



# HOW CHILDREN THRIVE

The Practical Science of Raising  
Independent, Resilient, and Happy Kids

*New insights into  
executive function help parents*

- Manage sleep, homework,  
and technology
- Provide consistent,  
positive discipline
- Build mindfulness  
into family life
  - Relax and  
have more fun

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## How Children Thrive: The Practical Science of Raising Independent, Resilient, and Happy Kids



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Discover the proven methods parents can help their kids learn, overcome adversity, be friends with others, and be independent—when you relax and appreciate being truly a parent. How do kids thrive? As a parent, you probably think about this on a regular basis, but the truth is the job is too demanding and varied to ever be done to perfection. Bertin writes, “the ultimate way to support them?” In *How Children Thrive*, developmental pediatrician and mother or father Dr. Mark Bertin provides a positive, basic, and empowering approach for raising kids of all age range. Highlights consist of:

- Mindfulness**— Bertin includes a made a breakthrough guide that will assist children—and their parents— Dr. Research shows that the key to raising resilient, kind, and independent children lies in executive function, our mental capacity to manage almost everything in existence. “It flourish, but what?” “Despite its wonky, overly scientific name, you’ll find nothing complicated about building executive function,” it’s actually much more straightforward and less anxiety-provoking than the majority of the parenting advice out there.” Through concise, very easily applied chapters, Dr. Bertin provides simple approaches for helping your kids develop healthful EF while looking after yourself and savoring your family. Bringing together mindfulness, new science on brain advancement, and the messy reality of being a mother or father, Dr. how it directly builds EF and how to incorporate mindful procedures for the whole family.
- The need for free play**, the research behind it, and how to motivate more of it.
- Technology**— Bertin, “At what age is display screen time Alright? Help your children have a wholesome relationship with media. writes Dr. and stay with—implications for unwanted behavior.
- Understand markers** for whether your child is developmentally on track or if extra support may be needed.
- Find the information** you need when it’s needed with brief, independent chapters full of concrete practices.
- Bring more calm, ease, and joy** to your parenting even though taking care of yourself— With compassion and reassurance, Dr. “Create simple routines that support independence around homework, nutrition, rest, friendships, and more.
- Age-appropriate assistance** for toddlers, teens, and even your twenty-somethings.
- Limits and self-discipline**: How exactly to determine—just how much is too much? You want your children to have happy, healthy, and meaningful lives—The pressure to be an ideal parent is overwhelming,” even when family members life gets chaotic.
- Give yourself permission** to make mistakes and adapt along the way.”

Bertin presents a relaxed, instinctual, and evidence-based approach to raising kids who thrive.



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I never really considered parenting from the perspective of developing executive function which means this was a new lens for me personally to observe myself and my child. When all the conflicting parenting assistance, trends, and anxiety commence to build up (as they inevitably perform), this reserve brings you back to the basics. With basic wisdom and a straightforward writing style, Dr. Bertin reminds us that the bedrock of healthy child advancement isn't terribly challenging. It's a comfort to end up being reminded of the importance of allowing children to be kids, and not expecting them to behave like mini adults. Five Stars Good my human brain simply wasn't ready to understand things like chemistry and calculus in fifteen years old The first class I ever failed was Chemistry, at age 15. If you are inclined to the scientific and desire a brand new perspective this reserve can can really help.) This book provides a scientific basis for parents to "stay the course" making use of their children as they discover ways to manage their lives. The writer excels at explaining the part of executive function in a child's maturation process, and why it's essential for parents to create appropriate limits. I ended the semester with a generously given 13/100. It wasn't until a couple of years later on, when my mom was talking to me about brain advancement (family of nerds for the win) that I understood why: biologically, my brain simply wasn't ready to understand things such as chemistry and calculus at fifteen years old. This book isn't requesting to be supermom, and there is not really any reference to 'good' or 'bad' parenting, just observations on how parenting generally has changed and an exploration into whether it had a need to. There's an focus on age and developmentally appropriate activities and routines, from ways to get your little one to do their own homework to how exactly to help teens develop good judgement. Definitely recommended. A fresh parenting perspective (predicated on science! Highly recommended. The antidote to modern parenting hysteria That is a book to keep on your nightstand, to revisit time and again. He also gives beneficial tips for parents to stay as present and mindful as you possibly can amid the competing demands of daily life. Two Stars Just started??



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