
Get Free Power Parenting For Children With Addadhd A Practical Parents Guide For Managing Difficult Behaviors

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Winner of the ECPA Book of the Year Award for Christian Living What is your calling as a parent? In the midst of folding laundry, coordinating carpool schedules, and breaking up fights, many parents get lost. Feeling pressure to do everything "right" and raise up "good" children, it's easy to lose sight of our ultimate purpose as parents in the quest for practical tips and guaranteed formulas. In this life-giving book, Paul Tripp offers parents much more than a to-do list. Instead, he presents us with a big-picture view of God's plan for us as parents. Outlining fourteen foundational principles centered on the gospel, he shows that we need more than the latest parenting strategy or list of techniques. Rather, we need the rescuing grace of God—grace that has the power to shape how we view everything we do as parents. Freed from the burden of trying to manufacture life-change in our children's hearts, we can embrace a grand perspective of parenting overflowing with vision, purpose, and joy.

Parenting for Social Change transforms the dominant view of childhood and challenges readers to move beyond control as a tool for ensuring children grow up to be healthy and responsible adults.

A guide for busy parents on how to promote harmony in a family shares insights into various developmental stages in children while outlining strategic parenting strategies that promote cooperative behaviors without the use of threats or bribes. Original. 75,000 first printing.

Challenges conventional views about standardized testing to argue that success is more determined by self-discipline, and describes the work of pioneering researchers and educators who have enabled effective new teaching methods.

Parents have heard that play is a child's work—but play is not for kids only. As psychologist Lawrence J. Cohen, Ph.D., demonstrates in this delightful new book, play can be the basis for an innovative and rewarding approach to parenting. From eliciting a giggle during baby's first game of peek-a-boo to cracking jokes with a teenager while hanging out at the mall, Playful Parenting is a complete guide to using play to raise strong, confident children. Have you ever stepped back to watch what really goes on when your children play? As Dr. Cohen points out, play is children's complex and fluid way of exploring the world, communicating hard-to-express feelings, getting close to

those they care about, working through stressful situations, and simply blowing off steam. That's why "playful parenting" is so important and so successful in building strong, close bonds between parents and children. Through play we join our kids in their world. We help them express and understand deep emotions, foster connection, aid the process of emotional healing--and have a great time ourselves while we're at it. Anyone can be a playful parent--all it takes is a sense of adventure and a willingness to let down your guard and try something new. After identifying why it can be hard for adults to play, Dr. Cohen discusses how to get down on the floor and join children on their own terms. He covers games, activities, and playful interactions that parents can enjoy with children of all ages, whether it's gazing deep into a baby's eyes, playing chase with a toddler, fantasy play with a grade schooler, or reducing a totally cool teenager to helpless laughter. Playful Parenting also includes illuminating chapters on how to use play to build a child's confidence and self-esteem, how to play through sibling rivalry, and how play can become a part of loving discipline. Written with love and humor, brimming with good advice and revealing anecdotes, and grounded in the latest research, Playful Parenting will make you laugh even as it makes you wise in the ways of being a happy, effective, enthusiastic parent.

For parents who want to slow down, but who don't know how, here are four simple steps for decluttering, quieting, and soothing family dynamics so that children can thrive at school, get along with peers, and nurture well-being. Kim John Payne, one of the world's leading Rudolf Steiner/Waldorf educators, offers novel ways to help kids feel calmer, happier, and more secure.

Powerful kids don't just happen. They're created. Whether loud and temperamental, quiet and sensitive, or stubborn and manipulative, powerful children can make living with them a challenge. But it doesn't have to be that way. All children need to face the realities of life, and the best place for them to do so is in the safe place of their home. For all the parents out there at their wits' end, New York Times bestselling author Dr. Kevin Leman offers a fail-safe action plan for redirecting power surges into positive traits that will prepare the powerful child for a successful, happy, productive adult life. Parents will learn how powerful children are created, what makes them tick, what makes them explode, and what they can do to change the power plays . . . for the good of the entire family. All it takes is determination, persistence, willpower, and advice that works--guaranteed.

