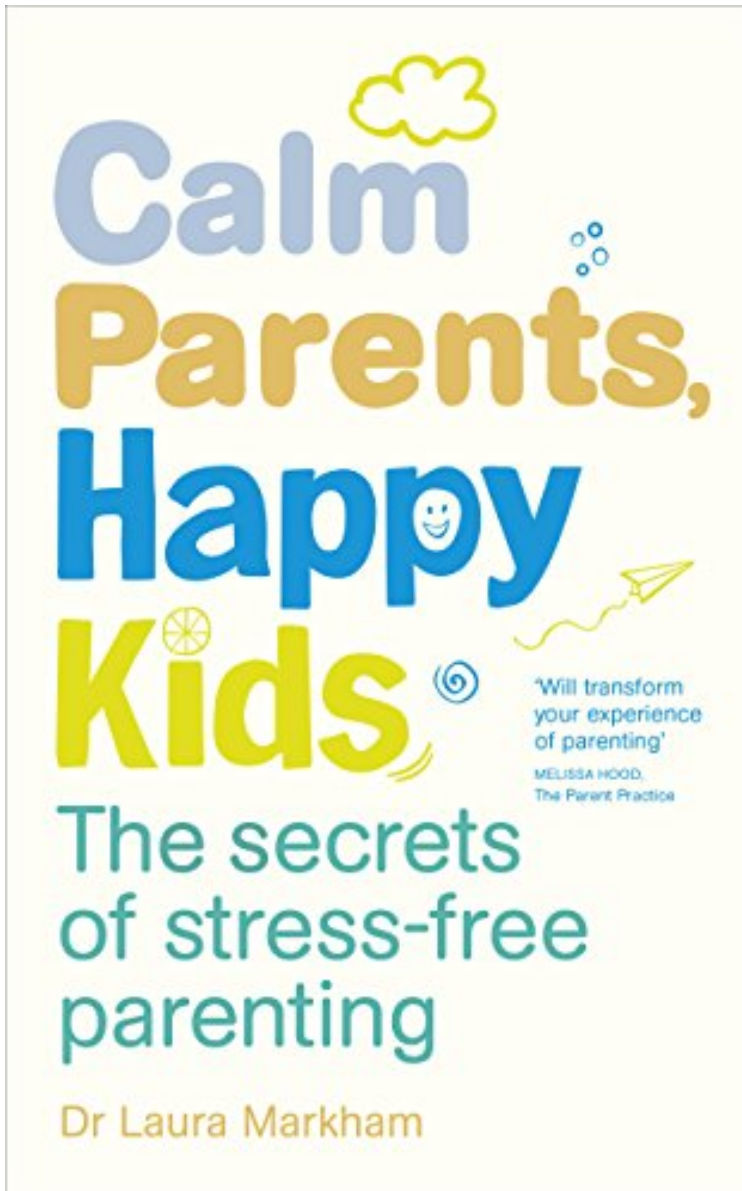


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Calm Parents, Happy Kids: The Secrets of Stress-free Parenting



Par Laura Markham
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Description :

Prsentation de l'diteurCalm Parents, Happy Kids is the UK version of Dr Laura Markham's hugely successful and ground-breaking book, Peaceful Parent, Happy Kids. Now adapted for UK audiences, this practical and inspiring book reveals a three step programme that will transform family life. Most parenting books focus on changing a child's behaviour, but the truth is that children only change when their relationship with their parents changes. In Calm Parents, Happy Kids, Dr Laura Markham introduces an approach to parenting that

eliminates threats, power struggles and manipulation, in favour of setting limits with empathy and communication. Bringing together the latest research in brain development with a focus on emotional awareness (for both parents and children), it will appeal to all parents who don't want to force their children into compliance and lose their temper, but want to keep calm and help their children want to behave. *Revue de presse* "Calm Parents, Happy Kids will transform your experience of parenting. Relying on a combination of up-to-the-minute brain science and the kind of practical wisdom so often missing from parenting books, Dr Laura tells you not only the why of children's behaviour but also how to have calm parents and happy kids." (Melissa Hood, Founder of The Parent Practice, the UK's leading parent support company) Presentation de l'éditeur Calm Parents, Happy Kids is the UK version of Dr Laura Markham's hugely successful and ground-breaking book, *Peaceful Parent, Happy Kids*. Now adapted for UK audiences, this practical and inspiring book reveals a three step programme that will transform family life. Most parenting books focus on changing a child's behaviour, but the truth is that children only change when their relationship with their parents changes. In *Calm Parents, Happy Kids*, Dr Laura Markham introduces an approach to parenting that eliminates threats, power struggles and manipulation, in favour of setting limits with empathy and communication. Bringing together the latest research in brain development with a focus on emotional awareness (for both parents and children), it will appeal to all parents who don't want to force their children into compliance and lose their temper, but want to keep calm and help their children want to behave.