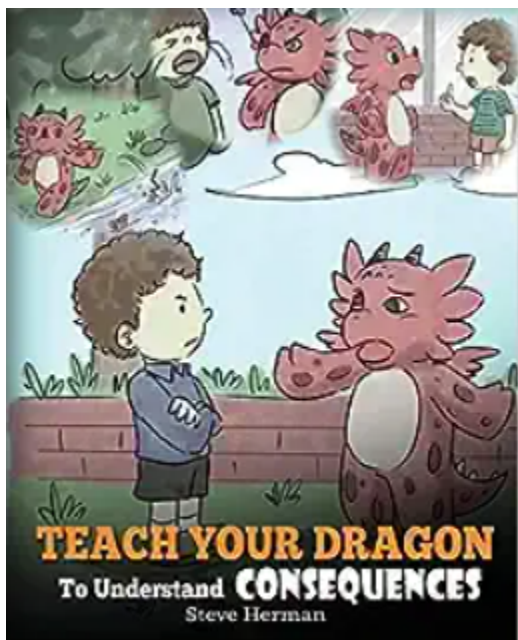


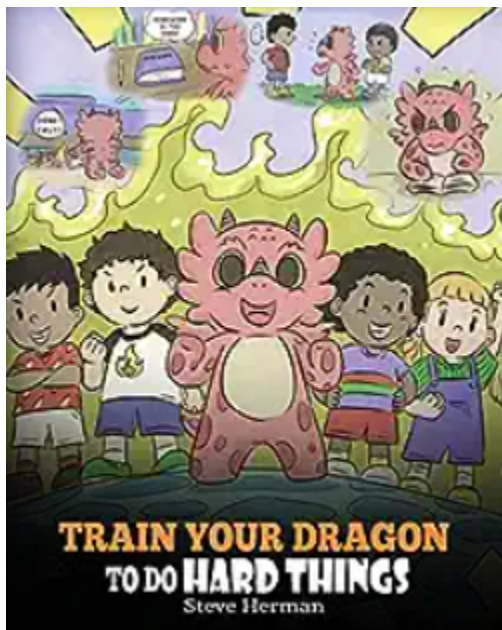
Fun, cute and entertaining with beautiful illustrations, this playful book will teach kids how to handle Disagreement, Emotions and Anger Management.



Fun, cute and entertaining with beautiful illustrations, this playful dragon book will help kids to understand consequences, and how to make good choices.



Fun, cute and entertaining with beautiful illustrations, this playful book will teach kids how to handle when things don't go their way.



Get this book now and learn how to teach your kids about Perseverance, Positive Affirmations and Growth Mindset.



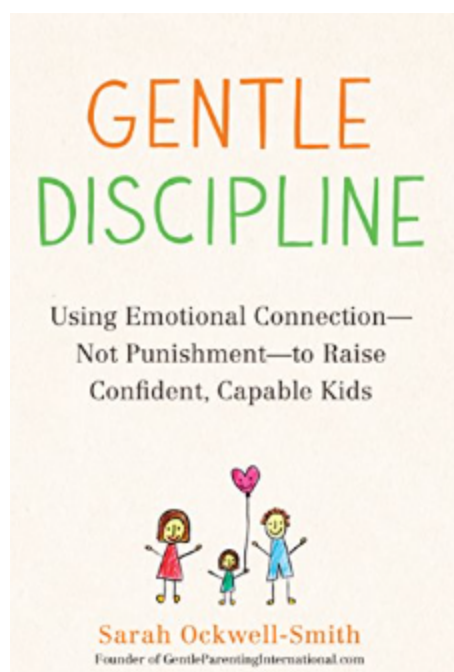
Fun, cute, and entertaining with beautiful illustrations, this is a must have book for children, parents and teachers to teach kids how to embrace mistakes, accept failures and learn to grow.



Fun, cute, and entertaining with beautiful illustrations, this is a must have book for children, parents and teachers to teach kids empathy, compassion and kindness.



Fun, cute, and entertaining with beautiful illustrations, this is a must-have book for parents, teachers, counselors, and educators to teach kids Conflict Resolution and Problem Solving!