Stimulated by the publication of *The Nurture Assumption* by Judith Rich Harris, *Parenting and the Child's World* was conceived around the notion that there are multiple sources of influence on children's development, including parenting behavior, family resources, genetic and other biological factors, as well as social influences from peers, teachers, and the community at large. The text's 39 contributors search for when, where, and how parenting matters and the major antecedents and moderators of effective parenting. The chapters focus on the major conceptual issues and empirical approaches that underlie our understanding of the importance of parenting for child development in academic, socio-emotional, and risk-taking domains. Additional goals are to show how culture and parenting are interwoven, to chart future research directions, and to help parents and professionals understand the implications of major research findings.

"The Power of Positive Parenting provides an in-depth description of "Triple P," one of the most extensively studied parenting programs in the world, backed by more than 30 years of ongoing research. Triple P has its origins in social learning theory and the principles of behavior, cognitive, and affective change, and its aim is to prevent severe behavioral, emotional, and developmental problems in children and adolescents by enhancing the knowledge, skills, and confidence of parents"--

Offers techniques for helping chronically inflexible children, shows how brain-based deficits contribute to these problems, and suggests ways to calm things down.

Decades of research have demonstrated that the parent-child dyad and the environment of the family--"which includes all primary caregivers"--are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. *Parenting Matters* identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Motherhood is both a constant joy and a continual challenge. During sleepless nights soothing restless babies, tense conversations with teens, or counseling adult children, it's easy to become exhausted and worn thin. Thankfully God has not left you alone as you parent your children. In fact, He's with you at every turn, in every moment, leading, guiding and empowering your parenting if you'll let Him work through you. In *Never Alone*, Jeannie Cunnion will help you see what supernatural motherhood looks like--explaining who the Holy Spirit is, what He does, and how His life in you matters so much to you as a mom. Over 8 sessions, learn that the Holy Spirit is not just for the super spiritual or the super strange, but He's at work in every believer making Jesus beautiful to you and your children. Good news, Mom. The Holy Spirit has been working in your home all along and He wants to help you parent in His power and strength as you rest in His love for you. Features: Personal study segments with homework to complete between 8 weeks of group sessions Leader helps to guide questions and discussions within small groups Benefits: Come to know the Holy Spirit as your intimate Companion and Friend. Deepen your understanding of the Holy Spirit's role in your spiritual growth. Learn how to discuss the Holy Spirit with your children. Experience the freedom that comes from resting in the Holy Spirit, as you depend on Him to shepherd your children's hearts.

Today's children face a multitude of pressures, from the everyday challenges of life to the increasing threats of poverty, exploitation, and trauma. Central to growing up successfully is learning to deal with stress, endure hardships, and thrive despite adversity. Resilience -- the ability to cope with and overcome life's difficulties -- is a quality that can potentially be nurtured in all young people. The second edition of the *Handbook of Resilience in Children* updates and expands on its original focus of resilience in children who overcome adversity to include its development in those not considered at risk, leading to better outcomes for all children across the lifespan. Expert contributors examine resilience in relation to environmental stressors, as a phenomenon in child and adolescent disorders, and as a means toward positive adaptation into adulthood. New and revised chapters explore strategies for developing resilience in the family, the therapist's office, and the school as well as its nurturance in caregivers and teachers. Topics addressed include: Resilience in maltreated children and adults. Resilience and self-control impairment. Relational resilience in young and adolescent girls. Asset-building as an essential component of treatment. Assessment of social and emotional competencies related to resilience. Building resilience through school bullying prevention programs. Large-scale longitudinal studies on resilience. The second edition of the *Handbook of Resilience in Children* is a must-have reference for researchers, clinicians, allied practitioners and professionals, and graduate students in school and clinical psychology, education, pediatrics, psychiatry, social work, school counseling, and public health.

