

"Dr. Naumburg has a 'been there, done that' way of communicating  
that left me wanting to make some positive changes in my life."  
—JILL SUTHERLAND, *Confessions of a Stay-at-Home Mom*



How to Stay  
Focused  
on What  
Really  
Matters

# Parenting *in the* Present Moment



CARLA NAUMBURG, PhD

Carla Naumburg

## Parenting in the Present Moment: How to Stay Focused on What Really Matters



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This generation of parents is overwhelmed with parenting advice;re doing;about healthful relationships, compassionate self-care, and mindfulness— In Parenting in the Present Moment, Naumburg shares what truly matters in parenting—connecting with children with techniques that are meaningful to them and you also, remaining grounded amidst the craziness of parenting, and staying present for whatever life throws your way. Parenting in today's Moment can help each family members find its own method. Mindful parenting is approximately paying attention to what is going on with your kids and yourself without judging it or freaking out about any of it or considering everyone, including yourself and your child, ought to be doing something in a different way. Take a deep breath; She displays how mindfulness creates a good foundation for any style of parenting, regardless of your cultural history, socio-economic status, or family members framework. She also introduces the STAY model for a down economy: Stop whatever it really is you' Carla Naumburg pieces out to remind them that they have everything they have to raise healthy, content children.throughout vignettes of her own chaotic childhood and parental struggles. Attune for you thoughts and those of your child; and Yield to what is happening so that you can respond from a place of connection and compassion. Parenting can be an ongoing journey that constantly challenges every mother or father.With reassuring, compassionate storytelling, she weaves the most current theories—



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Parenting advice worth reading! The ones whose lives may have a modicum of chaos but in any other case appear relatively "regular. This publication is reassuring for this first-time mom, who once did just a little meditation with the Friends of the Western Buddhist Purchase in the past rather than much since. (and I've browse many! It says "hey, I get this. Carla's book book draws a reader in. Naumburg, an admitted reformed yeller, clarifies how yelling doesn't repair the problem and gives suggestions the way to handle the problem without yelling. As a mindfulness-based psychotherapist, I have found Carla's publication to be one of the most accessible books for my clients. I appreciated this ... Live in today's - not the past or the near future - an excellent guide from one who knows. I particularly just like the comment that 90% of the time we are struggling towards the right direction, but that it's in the knowing which way we ought to be going that people do the right thing. She actually is an advocate of meditation but doesn't say it will fix the chaos, only offers it as another resource. I've been reading it in little chunks. Naumburg offers sound parenting guidance in a gentle way - advice that is useful together with your crying baby to crazy children to moody teenagers. Isn't being truly a parent great? Truly a Book for EVERY Parent There are a great number of parenting books away there. As the mother of a special needs child, so many of them make me experience as though they were written for additional parents. Parenting is hardest job I've ever taken on and We am constantly looking for the best tips to make the work easier.. Naumberg's book is definitely that she acknowledges (repeatedly) how appreciably different and challenging it can be for moms like me. I experienced as if my particular challenges were respected and that I as well, even with the additional struggle, might find her strategies and recommendations completely doable. While I cannot say that my entire life has changed (yet) in virtually any earth-shattering way, I COULD state that reading the reserve has already challenged me to shift some of my perspectives about my entire life as a mom, wife, friend, etc. Having had a particularly rough few days, referring back to certain passages was like relying on the calming presence of a smart friend. Though they don't know it yet, some of my closest friends will be receiving this title as something special in the very foreseeable future. Reading this mindful parenting book was want talking to a wise friend. Supportive. but what I find really unique about the publication can be how she also blends in lessons she is learning from her mindfulness practice. Remembering to deal with yourself is encouraged as well. Carla's honesty invites people in and normalizes their experience of parenting. The suggestions are available and doable. As a mindfulness instructor, I am grateful that Carla's description of mindfulness, compassion, personal compassion and meditation are "simple" and "soothing" to get yet honor the complexities and depths of practicing them. Carla's authenticity lends itself to an exhale with respect to the reader. I often notice how I FEEL when I browse a book and how I feel afterward. In reading Carla's book, I felt a deep "ahhhhh"/exhale.... I also think it's pretty amazing that Carla's has selected to publisher her publication with a publisher which has published the functions of Thich Nhat Hanh. Don't waste your time felt this was crap Five Stars Good Four Stars it was okay Five Stars This is a nice read I often recommend Parenting in the Present Moment As a therapist who often works with new parents, I recommend Parenting in the Present Moment. I could easily give this to 1 of my customers and be confident they'd find it "doable." It balances useful tips with good explanation. I hope they serve you as well. calm. She breaks it all down so beautifully and. As a wise instructor, Carla doesn't communicate: "I acquired my North Celebrity and I'm all ideal now." No. As a mom of two young boys, the sound level in my own house could be deafening and there is a lot of yelling to get over the noise.) Obviously stated and described, Naumburg suggests reasonable advice to greatly help see approved the screaming and chaos to understand where your kid could be coming from to greatly help resolve

their problem/confusion. Worth the read She doesn't go into examples of ways to parent so far as how to talk to your kids or scripts but she will concentrate on parenting from the within out. It has been my encounter. Here are some things which have helped. She includes beautiful and wise quotations from leading professionals and teachers."After reading her book, I am taken to a sense of spaciousness within me personally and feel a sense of solidarity with most parents. It's hard. It's a great read for any parent that is attempting to become more mindful in life really not only parenting. She is really honest also which helps relate with the imperfections of parenting a lot. Worthy of a read for parents. as an operating mother of two males with multiple activities (college, soccer, guitar, playdates), I frequently neglect myself and recognized a good walk or sit down elsewhere with a pal would go quite a distance. Exceptional book, really helps me stay centered on living in the present and being there for my baby. Naumburg encourages in a gentle method to keep in mind yourself. So quite often we have been working towards our goal of being present, of soothing and hearing, rather than being flawlessly attuned, but that's fine. Parenting in the Present Moment instilled a sense of self-confidence in me, way more than any additional parenting book I've read. Not like the rest of the parenting books, a spiritual and mental dimension centered firmly in the real world, on the author's own experiences. Its authentic voice and practical suggestions are the kind of book parents can simply relate to. Parenting in the Present Moment is an excellent reserve. She also encourages you to reach out to your support program (friends and family) for help and support. I felt." What I specifically appreciate about Dr. so I can really absorb and reflect on everything the author is saying. In each chapter, Dr. Naumburg shares personal stories interwoven with professional knowledge. This in itself will be useful... Accessible. The result is a book that's funny, useful, poignant, and in addition exceedingly wise. As an extra bonus, this is actually the first parenting reserve I've ever read that extends beyond parenting. I find I am applying Dr. Naumburg's mindfulness framework to many areas of my entire life. I highly recommend this reserve to any parent who is searching for practical advice, and also some overall inspiration. That isn't usually the case after reading some realllly well-known blogs and books on mindfulness. Inspirational! I possibly could totally relate with the author's encounters, and it was validating to know that I'm not by yourself along this trip. Carla Naumburg. Beautiful. I read this book on the subject of mindful parenting at an ideal time. Reading it had been like speaking with a smart friend. We are lucky to possess this great work from Dr. Rather than a typical parenting book full of more behavioral strategies, I loved how she approached the way we as parents can connect to our kids, stay grounded, and be present throughout the roller coaster of parenthood. I found the reserve to be soulful, useful, and inspiring. A breath of oxygen. Giselle Shardlow Kids Yoga exercises Stories Author of yoga books for children, including Anna and her Rainbow-Colored Yoga Mats



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