

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 an emotionally healthy, 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 power struggles 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.

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. Dr. Laura serves as an expert for Mothering Magazine, Pregnancy.org and several other web sites. Her free Daily Inspiration and Weekly newsletters reach a list of nearly 20,000 parents.

Contact: DrLauraMarkham@AhaParenting.com

Website: www.AhaParenting.com

Facebook: AhaParenting.com

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



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 thousands of parents across the English-speaking world, both in person and via phone. Her daily and weekly newsletters reach an audience of more than 20,000 parents.

Dr. Laura serves as an expert for Mothering.com, Pregnancy.org and several other web sites. She has appeared on the Joy Behar Show, the Fox Morning Show, and dozens of radio shows, and been quoted in hundreds of parenting magazines and website interviews. Her speaking appearances range from morning coffee at preschools to keynotes at psychology conferences.

Now, her first book, **Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting**, gives parents the hands-on tools to regulate their own emotions and transform their relationship with their child, so they can raise a self-disciplined, resilient, happy kid who *wants* to cooperate.

The mother of a 17 year old and a 21 year old, Dr. Laura says it was becoming a mom that convinced her that parents “are doing the hardest job there is, without effective tools and information.” Her aspiration, she says, is to change the world by supporting parents, one family at a time.

Contact: DrLauraMarkham@AhaParenting.com

Website: www.AhaParenting.com

Facebook: <http://www.facebook.com/AhaParenting>

Twitter: @DrLauraMarkham

Advance Praise for

Peaceful Parent, Happy Kids:

How To Stop Yelling and Start Connecting

"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

"To declare peace in your home, follow Dr. Laura Markham's original, authentic advice. I'm delighted by her suggestion of discipline without punishment. With her emphasis on taking responsibility for our own emotional states and connecting rather than controlling, Dr. Laura offers us suggestions that help us to create strong relationships with our children. If we all followed Dr. Laura's advice, we would indeed change the world." -Peggy O'Mara, Founder of Mothering.



"If you're a parent who has been trying hard with your child, with mixed results, read this book. Peaceful Parents, Happy Kids can change your parenting life. Dr. Laura Markham shares an invaluable set of insights that are new to the world of parenting. She's practical, she's straightforward, and she never forgets how deeply we parents want to love our children well. Dr. Markham will show you how to deliver your love and guidance in a truly nurturing way, and how to avoid parental burn-out in the process." – Patty Wipfler, Founder of Hand-in-Hand.org

"Dr. Laura shows parents how their empathy can wire their child's brain for emotional regulation and happiness -- and a brighter future for humanity. Her understanding and knowledge of the many challenges of raising loving, compassionate children gives parents powerful tools to be the best that they can be. A simple, yet revolutionary, message of love." - Nancy Samalin, M.S, best selling parenting author whose most recent book is Loving Without Spoiling.

Peaceful Parents, Happy Kids has two important ideas and one revolutionary idea. Dr. Laura's guidance on fostering connection and coaching instead of controlling are the important ideas, and they can make a huge difference in your life as a parent. Her explanation of why parents need to regulate ourselves first—before we can help regulate our children--is the revolutionary idea. Read it and you'll see why she calls her work "Aha! Parenting." - Lawrence J. Cohen, PhD, author of Playful Parenting.

www.AhaParenting.com

See page 1 for book description

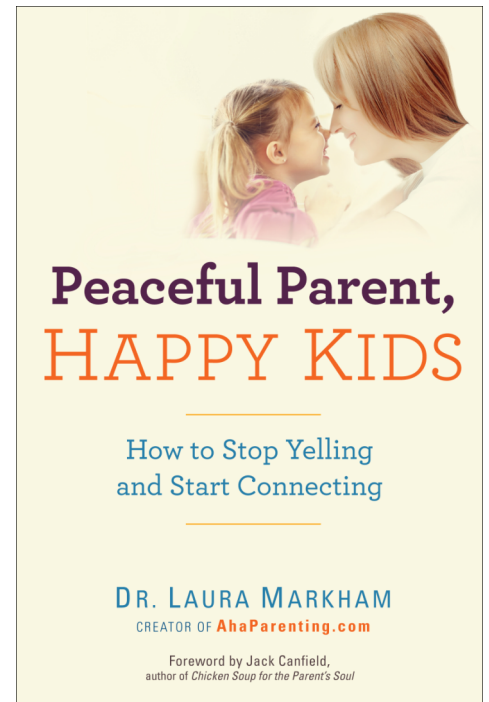
More Advance Praise for Peaceful Parent, Happy Kids

"The Aha! moment in Dr. Laura Markham's Peaceful Parent, Happy Kids is that attachment isn't just for babies. Attachment provides the foundation for the growing child to learn emotional intelligence, empathy, and responsibility while he masters his environment. Dr. Laura teaches by example, holding parents with compassion as she gives them priceless, easy to use strategies to create a secure, healthy attachment with their child." - Lysa Parker & Barbara Nicholson, Founders of Attachment Parenting International and authors of Attached at the Heart: 8 Proven Parenting Principles for Raising Connected and Compassionate Children.