How can you discover your children's unique talents? And how can you use your own talents and strengths to be the most effective and supportive parent possible? *Strengths Based Parenting* addresses these and other questions on parents' minds. But unlike many parenting books, *Strengths Based Parenting* focuses on identifying and understanding what your children are naturally good at and where they thrive -- not on their weaknesses. The book also helps you uncover your own innate talents and effectively apply them to your individual parenting style. You'll find stories, examples and practical advice as well as a strengths assessment access code for parents and one for kids, so you can take the first step to discovering your innate talents and those of your children. Grounded in

decades of Gallup research on strengths psychology -- as highlighted in Gallup's StrengthsFinder 2.0, which has sold nearly 5 million copies to date -- Strengths Based Parenting shows you how to uncover your kids' top talents and your own.

How one activity can lead to lifelong benefits for your child: "Parents, teachers, and all who love children will be inspired." —Amy Dickinson, New York Times bestselling author of *Strangers Tend to Tell Me Things* Longtime elementary school teacher Kim Jocelyn Dickson believes every child begins kindergarten with a lunchbox in one hand and an "invisible toolbox" in the other. In this book, she shares with parents the single most important thing they can do to foster their child's future learning potential and nurture the parent-child bond that is the foundation for a child's motivation to learn. Drawing on both neuroscientific research and her own experience as an educator, she concludes that the simple act of reading aloud has a far-reaching impact that few of us fully understand—and our recent, nearly universal saturation in technology has further clouded its importance. In *The Invisible Toolbox*, parents, educators, and early literacy advocates will discover: Ten priceless tools that fill their child's toolbox when they read aloud to their child Tools parents can give themselves to foster these gifts in their children Practical tips for how and what to read aloud to children through their developmental stages Dos and don'ts and recommended resources that round out all the practical tools a parent will need to prepare their child for kindergarten and beyond How parents can build their own toolboxes so they can help their children build theirs

Outlines a four-step program for decluttering a home, increasing a child's sense of security, scheduling down time, and instilling calmness in the face of hectic environments.

The approach in this book is designed to help parents focus their time and energy on teaching their children what they want them to learn. In addition to helping parents conserve and best utilize their time and energy, this solution-focused approach is also designed to minimize a child's resistance to hearing and learning from what parents have to say.

The monumental bestseller *Quiet* has been recast in a new edition that empowers introverted kids and teens Susan Cain sparked a worldwide conversation when she published *Quiet: The Power of Introverts in a World That Can't Stop Talking*. With her inspiring book, she permanently changed the way we see introverts and the way introverts see themselves. The original book focused on the workplace, and Susan realized that a version for and about kids was also badly needed. This book is all about kids' world—school, extracurriculars, family life, and friendship. You'll read about actual kids who have tackled the challenges of not being extroverted and who have made a mark in their own quiet way. You'll hear Susan Cain's own story, and you'll be able to make use of the tips at the end of each chapter. There's even a guide at the end of the book for parents and teachers. This insightful, accessible, and empowering book, illustrated with amusing comic-style art, will be eye-opening to extroverts and introverts alike.

Do you feel frustrated, stressed, overwhelmed as a parent? Here is an inspiring guide to help parents move from the often overwhelming anxiety that raising children guarantees to the steadying power of calm connection so they can enjoy strong, healthy relationships with their children. You CAN feel calmer, more confident, and truly connected with your child! Raising children can leave you exhausted and emotionally spent...and with the guidance of PAUSE—from the author's thoughtful insight and encouraging stories to the do-able action steps—a parent can feel the positive and relation-

ship-building difference practicing "pause" brings. PAUSE helps you look for the anxiety provoking moments that invade your daily life and respond to them with the calm confidence and clarity you need in order to help your children truly learn and grow in healthy ways. PAUSE goes further to help you feel the calm connection in all areas of your life—truly helping you and your family to thrive. As with her first book, *Parenting Inspired*, Alice Hanscam has designed her work to leave all readers feeling supported, encouraged, and empowered to parent and live well.