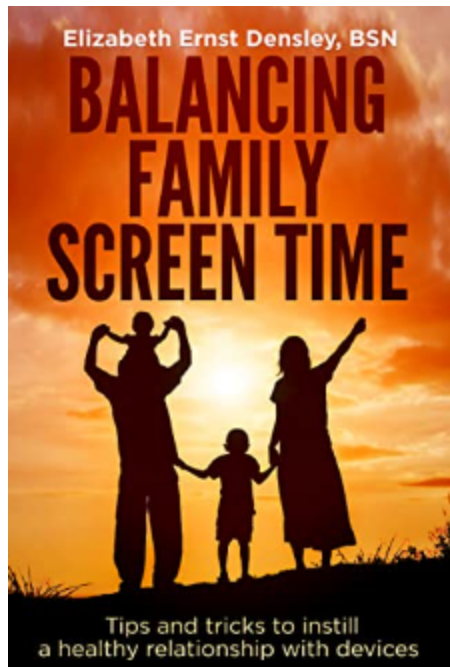
As seen in the *New York Times* -- a practical guide that presents an alternative to shouting, shaming, and blaming--to give kids the skills they need to grow and thrive

Discipline is an essential part of raising happy and successful kids, but as more and more parents are discovering, conventional approaches often don't work, and can even lead to more frustration, resentment, power struggles, and shame.

Enter Sarah Ockwell-Smith, a popular parenting expert who believes there's a better way. Citing the latest research in child development, psychology and neuroscience, *Gentle Discipline* debunks common myths about punishments, rewards, the "naughty chair," and more, and presents practical, connection-based techniques that really work--and that bring parents and kids closer together instead of driving them apart. Topics include:

- Setting--and enforcing--boundaries and limits with compassion and respect
- Focusing on connection and positivity instead of negative consequences
- Working with teachers and other caregivers
- Breaking the cycle of shaming and blaming

Filled with ideas to try today, *Gentle Discipline* helps parents of toddlers as well as school-age kids embrace a new, more enlightened way to help kids listen, learn and grow.



Technology addiction is sneaky and affects most of us without us even realizing it.

Have you ever scrolled mindlessly on your phone, computer, or tablet and suddenly realize hours have passed you by? For our young generations, this device-driven lifestyle is all they know.

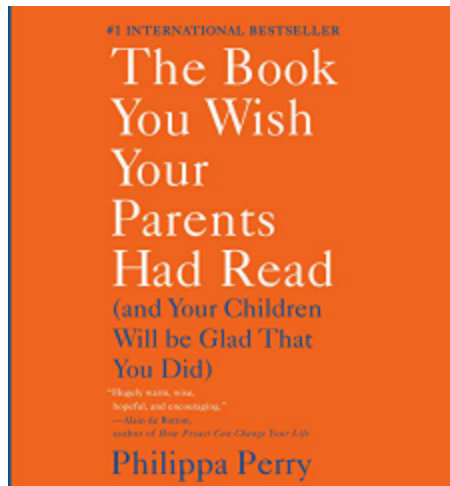
While technology undeniably has great benefits, it has its flaws. Namely, its negative impact on our children's development, self-esteem, and the risk of them being exposed to dangerous or inappropriate content.

The good news is that **we can rewire our and our children's brains to limit screen time and better our lives.**

With *Balancing Family Screen Time: Tips and tricks to instill a healthy relationship with devices* by Elizabeth Ernst Densley, BSN, you can learn how to:

- Take control over your and your family's technology addiction
- Grow closer to your family and truly get to know yourself and your children
- Establish healthy limitations with technology in your home
- Create a family vision statement and have regular family meetings
- Protect your kids against cyberbullying

It's not easy to break these patterns that have been instilled in us for years and years, or, in our children's case, their entire lives. But you have the power to change your habits and set boundaries within your home.



