

Tears and Tantrums



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WHAT TO DO WHEN
BABIES AND CHILDREN CRY

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author of The Aware Baby

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Are you baffled by your baby's crying or your child's tantrums? Do you feel helpless, impatient, or angry? Do you struggle with conflicting advice? Tears and Tantrums will reassure you and help you stay connected to your child during these difficult moments. Now translated into ten languages, it describes a new way of responding to crying in children from birth to age eight. This respectful and revolutionary approach has many benefits, including helping babies sleep through the night, preventing discipline problems, increasing children's attention span, reducing aggression and hyperactivity, and helping children heal from trauma.

作者介绍:

Aletha Solter is a Swiss/American developmental psychologist living in Southern California. She studied with Dr. Jean Piaget in Geneva, Switzerland, where she earned a Master's Degree in human biology. She holds a Ph.D. in psychology from the University of California. Her books have been translated into many languages, and she is recognized internationally as an expert on attachment, trauma, and non-punitive discipline. She is the founder of the Aware Parenting Institute, an international organization with certified instructors in many countries.

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