"Parents, this is the book we've all been waiting for! Dr. Laura Markham's compassion, wisdom, common sense, love and understanding radiates in each carefully chosen word, example and suggestion throughout this well-written, easy-to-read, delicious book on peaceful parenting. From her chapter on effectively managing anger, "Listen to your anger, rather than act on it" to my favorite quote, "Your child is acting like a child because he is one" you'll know you've found your parenting bible! Thank you Dr. Markham." - Rev. Susan Nason, Parent Educator and Consultant

"A much needed resource for parents....encouragement and actionable, doable, advice for parents to strengthen their connection with their children, and take care of themselves. Clearly helps parents to see how what they are doing today impacts and influences what happens tomorrow, yet the tone is gentle and non-judgmental. Such a user friendly format for (often) weary parents." - Lisa Sunbury, Regarding Baby

"I have worked with over 100 different parenting educators as host of the Great Parenting Show. Dr. Laura Markham is wildly popular with our international community! She has such a warm, approachable style, based both on her own experiences as a parent, and as a psychologist. Her work is practical, easy-to-apply and transformative! Get a cup of coffee, find a comfy chair, and be prepared to get great advice from a wise, new friend and fellow parent!" - Jacqueline Green, Host of the Great Parenting Show.



www.AhaParenting.com

See page 1 for book description



Suggested Segment Ideas

for

Dr. Laura Markham

author of

Peaceful Parent Happy Kids:

How To Stop Yelling and Start Connecting

Dr. Laura's warm, lively, compassionate tone encourages and inspires parents while giving them practical tools for a more peaceful family life – and better-behaved kids.

How To Get Your Kid To Do What You Want without Yelling

The million-dollar question for parents, finally answered! Dr. Laura gives parents the practical tools they need to stop yelling and start connecting, so both parents and kids regulate their emotions – and their behavior!

- Why a great connection with your child is what helps him behave.
- How kids learn to regulate their emotions.
- How to set effective limits.
- How to regulate your own emotions when you want to thrash your child.
- The mistakes parents make that inadvertently cause kids to misbehave.
- How to get your child cooperating without yelling, threats or punishment.

Why Time In Works Better than Time Out

Dr. Laura turns conventional child-raising advice on its head with her stand against Time Outs. Instead, she gives parent-tested solutions that work better than Time Out to help your child learn to regulate his emotions and develop self-discipline. The result? A child who not only wants to behave, but who can manage his emotions—and therefore his behavior.

- Why punishment backfires, timeouts teach kids to misbehave, and consequences are usually perceived as punishment.
- The Sweet spot between authoritarian and permissive parenting that raises great kids.
- Without punishment, how do you get kids to behave?
- Dealing with kids' aggression and other difficult behaviors.

DrLauraMarkham@AhaParenting.com



Suggested Interview Questions
for
Dr. Laura Markham
author of
**Peaceful Parent Happy Kids:
*How To Stop Yelling
and Start Connecting***

1. How would you describe the parenting approach you recommend?
2. How is your approach different from what parents usually hear about how to get kids behaving?
3. Do you really believe that kids don't need punishment to learn to behave?
4. Without punishment, how do children learn self-discipline?
5. What's the Sweet Spot between Authoritarian and Permissive parenting?
6. Does this kind of parenting really work? Is there research to support it?
7. Is this the same as Positive Discipline?
8. Can you give us some age-specific advice? Terrible Twos? Three Year old whining? Bossy four year olds? Five year olds who don't listen?
9. What about difficult kids? Does this work with them?
10. Can you give us three practical tips that parents can put into practice today?

DrLauraMarkham@AhaParenting.com

What Parents Have to Say about Dr. Laura Markham and Aha! Parenting

My entire family dynamic has positively changed and I attribute it mostly to Dr. Laura Markham and Aha! Parenting.com. I suspect you will not think it corny when I say you are changing the world. - Jennifer Andersen, OurMuddyBoots.com.