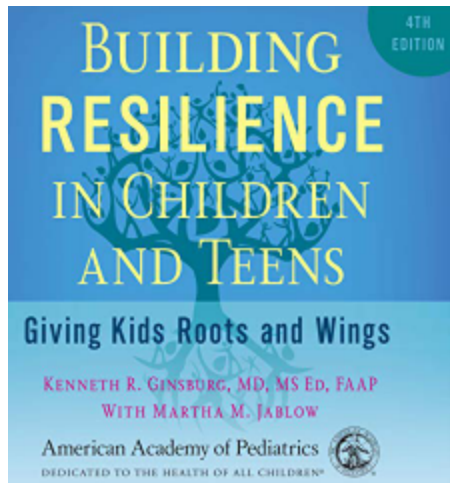
In this instant *Sunday Times* bestseller, leading psychotherapist Philippa Perry reveals the vital do's and don'ts of relationships. This is a book for us all. Whether you are interested in understanding how your upbringing has shaped you, looking to handle your child's feelings or wishing to support your partner, you will find indispensable information and realistic tips here. Philippa Perry's sane, sage and judgment-free advice is an essential resource on how to have the best possible relationships with the people who matter to you most.



If you have parented teens, you will know how challenging it can be. Today's teenagers are experiencing a whole new raft of difficulties, and their anxiety levels are enormous.

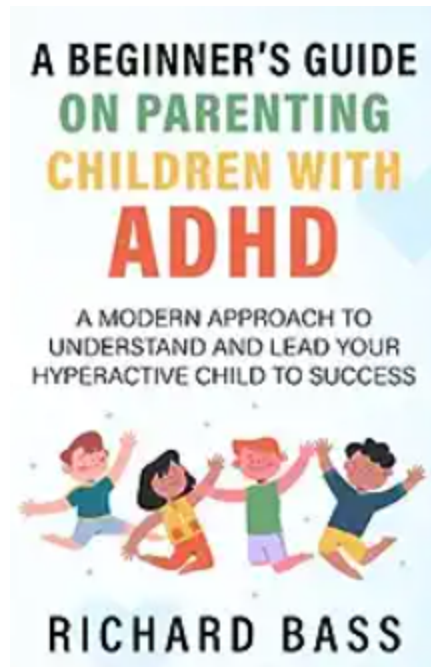
This book shows a way through the storm. Using practical examples and a clear description of cognitive behavioral therapy techniques, Maggie has set out the how's and whys of maintaining communication, helping teenagers believe in themselves and successfully overcome anxiety. Maggie and her daughter, Renée, have made this book from their own experience. A fierce love of her teen and a determination to push through all the difficulties led Maggie to challenge her parenting style, change her approach, and learn about the best psychological method to help both herself and her daughter.

Renée's contributions throughout the book bring the dialogue to life, giving a valuable perspective. This book shows how the most difficult relationships between parents and teens are salvageable and can lead to a bright future.



Help prepare the children and teens in your life to face life's challenges with grace and grit. In this award-winning guide, author and pediatrician Dr. Ken Ginsburg shares his seven crucial Cs: competence, confidence, connection, character, contribution, coping, and control. You'll discover how to incorporate these concepts into your parenting style and communication strategies, thereby strengthening your connection. And that connection will position you to guide your child to bounce back from life's challenges and forge a meaningful and successful life.

You'll also learn detailed coping strategies to help children and teenagers deal with the stresses of academic pressure, media messages, peer pressure, and family tension. These approaches will prepare children to thrive and make it less likely that they will turn to risky quick fixes and haphazard solutions. Resilience is a critical life skill. And it can be taught! Learn how with *Building Resilience in Children and Teens*.



The day your child is diagnosed with ADHD is not doomsday, but rather the beginning of a new journey to self-discovery and successful living.

As a parent, raising a child with ADHD is not a burden, and it shouldn't feel like one.

With the right tools and knowledge, **you'll be equipped to parent your little one and see them off to live alone, achieve immense success, and chase their dreams** when the time comes.

It's time to shake off the fear of feeling like an inadequate parent and learn everything there is to know about raising kids with ADHD.



You've been there - feeling helpless, clueless, when a child you love totally bewilders you.

