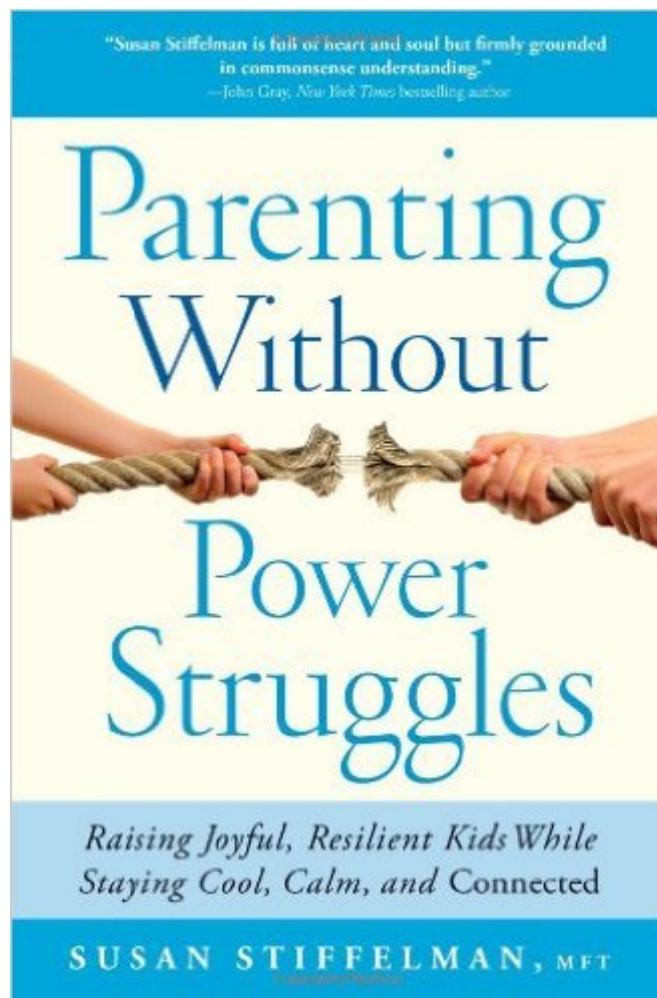


The book was found

Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm, And Connected



Synopsis

From a family therapist, parenting expert and respected advice columnist for AOLâ™s HuffPost Parents comes a unique approach to parenting that can help eliminate drama, meltdowns, and power struggles. Do you ever find yourself asking . . . â¢ How can you get your children to do their homework without meltdowns, threats or bribes? â¢ How can you have a drama-free morning where the kids actually get out the door in time for school? â¢ How can you better manage your kidsâ™ screen time without making them want to hide what theyâ™re doing from you? Family therapist Susan Stiffelman is here to help. While most parenting programs are designed to coerce kids to change, Parenting Without Power Struggles does something innovative, showing you how to come alongside your children to awaken their natural instincts to cooperate, rather than at them with threats or bribes, which inevitably fuels their resistance. By staying calm and being the confident âœCaptain of the shipâ• your child needs, you will learn how to parent from a place of strong, durable connection, and youâ™ll be better able to help your kids navigate the challenging moments of growing up. Drawing upon her successful practice and packed with real-life stories, Parenting Without Power Struggles is an extraordinary guidebook for transforming the day-to-day lives of busy parentsâ and the children they love.

Book Information

Paperback: 320 pages

Publisher: Atria Books; Reprint edition (March 13, 2012)

Language: English

ISBN-10: 1451667663

ISBN-13: 978-1451667660

Product Dimensions: 5.5 x 0.7 x 8.4 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (145 customer reviews)

Best Sellers Rank: #26,173 in Books (See Top 100 in Books) #27 inÂ Books > Parenting & Relationships > Parenting > School-Age Children #87 inÂ Books > Parenting & Relationships > Family Relationships > Motherhood #228 inÂ Books > Politics & Social Sciences > Women's Studies

Customer Reviews

Susan Stiffelman seems to be a wonderful therapist with a talent for generating specific, feasible strategies for caregivers in need of guidance; her book, however, adds little to the parenting advice

genre. In order to create joyful, resilient kids, Stiffelman urges parents to take a "Captain of the Ship" role which derives unwavering authority from a foundation of empathy-based parenting. Her approach essentially combines "Raising an Emotionally Intelligent Child" - the empathy bible - and "Parenting with Love & Logic" - the definitive source for "consultant parenting" whereby a parent distances herself emotionally from her kids' problems in order to remain a steady and firm source of support. Unfortunately for Stiffelman, the gorgeous melding of yin and yang accomplished by merging these two methods (i.e., feel with them enough to understand and respect their ups and downs but don't rise and fall with their emotions) is better achieved by reading those two books. That said, Stiffelman has an interesting take on a few of Gottman's and Cline/Fay's best points - and a softer, more maternal tone - that might be a better fit for some readers:- "Focus on loosening your need for your child to behave properly so that you can feel you're a good parent, [and e]xplore the meaning you're assigning to your child's problematic behavior." After all, "it's always our thoughts about the events of our lives - rather than the events themselves - that cause us to get upset.

[Download to continue reading...](#)

Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm, and Connected What to Expect When Parenting Children with ADHD: A 9-step plan to master the struggles and triumphs of parenting a child with ADHD Totally Cool Creations: Three Books in One; Cool Cars and Trucks, Cool Robots, Cool City ScreamFree Parenting: The Revolutionary Approach to Raising Your Kids by Keeping Your Cool Cool Careers Without College for People Who Love to Cook & Eat (New Cool Careers Without College) Getting to Calm: Cool-Headed Strategies for Parenting Tweens + Teens The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive Block Parties & Poker Nights: Recipes and Ideas for Getting and Staying Connected with Your Neighbors Networking Is a Contact Sport: How Staying Connected and Serving Others Will Help You Grow Your Business, Expand Your Influence -- or Even Land Your Next Job Staying Healthy in Asia, Africa, and Latin America (Moon Handbooks Staying Healthy in Asia, Africa & Latin America) Rays of Calm: Relaxation for Teenagers (Calm for Kids) Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - (How to Overcome Stage Fright and Performance Anxiety) Screw It, Let's Do It: 14 Lessons on Making It to the Top While Having Fun & Staying Green, Expanded Edition Faith in the Spotlight: Thriving in Your Career While Staying True to Your Beliefs Large-Scale Solar Power System Design (GreenSource Books): An Engineering Guide for Grid-Connected Solar Power Generation (McGraw-Hill's Greensource) Beginning Power BI with Excel 2013: Self-Service Business Intelligence Using Power Pivot, Power

View, Power Query, and Power Map Power Pivot and Power BI: The Excel User's Guide to DAX, Power Query, Power BI & Power Pivot in Excel 2010-2016 Gay Power!: The Stonewall Riots and the Gay Rights Movement, 1969 (Civil Rights Struggles Around the World) Parenting with Grace: The Catholic Parents' Guide to Raising almost Perfect Kids The Danish Way of Parenting: What the Happiest People in the World Know About Raising Confident, Capable Kids

[Dmca](#)