



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

Based on the latest research on brain development and 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 ever 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 the power struggles and tantrums and ready to stop 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.

Praise for Peaceful Parent

"Having Dr. Laura Markham on your bedside table is like having an angel on your shoulder, whispering useful secrets in your ear...{She} shows us how to replenish our spirits so we can give our kids the best of ourselves, not what's left of ourselves." --Jack Canfield, co-creator of the Chicken Soup for the Soul books, from the Foreword

About the Author

Dr. Laura Markham writes extensively about parenting as the editor-in-chief at AhaParenting.com, the website of Aha! Moments for parents of kids from birth through the teen years. She earned her Ph.D. in Clinical Psychology from Columbia University and has worked as a parenting coach with countless parents both in person and via phone. The mother of two children (and aunt to nine more), Dr. Laura is a leading advocate for both parents and children.

Publication Date:

November 27, 2012

List Price: \$15.00

ISBN: 978-0399160288

Specs: trade paper, 274 pp.

Wholesale Orders:

Perigee

Retail Orders:

Amazon.com, BN.com

Direct from the author

Contact:

DrLauraMarkham@AhaParenting.com

Website: www.AhaParenting.com

Facebook: AhaParenting.com

Twitter: @DrLauraMarkham