Power Parenting is meant to have you laughing out loud as you become wiser parents. You can read it in a snap and walk away wiser and more resolved to do better for yourself and your kids. The stories are hilarious and will make you feel better about your own home as Liberty Lee relates to the reader some of the craziness from her own home. You will find resources and plans for communicating with your children, encouraging obedient behavior, and ultimately raising them to become self-sufficient, responsible adults.

Power to Kids is a parenting handbook and self help guide for Teens. Numerous literatures exist to help and guide in this regard, what seems to be missing is the direct correlation of a child's upbringing with the model of organizations that they may be associated with in the future. In this engaging book through a collection of true stories, Quality and Leadership expert Zubair Ahmed will take you through the selected core principles of Quality, which act as a solid foundation for success of children in the corporate world of tomorrow. Analyzing and providing applicable techniques, which will help guide parents and teachers to coach children in areas of positive thinking, managing change and developing core values that result in character and personality. Imagine, partnering with your children today to create the bright future of tomorrow.

As *The Giving Tree* turns fifty, this timeless classic is available for the first time ever in ebook format. This digital edition allows young readers and lifelong fans to continue the legacy and love of a classic that will now reach an even wider audience. "Once there was a tree...and she loved a little boy." So begins a story of unforgettable perception, beautifully written and illustrated by the gifted and versatile Shel Silverstein. This moving parable for all ages offers a touching interpretation of the gift of giving and a serene acceptance of another's capacity to love in return. Every day the boy would come to the tree to eat her apples, swing from her branches, or slide down her trunk...and the tree was happy. But as the boy grew older he began to want more from the tree, and the tree gave and gave and gave. This is a tender story, touched with sadness, aglow with consolation. Shel Silverstein's incomparable career as a bestselling children's book author and illustrator began with *Lafca-dio, the Lion Who Shot Back*. He is also the creator of picture books including *A Giraffe and a Half*, *Who Wants a Cheap Rhinoceros?*, *The Missing Piece*, *The Missing Piece Meets the Big O*, and the perennial favorite *The Giving Tree*, and of classic poetry collections such as *Where the Sidewalk Ends*, *A Light in the Attic*, *Falling Up*, *Every Thing On It*, *Don't Bump the Glump!*, and *Runny Babbit*. And don't miss the other Shel Silverstein ebooks, *Where the Sidewalk Ends* and *A Light in the Attic*!

I wish children came with an instruction manual! How many times have we heard this lament? Julie Nelson examines the lives of mothers and fathers in the scriptures (the best instruction manual) and the parenting principles we can learn from them. Discover powerful parenting examples and suggestions for personal application in this essential book.

As a professional working with all types of children on a daily basis, you know what a positive in-

fluence parents can have on a child's success in school and beyond. You also know how essential parental involvement is for children with attention deficit disorders, especially when the child's difficult behaviors controlsituations with his or her peers, siblings, and adults. Now you can give parents guidance and hope in dealing with their children through *Power Parenting for Children with AD-D/ADHD: A Practical Parent's Guide for Managing Difficult Behaviors*. Written in clear, nontechnical language, this much-needed guide provides practical, real-life techniques and activities to help parents.

Are you tired of yelling, punishing, and reminding, yet experiencing no change in your child's behavior? What if you could learn the transformative mindset that allows parents to get results without "fixing" their child's bad behavior? In *Secrets to Parenting Without Giving a F^ck*, Sue Donnellan, parent mentor, author, mom of four (including triplets), and entrepreneur shares 20+ years of experience cultivating the effective thought process for successful parenting. She delivers a proven play-book for turning misbehaving kids into happy, respectful, well-adjusted young adults.