Maybe it's the tantrum at the store, or the hour-long bedtime battle, or the head-scratcher of getting your child to eat veggies. You wonder what on earth to do, so you get advice, read books, watch videos, ask the internet. And still, something's missing.

You need a plan that addresses your child's needs, not everyone else's. Why couldn't children come with a handbook?

Turns out, children are born with a handbook: they are the handbook.

In *The Child Whisperer*, best-selling author Carol Tuttle explains that children tell their parents every day exactly how they need to be parented. They tell their teachers exactly how they need to be taught. Children are trying to tell adults who they are so they can be recognized and treated in a way that honors them uniquely.

The Child Whisperer reveals that the key to raising happy, healthy, cooperative children lies in understanding and responding to a child's inner nature.

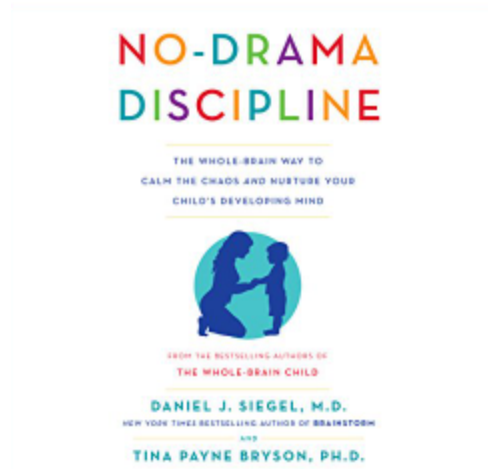
Children's true natures are written in the shape of their faces and expressed daily in their appearance, body language, tone of voice, and choice of words. Your child's unique laugh, cry, joys, worries, and even tantrums speak volumes about the type of parenting they need. And you'll learn exactly how to offer it by listening to *The Child Whisperer*.

This simple but unique approach actually makes parenting more intuitive, fun, cooperative, and most importantly customized to your individual child.

The Child Whisperer will give you the tools to:

- Have a happier, more cooperative child, using less discipline
- Foster more confidence and natural success in your child
- Repair trouble parent/teen relationships
- Reconnect with your adult children

The Child Whisperer teaches how to read unsaid clues that children naturally give every day, and shows how parenting, teaching, coaching, and mentoring children can be an even more intuitive, cooperative experience than ever.

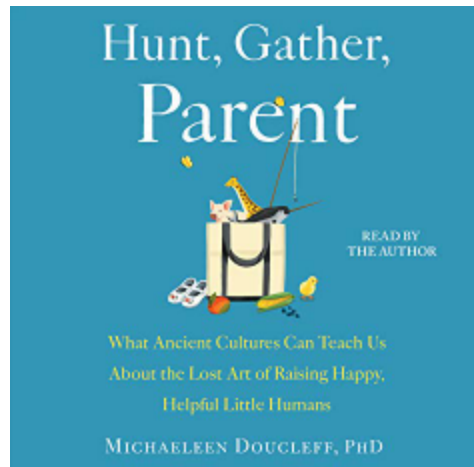


The pioneering experts behind the bestselling *The Whole-Brain Child* - Tina Payne Bryson and Daniel J. Siegel, the *New York Times* bestselling author of *Brainstorm* - now explore the ultimate child-raising challenge: discipline. Highlighting the fascinating link between a child's neurological development and the way a parent reacts to misbehavior, *No-Drama Discipline* provides an effective, compassionate road map for dealing with tantrums, tensions, and tears - without causing a scene.

Defining the true meaning of the “d” word (to instruct, not to shout or reprimand), the authors explain how to reach your child, redirect emotions, and turn a meltdown into an opportunity for growth. By doing so, the cycle of negative behavior (and punishment) is essentially brought to a halt, as problem solving becomes a win/win situation. Inside this sanity-saving guide you'll discover

- strategies that help parents identify their own discipline philosophy - and master the best methods to communicate the lessons they are trying to impart
- facts on child brain development - and what kind of discipline is most appropriate and constructive at all ages and stages
- the way to calmly and lovingly connect with a child - no matter how extreme the behavior - while still setting clear and consistent limits
- tips for navigating your children through a tantrum to achieve insight, empathy, and repair
- twenty discipline mistakes even the best parents make - and how to stay focused on the principles of whole-brain parenting and discipline techniques.

