

Mom.me PRESENTS

TOUGH LOVE

**RAISING
CONFIDENT,
KIND,
RESILIENT KIDS**



**18 Top Experts
Share Proven
Parenting Strategies**

Edited by Lisa Stieppock with Amy Iorio and Lori Gottlieb

Lisa Stiepock and

ToughLOVE: Raising Confident, Kind, Resilient Kids



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From toughLOVE, a unique network: balanced, practical advice for parents of school-age children from child psychology experts on how best to handle everything from picky eating to media intake to the homework wars. How do we increase them to become resilient, empathetic, upstanding adults? How do we set limitations on what our kids are exposed to without sheltering them an excessive amount of?The challenges of parenting evolve as the world becomes more technical. How do we encourage them to put down their smartphones and have a conversation with us? toughLOVE offers suggestions from professors at Ivy Little league medical schools, New York Moments bestselling authors, and best parenting coaches who've appeared on the Today show, HELLO America, The Oprah Winfrey Present, CBS Evening News, 20/20, CNN World Information Tonight, and NPR. They address all sorts of issues, from the timeless (picky consuming, homework battles, how exactly to have The Chat) to the timely (social media safety, feelings of entitlement, ways to stability schedules). Combining a high degree of nurture with an emphasis on boundaries and framework, toughLOVE displays parents how exactly to help their kids become capable, responsible, and productive from the first day of kindergarten through the first day of college.. Their breadth of clinical expertise and years of training real families can help parents build a commonsense framework for approaching all kinds of dilemmas in a way that reflects their personal ideals and preferred parenting designs.and beyond.



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The editors of the book have compiled a wonderful group of experts to address many of the parenting ... Solid contribution to the dialogue about building resiliency. New perspectives on . I recommend this book. As a mother or father who has only one child and really wants to get it right when possible for my only shot as of this, I found this publication to be in depth and informative on a number of current and timeless topics. But that one is unique for the reason that it addresses all kinds of topics for kids of all ages. It isn't a 'one technique fits all' kind of book. all too often, parenting books depend on the "expertise" of one person, who you obtain sick of hearing from by chapter 3. What do you want to teach our children along the way of disciplining? Although it does have examples, I was impressed that the meat of the book isn't the examples, however the very common sense assistance on each topic, whether that end up being developing empathy in kids, dealing with the problems of technology, or teaching independence. It also provides plenty of research to back up the advice.. Excellent, relevant publication for today's parent I'm a mom of 3 girls ages 11 to 18. I've read a lot of parenting books, and honestly had used a break from reading parenting books for the past few years. A pal recommended this book if you ask me and since it arrived I've barely been capable to put it down. This reserve is chock full of excellent essays has on extremely relevant assortment of essays for the tween and teen mother or father by top experts. Many of the issues I think about (get worried about) daily are resolved in right here - academic balance, how to deal with the technology that pervades their and our lives, sports, dealing with divorce, making family members time actually work.. I recommend this reserve, both to learn through to guide you in smart parenting skills, but as a reference on your bookshelf for when various problems arise.all right here, in bite size essay chunks. In the 1st line of the intro, the query is raised, why perform we are in need of another parenting publication? I'd much rather browse the condensed version of every expert's philosophy. Great reserve for parents of kids of most ages and stages. Practical and vulnerable and valuable This book is a sound guide for parents of millennials with sound and proven insights, vulnerabilities and advice. Dr Drexler is a smart and experienced therapist. Efficient way to learn from a variety of experts! It is prgmatic and I found in my own experience it is most effective with my two daughters. Bravo Dr and thank you. Vicki Gordon NYC Social Worker Review As the mother of 1 of the editors, I might be inclined to create a review exclusively on that basis but I am a clinical public worker who recommends this reserve to customers and friends since it provides useful advice in totally realistic situations. I plan to refer to this book regularly. That is not what this reserve does. The suggestions in this book focuses on the nurture and like that is the foundation for setting limits an individual child might need and it addresses all the most challenging issues of concern to parents today.

It's just like a combo magazine and reserve, then one you can reference through the entire parenting journey. The editors of this book have compiled a wonderful group of professionals to handle most of the parenting difficulties that I have heard them raise.. Filled with good, easy-to-practice advice which you can use whether you possess toddlers or teens. This book is crucial read. Fresh perspectives on parenting with each chapter written by a different expert (parent, psychologist, therapist, sociologist, etc. The sample vignettes in the various sections are relevant and the advice is straightforward and practicable. After explaining the four basic parenting styles from permissive to authoritative she actually explains that it's not one size fits all and suggests combining and changing methods to fit the child's behavior at various times and to learn trust our own parental judgement. It really is full of very helpful, practical & Tough Love is a superb resource for every parent Tough Love is a superb resource for each and every parent. Easy to leap around to chapters that a lot of interest you in the moment. Would give Tough Like six stars easily could As you who as a professional and personal curiosity in parenting, I found this collection of parenting ways of be first rate. Would give Tough Like six stars easily could. I particularly cherished Dr Peggy Drexler's chapter entitled "Is one parenting style best". The practical nature of the book makes it a read that's often open for the various stages of life. Different perspectives make 1 great book. With sights of parenting constantly evolving, this is actually the latest in thinking. No matter what, you can discover something useful, encouraging, or just plain funny. Just like the book says in early stages, "It's a parenting Gps navigation but only when you apply it to your own GPI - gut parental instinct.) and how many of the essays are grounded in the daily realities of family members life." I like that this book is certainly a compilation vs a singular strategy; Yes, it can have the words 'tough love' in the title, and yes, it concentrate on discipline, nonetheless it does so in the context of PURPOSE. That one however, allows you to hear from all different voices and perspectives. This book is a must read. This book is filled with good, easy-to-practice recommendations that can be used whether you possess toddlers or teens...it isn't something you should find a new home for following the first calendar year. I particularly liked the section on mass media/screen time.. It's a good query, as there are many out there.). It could make an excellent gift for a new parent for this reason. Highly recommended. helpful, practical & easy to check out I received this publication from a pal who is alert to the common struggles I go through raising my 2 kids (currently aged 2 & 9). We like how there are a variety of specialists gathered in one book! do-able information and advice. I especially loved the chapter on routine and structure (not surprising if you know my character :)) Some of my favorite highlights overall: -We contact it "parenting" and we add descriptors: "good," "irresponsible,"

"attachment," "helicopter," "Free Range. The book is broken down into split chapters that do not build on each other so you won't need to read it cover to cover which is nice. If you happen to be grappling with a particular issue you can simply flip compared to that section. Some of you might reject this book due to the title, a term that previously may have got indicated a concentrate on setting extremely tough, rigid limits. A great read. Challenging Love raises larger queries about our ... A great read. Tough Love raises larger questions about our duties to our children and offers practical concepts about how to activate in new methods. Data, concrete steps, and ideas to rebel against on topics including screen time, entitlement, kindness, athletics, academics and divorce. It really is great there are a variety of authors and points of view presented (because which two parents or kids will be the same? Because all of this great science is confirming what we've often known: parents know best because they understand their kids best. As a teacher and educational consultant, I met with a huge selection of parents.



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