It takes more than love to be an authentically powerful parent. This book begins with the paradox that parents are less powerful than they want to be and more powerful than they realize. Knowing how you are totally powerless actually opens the pathway to discovering where your greatest influence lies. Once you understand and accept the Cosmic Design of your children's hard wiring you are free to give up the struggle of trying to change them. This book will help you unclench your resistance in needing others to behave in certain ways in order to feel fulfilled or happy. What is Meant By Your Child's Cosmic Design? * Temperament * Emotional Hard Wiring * Brain Circuitry and Learning Style * The Intention of Their Soul * Energetic Interplay with Universal Forces Just as you wonder if you have any control at all, this book invites you to unlock the amazing extent of your true power. You will discover your ability to affect abundant, authentic relationships as a new code of communication is clarified for you. What Does this New Code of Communication Look Like? * Shifting Belief Systems that Keep You Stuck and Worried * Changing Your Inner Dialogue for Amazing Positive Results * Trading Ego Thinking, Nagging and Lecturing into Wise Council and Authentic Appreciation * Turning Self-Defeating Patterns into Healthy, Positive Discipline * Integrating Feelings, Energy and Spirit into Daily Challenges You cannot control the school system, the government, your extended family or ultimately, your child's important life choices. You can learn when and how to step in without creating power struggles or emotional upheavals. Your starting point is in the moment that you decide to nurture an environment of unconditional love, trust, compassion and open communication. No one does it perfectly but if we are to get positive results, we must parent with deliberate intention. All your power is in the NOW. When you order your copy of *Authentic Parenting Power* you step into a place of empowerment because you make the conscious choice to learn, to grow and to actually be the parent you have dreamed of being.

Solve typical toddler challenges with eight key mindshifts that will help you parent with clarity, calmness and self-control. Through stories from her practice, Claire Lerner shows parents how making critical mindshifts—seeing their children's behaviors through a new lens —empowers parents to solve their most vexing childrearing challenges. This process puts parents back in the driver's seat, where they belong and where their children need them to be. These real life stories provide a roadmap for how to tune into the root causes of children's behavior and how to create and imple-

ment strategies that are tailored to the unique needs of each child and family. Through these stories, Claire provides a treasure trove of practical solutions that are based in science and which work in real life. *Why Is My Child In Charge?* picks up where other books have left parents hanging. Most parenting books offer solutions that sound good on paper but don't work in practice. They are aspirational rather than achievable, or they offer one-size-fits-all approaches that don't meet the needs of an individual child. They can compound parents' feelings of frustration and thus, can be counterproductive. Case by case, Claire unpacks the individualized process she guides parents through to solve the most common challenges such as throwing tantrums in public; delaying bedtime for hours; refusing to participate in family mealtimes; and resisting potty training. Employing a relatable story-telling approach, Claire elucidates: The faulty mindsets that pose obstacles to parents seeing the situation more objectively The essential mindshifts that enable parents to quickly identify the root causes of the problem The development of an action plan tailored to each unique child and family *Why is My Child in Charge?* is like having a child development specialist in your home. It shows how you can develop "win-win" strategies that translate into adaptable, happy kids and calm, connected and in-control parents. It will help you be the parent you want to be.

Where have all the parents gone? What happened to those who, like my grandmother, treated parenting as the most important human responsibility and the planet's oldest profession? My grandmother, if she were living, would not recognize today's parents. Something is amiss. We reside in a country that places higher demands on passing a driver's education course than it does on procreation and raising children. We offer classes like Lamaze to prepare parents for the birth of a child but have no such courses to equip parents for being able to raise a child. The way we view parenting and subsequently raise children is absurd. So, I wrote this book because I believe my grandmother would have wanted me to say something. I wrote this book because I'm concerned that if we wait much longer to outline a process to help our future citizens, we won't be able to repair or recondition the fabric of our nation. I wrote this book because I believe all children need and deserve great parents.