Complete with candid stories and playful illustrations that bring the authors' suggestions to life, *No-Drama Discipline* shows you how to work with your child's developing mind, peacefully resolve conflicts, and inspire happiness and strengthen resilience in everyone in the family.



When Dr. Michaela Doucleff becomes a mother, she examines the studies behind modern parenting guidance and finds the evidence frustratingly limited and the conclusions often ineffective. Curious to learn about more effective parenting approaches, she visits a Maya village in the Yucatán Peninsula. There she encounters moms and dads who parent in a totally different way than we do - and raise extraordinarily kind, generous, and helpful children without yelling, nagging, or issuing timeouts. What else, Doucleff wonders, are Western parents missing out on?

In *Hunt, Gather, Parent*, Doucleff sets out with her three-year-old daughter in tow to learn and practice parenting strategies from families in three of the world's most venerable communities: Maya families in Mexico, Inuit families above the Arctic Circle, and Hadzabe families in Tanzania. She sees that these cultures don't have the same problems with children that Western parents do. Most strikingly, parents build a relationship with young children that is vastly different from the one many Western parents develop - it's built on cooperation instead of control, trust instead of fear, and personalized needs instead of standardized development milestones.

Maya parents are masters at raising cooperative children. Without resorting to bribes, threats, or chore charts, Maya parents rear loyal helpers by including kids in household tasks from the time they can walk. Inuit parents have developed a remarkably effective approach for teaching children emotional intelligence. When kids cry, hit, or act out, Inuit parents respond with a calm, gentle demeanor that teaches children how to settle themselves down and think before acting. Hadzabe parents are world experts on raising confident, self-driven kids with a simple tool that protects children from stress and anxiety, so common now among American kids.

Not only does Doucleff live with families and observe their techniques firsthand, she also applies them with her own daughter, with striking results. She learns to discipline without yelling. She talks to psychologists, neuroscientists, anthropologists, and sociologists and explains how these strategies can impact children's mental health and development. Filled with practical takeaways that parents can implement immediately, *Hunt, Gather, Parent* helps us rethink the ways we relate to our children, and reveals a universal parenting paradigm adapted for American families.



Parents have never had a tougher job than now. Our culture bombards our daughters with unhealthy role models, misleads them about the consequences of early sexual activity, and even adds to the confusion of adolescences by encouraging them to question their “gender.”

Meg Meeker has been a pediatrician for more than thirty years, is a mother and a grandmother, and has seen it all. She knows what makes for strong, happy, healthy young women—and what puts our daughters at risk. Combining that experience with her famous common sense, she explains the eleven steps that will help your daughter—whether she’s a toddler or a troubled teen—to achieve her full human potential.

In this book, you will learn:

- The four biggest questions every daughter has—and that you must answer
- Why it's the quality, not the quantity, of your daughter's friends that matters
- The essential, complementary roles that mothers and fathers play
- The dangers of social media—and how to help your daughter navigate them
- What every daughter needs to know about God
- Why depression is often a "sexually transmitted disease"
- How to launch your daughter into successful womanhood

If you have a daughter, and worry about her future, you need Dr. Meg's advice.



Designed for preschool and beyond, this helpful and practical psychology-based parenting method is an invaluable guide for all parents! Teach your children healthy responsibility and encourage their character growth from a young age. Learn to establish healthy boundaries with your children through easy-to-implement steps without anger, threats, nagging, or power struggles.

Trusted by generations of parents, counselors, and teachers to lovingly raise responsible children, *Parenting with Love and Logic* includes solutions for dozens of specific topics such as:

- Tantrums
- Managing screen time
- Grades and report cards
- Chores
- Getting ready for school
- Peer pressure
- Cyberbullying
- Navigating crisis situations and grief
- And much more!

Each issue is indexed for easy reference. Learn how to tame tempers and re-establish a calm, healthy relationship and positive communication with your child today!