

Waking Up: A Parent's Guide To Mindful Awareness And Connection - Raelynn Maloney

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Helping moms and dads stay present, aware, and connected with their kids, this practical guide transforms day-to-day parenting into a positive and fulfilling relationship for both parents and children. A series of simple practices is provided, making it possible to cultivate three different types of awareness: self, relationship, and moment. With these parenting tools, this resource makes it possible to manage the daily pressures and challenges of parenting with ease, helping children to become capable of cultivating strong relationships independently. Additional topics covered include how to actively prevent the passing-down of negative relationship patterns; shifting children's moods, attitudes, and behaviors; and staying connected to children during disagreements, when giving consequences, or while setting limits. Providing the skills, habits, and mindsets that will positively influence children for life, this handbook makes healthy parenting possible without drama, debate, or the usual tug of war. Author: Maloney, Raelynn Publisher: Companion Press Illustration: N Language: ENG Title: Waking Up: A Parent's Guide to Mindful Awareness and Connection Pages: 00224 (Encrypted EPUB) / 00000 (Encrypted PDF) On Sale: 2011-09-01 SKU-13/ISBN: 9781617221460 Category: Family & Relationships : Parenting - Child Rearing Category: Family & Relationships : Parenting - General

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