Does the above quote resonate with you - or does it seem to break your heart because of what you're experiencing as a parent?

"An encyclopedic exploration of the most effective methods for giving children the courage to realize their full potential." — ADELE FABER, author of *How to Talk So Kids Will Listen & Listen So Kids Will Talk* WINNER: Nautilus Book Award, Foreword Indies Award, Independent Publishers Book Award, Readers Choice Award, National Indie Excellence Award and Family Choice Award. *NEW TOOLS AND A GROUNDBREAKING FORMULA FOR SOLVING VIRTUALLY ANY PARENTING CHALLENGE WITHOUT PUNISHMENTS, REWARDS OR BRIBERY*. *ParentShift* is an award-winning book that marries modern research and science with the work of some of the greatest child psychologists of our time. The advice, which applies to children of any age, is built into a flexible, common-sense approach. Unlike any other parenting book on the market, *ParentShift* transforms families by showing parents precisely how to solve short-term challenges, prevent long-term problems and build strong relationships with kids — all at the same time. In this book, readers will learn to:

- Respond thoughtfully to outbursts and tantrums.
- Set age-appropriate limits and boundaries.
- Prepare children to meet life's challenges.
- Ensure kids become strong boundary-setters.
- Curtail power struggles and sibling ri-

valry. • Move beyond timeouts, reward charts and other outdated tactics. • Build open, trusting parent-child bonds that keep kids turning to parents, instead of peers, for guidance.

Power Up Your Parenting is a conversational and comprehensive guide for parents of teen and pre-teen girls. In an engaging style, author, Erica Rood, applies over a decade of experience coaching teens and young adults to reveal what parents can do to best support their daughters during one of the most challenging and exciting stages of life. Rood empowers parents with a unique look into the world of teens and offers a step-by-step approach to supporting girls through personal, social, and academic challenges. Rood addresses the most common teen challenges and parent concerns while offering thoughtful advice. This book provides effective parenting strategies including how to: Get through to your teen. Guide your teen through friendship and school challenges. Foster a healthy self-esteem so your teen can connect with her purpose and passion. Promote your teen's sense of responsibility, resilience, compassion, and gratitude. Rood's favorite coaching tools, designed for both teens and parents, help the relationship to thrive with a lasting impact.

Compassionate and effective strategies for raising a child with ADHD. Parenting children with ADHD, whether diagnosed or undiagnosed, can be challenging and complex. But just as a child who struggles with reading can learn to decode words, children with ADHD can learn patience, communication, and solution-seeking skills to become more confident, independent, and capable. This book, rich with optimism, tips, tools, and action plans, offers science-based insights and systems for parents to help cultivate these skills. Combining expert information with practical, sensitive advice, the eight “key” concepts here will help parents reduce chaos, improve cooperation, and nurture the advantages—like creativity and drive—that often accompany all of that energy. Based on author Cindy Goldrich’s seven-session workshop entitled *Calm and Connected: Parenting Kids with ADHD*®, this book focuses on developing and strengthening effective interpersonal skills in both parents and children as a way to improve conflict resolution. Following the parenting principle to “Parent the child you have,” Goldrich offers advice to help readers tailor their parenting to meet the needs of their unique child. The book also leads parents to recognize the value of being a leader and a guide to children, building parents’ confidence in their decision-making, and giving children a sense of safety, security, and confidence. The principles outlined in *8 Keys to Parenting Children with ADHD* are appropriate for parenting kids of all ages—until they have “launched” and are on their own.

My mission in life is helping people discover and cultivate their greatness and give their gifts to the world. This book will help you do the same for yourself and your children. And, after all is said and done, isn't this what parenting is really all about?