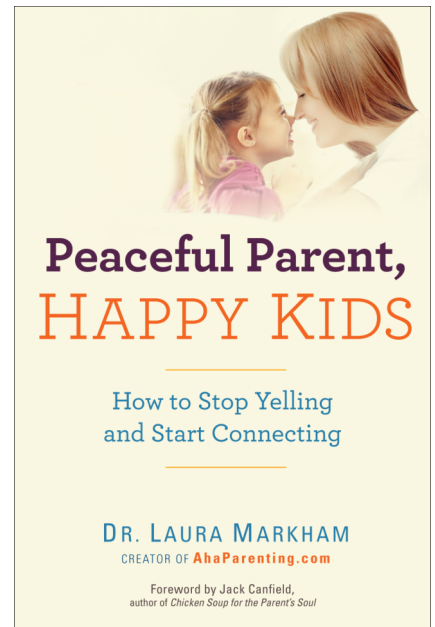
I read Dr. Laura every day and I can actually feel my brain being rewired. I sense myself making continual progress towards the mother I want to be. I'm learning to love myself unconditionally along the way, too. – Mamammalia, Biologist and Blogger

Following your advice has meant our son rarely has tantrums anymore. Dr. Laura's advice really works and makes being a parent (and a child, I'd say) much better. I don't pretend I am perfect all the time, but she helps me to learn and do better by my son. –Beatrice, mother of two year old boy.

If I thought for a minute that this connection-based parenting style was resulting in a bratty, selfish, entitled, walk-all-over-you kid, I would drop it like a hot potato. Thankfully, I don't have to, because I find just the opposite. My daughter is almost 9, we have a great connection, she is thriving and a pleasure to be around. – Jennifer, mother of nine year old.

I don't know if you really understand what you are doing for parents, children, families, and the world. You have enabled me to CHANGE myself, something I never thought I could do. Your writing taught me to really reflect on who I was first, which was key to my ability to reflect on myself as a parent. When I read your words I can feel how much you love and respect children.- Kimberley Yvette Price, TheSingleCrunch.com

Once I started reading Dr. Laura, I learned how to melt my own hardened heart. This is not to say that I'm a perfect parent now or that my child always listens. But Dr. Laura has probably saved me from a nervous breakdown and has given me the gift of enjoying my daughter again. – Amanda, mother of one year old & four year old.



www.AhaParenting.com

See page 1 for book description

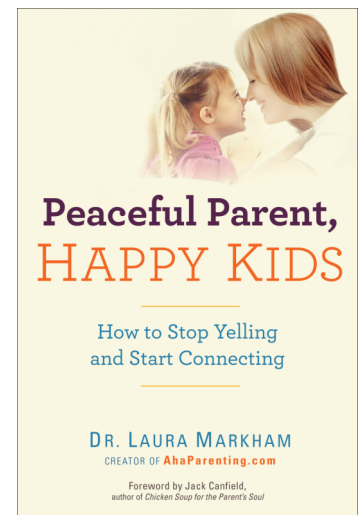
More Parents Talking about Dr. Laura Markham

Dr. Laura takes philosophy and puts it into everyday, practical application. As a result, I have a child whose loving behavior is commented on daily by others. I'm told I'm lucky with my daughter, but I believe her disposition is the result of following Dr. Laura's advice. I do not do Time Outs, I do not spank, in fact, I don't even raise my voice, let alone yell. The more I read Dr. Laura, the easier it becomes. I'm certainly not perfect, but Dr. Laura gives us permission to be imperfect and try again. My happy, content, 'well-behaved' toddler who has so much to do with what Dr. Laura teaches. I couldn't do without her and am grateful for her teachings every day. – Julie, mother of a 2 year old.

I had just read Dr. Laura's blog about staying calm and acknowledging his desires. When the screaming and stomping began, I stopped what I was doing and sat down next to him, made eye contact, listened to his complaint and did not let the screaming anger me. I then calmly explained that I hear him. I know cheesy poofs are so tasty, I love them too but he will have to wait until dinnertime. He blubbered briefly, collapsed into my arms for a minute and then went to play. My husband congratulated me on keeping my cool. He was pleasant the rest of the evening. Wow! – Aimee, mother of three year old.

When I feel frustrated with my son, I think... what would Dr. Laura do? One of the biggest lessons I've learned is that as soon as I start operating like we are on the 'same team,' my son picks up on my attitude shift and often immediately softens his behaviors and is ready to compromise. You have taught me that I should never expect perfection from myself. This has truly liberated me to think of myself as a good parent... thereby leading me to make better and more loving parenting decisions! – Charlotte, mother of four year old.

Dr. Laura...I tell everyone I know, even strangers, about your peaceful form of parenting. I love the challenge of staying on top of your own emotions, getting at the root of the problem your child is having, slowing down to allow the full connection with your child, deep breaths, lots of love. It is incredible the transformation that has occurred in my family. I feel so fortunate to have found you. The best part about it is that you don't have to be perfect. Instead of creating blow up moments in your day you create connections, loving times and share your real emotions with your children. These real moments teach our children how to be the best they can be, not perfect, just real. Thank you Dr. Laura Markham for bringing so much knowledge and love to parenting. – Carrie B., mother of two boys under age four.



www.AhaParenting.com

See page 1 for book description