to grow, and, most of all, to have fun with their children.

Preemies - Second Edition Dana Wechsler Linden 2010-11-09 Updated to incorporate the latest neonatology advances, a comprehensive guide shares advice on everything from risk factors and progress monitoring to homecoming preparations and development prospects.

Social Justice Parenting Dr. Traci Baxley 2021-10-19 An empowering, timely guide to raising anti-racist, compassionate, and socially conscious children, from a diversity and inclusion educator with more than thirty years of experience. As a global pandemic shuttered schools across the country in 2020, parents

found themselves thrust into the role of teacher—in more ways than one. Not only did they take on remote school supervision, but after the murder of George Floyd and the ensuing Black Lives Matter protests, many also grappled with the responsibility to teach their kids about social justice—with few resources to guide them. Now, in Social Justice Parenting, Dr. Traci Baxley—a professor of education who has spent 30 years teaching diversity and inclusion—will offer the essential guidance and curriculum parents have been searching for. Dr. Baxley, a mother of five herself, suggests that parenting is a form of activism, and encourages parents to acknowledge their influence in developing compassionate, socially-conscious kids. Importantly, Dr. Baxley also guides parents to do the work of recognizing and reconciling their own biases. So often, she suggests, parents make choices based on what’s best for their children, versus what’s best for all children in their community. Dr. Baxley helps readers take inventory of their actions and beliefs, develop self-awareness and accountability, and become role models. Poised to become essential reading for all parents committed to social change, Social Justice Parenting will offer parents everywhere the opportunity to nurture a future generation of humane, compassionate individuals.

MotherStyles Janet Penley 2006-04-04 An antidote to our stressed-out mother culture, MotherStyles validates the notion that good mothering comes in many styles and explains how understanding how you most often react to your child and why is the most important step toward working through areas that have long given you trouble. Drawing on the personality type-theory popularized by the Myers-Briggs(r) Type Indicator and author Janet Penley's more than eighteen years of working with mothers, MotherStyles explains the combinations of traits that make up sixteen distinct mothering approaches. From the "Tuned-In Mother," the "Heart-to-Heart Mother," and the "Kids 'r' Fun Mother" to the "Responsibility Mother" and the "Independence Mother," Penley helps readers identify which style reflects her own strengths, struggles, and needs and, from there, offers unique and concrete ideas for ways to overcome the parenting challenges inherent to each type. Guiding mothers to an understanding of how type affects parent-child interactions and family dynamics, MotherStyles will help moms everywhere to recharge their batteries, and find success in this most important of roles.

1, 2, 3-- the Toddler Years Irene Van der Zande 1993 Shows parents and caregivers how to understand toddlers.

Toilet Awareness Sarah Moudry 2019-05 The foundation of potty learning is respect for the child and their own natural development. Using the Montessori Philosophy, this book explains when to start, how to set-up your bathroom for a successful transition, and includes a step-by-step guide to get started. You will learn how to encourage your child to recognize their body's signals and develop independence in their bathroom routine. Learn the method that Montessori Schools use that keeps toileting stress-free and child-centered.Included in the second edition are tips for choosing training underwear, starting before your child is walking, and starting after your child is three-years-old.

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.

Don’t Move the Muffin Tins Bev Bos 1978

Brain-Body Parenting Mona Delahooke 2022-03-15 NATIONAL BESTSELLER From a leading child psychologist comes this groundbreaking new understanding of children’s behavior, offering insight and strategies to support both parents and children. Nominated for Malcolm Gladwell, Susan Cain, Adam Grant, and Daniel H. Pink’s Next Big Idea Club Over her decades as a clinical psychologist, Dr. Mona Delahooke has routinely counseled distraught parents who struggle to manage their children’s challenging, sometimes oppositional behaviors. These families are understandably focused on correcting or improving a child’s lack of compliance, emotional outbursts, tantrums, and other “out of control” behavior. But, as she has shared with these families, a perspective shift is needed. Behavior, no matter how challenging, is not the problem but a symptom; a clue about what is happening in a child’s unique physiologic makeup. In Brain-Body Parenting, Dr. Delahooke offers a radical new approach to parenting based on her clinical experience as well as the most recent research in neuroscience and child psychology. Instead of a “top-down” approach to behavior that focuses on the thinking brain, she calls for a “bottom-up” approach that considers the essential role of the entire nervous system, which produces children’s feelings and behaviors. When we begin to understand the biology beneath the behavior, suggests Dr. Delahooke, we give our children the resources they need to grow and thrive—and we give ourselves the gift of a happier, more connected relationship with them. Brain-Body Parenting empowers parents with tools to help their children develop self-regulation skills while also encouraging parental self-care, which is crucial for parents to have the capacity to provide the essential “co-regulation” children need. When parents shift from trying to secure compliance to supporting connection and balance in the body and mind, they unlock a deeper understanding of their child, encouraging calmer behavior, more harmonious family dynamics, and increased resilience.

The RIE Manual Magda Gerber 2013

Free-Range Kids, How to Raise Safe, Self-Reliant Children (Without Going Nuts with Worry) Lenore Skenazy 2009-05-26 FREE RANGE KIDS has become a national movement, sparked by the incredible response to Lenore Skenazy’s piece about allowing her 9-year-old ride the subway alone in NYC. Parent groups argued about it, bloggers, blogged, spouses became uncivil with each other, and the media jumped all over it. A lot of parents today, Skenazy says, see no difference between letting their kids walk to school and letting them walk through a firing range. Any risk is seen as too much risk. But if you try to prevent every possible danger or difficult in your child’s everyday life, that child never gets a chance to grow up. We parents have to realize that the greatest risk of all just might be trying to raise a child who never encounters choice or independence.

Precious Little Sleep Alexis Dubief 2020-10-19 Aren’t babies precious? So is sleep. Your baby is capable of sleeping through the night and this book will show you how. A whip smart and entertaining guide that focuses on WHY babies sleep the way they do, this book arms you with evidence-based and flexible tools that work for every unique situation so that you can teach your baby how to sleep well. This book will help you tackle the thorniest sleep snags, including: > Navigating the tricky newborn phase like a pro > Getting your child to truly sleep through the night > Weaning off the all-night buffet > Mastering the precarious tango that is healthy napping > Solving toddler and preschooler sleep struggles Sleep expert Alexis Dubief, of the wildly popular website, podcast, and group Precious Little Sleep, imparts effective, accessible, and flexible strategies based on years of research that will dramatically improve your child’s sleep. You’ll love the practical solutions and the way she presents them. And it works! Buy it now.