



Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting

By Dr. Laura Markham

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Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting By Dr. Laura Markham

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.

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Editorial Review

Review

"Dr. Laura is always tuned in to what kids need so they can thrive, and what moms and dads need so they can parent well. If you want to feel more confident and peaceful as a parent, this is the book. Dr. Laura helps you understand what drives your child's behavior, and gives you the practical tools to change it."

—Elizabeth Pantley, author of twelve parenting books including *The No Cry Sleep Solution*

"If you want to declare peace in your home, follow Dr. Laura Markham's original and authentic advice. With her emphasis on taking responsibility for our own emotional states as parents and connecting rather than controlling, Dr. Laura offers us suggestions that help us to create strong relationships with our children. If we all followed Dr. Laura's advice, we would indeed change the world."

—Peggy O'Mara, Founder of Mothering.com

"If you're a parent who has been trying hard with your child, with mixed results, read this book. *Peaceful Parents, Happy Kids* can change your parenting life. Dr. Laura Markham shares an invaluable set of insights that are new to the world of parenting. She will show you how to deliver your love and guidance in a truly nurturing way, and how to avoid parental burn-out in the process."

—Patty Wipfler, Founder of Hand-in-Hand.org

"The Aha! moment in Dr. Laura Markham's *Peaceful Parent, Happy Kids* is that attachment isn't just for babies. Attachment provides the foundation for the growing child to learn emotional intelligence, empathy, and responsibility while he masters his environment. Dr. Laura teaches by example, holding parents with compassion as she gives them priceless, easy to use strategies to create a secure, healthy attachment with their child."

—Lysa Parker & Barbara Nicholson, Founders of Attachment Parenting International, and authors of *Attached at the Heart*

"Dr. Laura shows parents how their empathy can wire their child's brain for emotional regulation and happiness -- and a brighter future for humanity. Her understanding and knowledge of the many challenges of raising loving, compassionate children gives parents powerful tools to be the best that they can be. A simple, yet revolutionary, message of love."

—Nancy Samalin, M.S., author of *Loving Without Spoiling*

"*Peaceful Parents, Happy Kids* has two important ideas, and one revolutionary idea. Dr. Laura Markham's guidance on fostering connection and coaching instead of controlling are the important ideas, and they can make a huge difference in your life as a parent. Her explanation of why parents need to regulate ourselves first--before we can help regulate our children--is the revolutionary idea. Read it and you'll see why she calls her work 'Aha! Parenting.'"

—Lawrence J. Cohen, PhD, author of *Playful Parenting*

"Dr. Laura Markham's work is practical, easy-to-apply and transformative. Get a cup of coffee, find a comfy chair, and be prepared to get great advice from a wise, new friend and fellow parent."

—Jacqueline Green, Host of the Great Parenting Show

“A much-needed resource for parents....encouragement and actionable, doable, advice for parents to strengthen their connection with their children, and take care of themselves. Clearly helps parents to see how what they are doing today impacts and influences what happens tomorrow, yet the tone is gentle and non-judgmental. Such a user-friendly format for (often) weary parents.”

—Lisa Sunbury, RegardingBaby.org

“Parents, this is the book we've all been waiting for. Dr. Laura Markham's compassion, wisdom, common sense, love and understanding radiates in each carefully chosen word, example and suggestion throughout this well-written, easy-to-read, delicious book on peaceful parenting. From her chapter on effectively managing anger, 'Listen to your anger, rather than act on it,' to my favorite quote, 'Your child is acting like a child because he is one,' you'll know you've found your parenting bible. Thank you, Dr. Markham.”

— Rev. Susan Nason, Parent Educator and Consultant

About the Author

Dr. Laura Markham is a clinical psychologist specializing in child development and parenting. The founder of AhaParenting.com, she supports parents every day in her private coaching practice and daily email inspirations. She lives in New York City with her husband and their two teenage children.

Users Review

From reader reviews:

Willard Callahan:

The publication untitled Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting is the e-book that recommended to you to study. You can see the quality of the e-book content that will be shown to a person. The language that article author use to explained their ideas are easily to understand. The article author was did a lot of investigation when write the book, hence the information that they share to you is absolutely accurate. You also can get the e-book of Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting from the publisher to make you much more enjoy free time.

Helen Albertson:

People live in this new time of lifestyle always try and and must have the time or they will get wide range of stress from both day to day life and work. So , if we ask do people have extra time, we will say absolutely sure. People is human not a robot. Then we ask again, what kind of activity do you possess when the spare time coming to you of course your answer may unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative throughout spending your spare time, the particular book you have read is actually Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting.

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