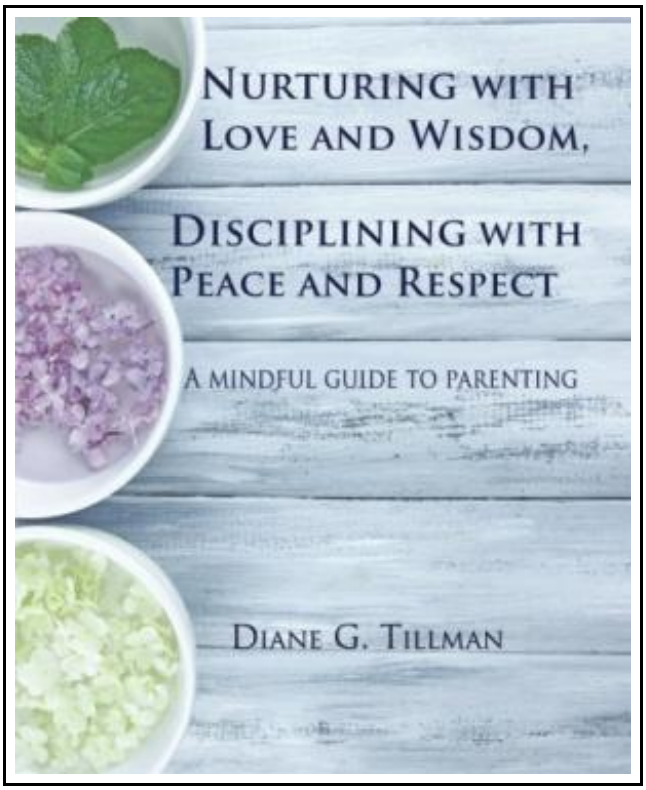
Nurturing with Love and Wisdom, Disciplining with Peace and Respect: A Mindful Guide to Parenting



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NURTURING WITH LOVE AND WISDOM, DISCIPLINING WITH PEACE AND RESPECT: A MINDFUL GUIDE TO PARENTING

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Createspace, United States, 2014. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****.An amazing resource, the qualities of love, peace, respect and wisdom are embedded in this book, in guidelines on encouragement, listening, peace time, Us Time, building positive behavior, developing responsibility and discipline while dealing with practical realities such as homework and how to get the kids to handle squabbles respectfully and independently. Suggestions and activities are shared to help parents help children, from toddlers to teens, use values to handle their challenges as well as to deal with bullying and prevent drug use and sexual abuse. This book is unusual not only for the variety of important topics addressed, but for its mindful approach in building healthy emotional and social skills while strengthening loving family relationships. An enjoyable read that parents will return to as a resource again and again, Diane brings guiding principles to life with stories about children, parents and educators. Eight Sections - 34 Chapters Section One: The Importance of Values Two chapters offer a brief look at the effect of values and why teaching values is not as easy as it was decades ago when being a role model and sharing stories was often sufficient. Section Two: Nurturing with Love and Wisdom Seven chapters explore the importance of enjoying play and Us Time with children of all ages, the role of love, affection and attention, the uniqueness of each child, and practical guidelines for encouragement and building positive behaviors. Stories and examples of active listening give parents a wonderful way to help children accept and process their own emotions. Creating opportunities for children to be responsible is also addressed. Section Three: Disciplining with Peace and Respect Eight chapters explore values-based methods of guiding children,...

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