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 Hope and practical help for parents whose greatest longing is to shepherd their children into a vibrant faith in God. For Christian parents, there is no greater joy than seeing their children learn to

walk with the Lord. And there is no greater fear than that their children will walk away from God. After serving together in pastoral ministry and raising their now-grown children, Phil and Diane Comer know those hopes and fears well. Like all new parents, they were intimidated and unsure about how to take on the task of spiritually training their young children. But now, with all four of their children grown and establishing their own households of faith, Phil and Diane have embarked on a quest to help the next generation of parents raise passionate Jesus followers. Drawing on years of pastoral counseling, teaching, leading, and decades of watching families from the perspective of pastors and leaders in ministry, Phil and Diane instruct, guide, encourage, and offer hope and practical help to Christian parents. *Raising Passionate Jesus Followers* is a manual full of practical, biblically based, and time-tested guidelines that parents will be able to turn to again and again through every stage of their children's development, including . . . Formulating a plan Laying the foundation, ages 0-5 Doing the framing, ages 6-12 Installing the functional systems, ages 13-17 Completing the finish work, ages 18-22 And keeping the front door open for your grown children

The Power of Mindful Parenting is an essential guide to help stressed-out parents stay calm and connected while navigating the rocky tween and teen years with confidence. Are you baffled by the surly tween who has replaced your sweet loving child? Are you wondering how you're going to guide your teen safely to young adulthood? Are you not sure you'll survive the teen years—with all the eye rolling, attitude, and arguing? Do you find yourself raising your voice more but being heard less? You're not alone. Parenting teenagers is hard work. *The Power of Mindful Parenting* offers concrete strategies to stay calm in the face of challenging teen behavior. Successful parenting workshop leader Wynn Burkett explores the stages of teen development to explain why they act the way they do. (Spoiler alert: it's not because you're a bad parent) She teaches simple mindfulness skills, meditation exercises, and practical tools to help parents take a more positive approach that reduces conflict and improves communication. This book will help you feel more optimistic about your relationship with your teen and result in more love, compassion, and connection at home.

Parenting isn't easy. Showing up is. Your greatest impact begins right where you are. Now the bestselling authors of *The Whole-Brain Child* and *No-Drama Discipline* explain what this means over the course of childhood. “There is parenting magic in this book.”—Michael Thompson, Ph.D., co-author of the New York Times bestselling classic *Raising Cain* One of the very best scientific predictors for how any child turns out—in terms of happiness, academic success, leadership skills, and meaningful relationships—is whether at least one adult in their life has consistently shown up for them. In an age of scheduling demands and digital distractions, showing up for your child might sound like a tall order. But as bestselling authors Daniel Siegel and Tina Payne Bryson reassuringly explain, it doesn't take a lot of time, energy, or money. Instead, showing up means offering a quality of presence. And it's simple to provide once you understand the four building blocks of a child's healthy development. Every child needs to feel what Siegel and Bryson call the Four S's: • Safe: We can't always insulate a child from injury or avoid doing something that leads to hurt feelings. But when we give a child a sense of safe harbor, she will be able to take the needed risks for growth and change. • Seen: Truly seeing a child means we pay attention to his emotions—both positive and negative—and strive to attune to what's happening in his mind beneath his behavior. • Soothed: Soothing isn't about providing a life of ease; it's about teaching your child how to cope when life gets hard, and showing him

that you'll be there with him along the way. A soothed child knows that he'll never have to suffer alone. • Secure: When a child knows she can count on you, time and again, to show up—when you reliably provide safety, focus on seeing her, and soothe her in times of need, she will trust in a feeling of secure attachment. And thrive! Based on the latest brain and attachment research, *The Power of Showing Up* shares stories, scripts, simple strategies, illustrations, and tips for honoring the Four

S's effectively in all kinds of situations—when our kids are struggling or when they are enjoying success; when we are consoling, disciplining, or arguing with them; and even when we are apologizing for the times we don't show up for them. Demonstrating that mistakes and missteps are repairable and that it's never too late to mend broken trust, this book is a powerful guide to cultivating your child's healthy emotional landscape.