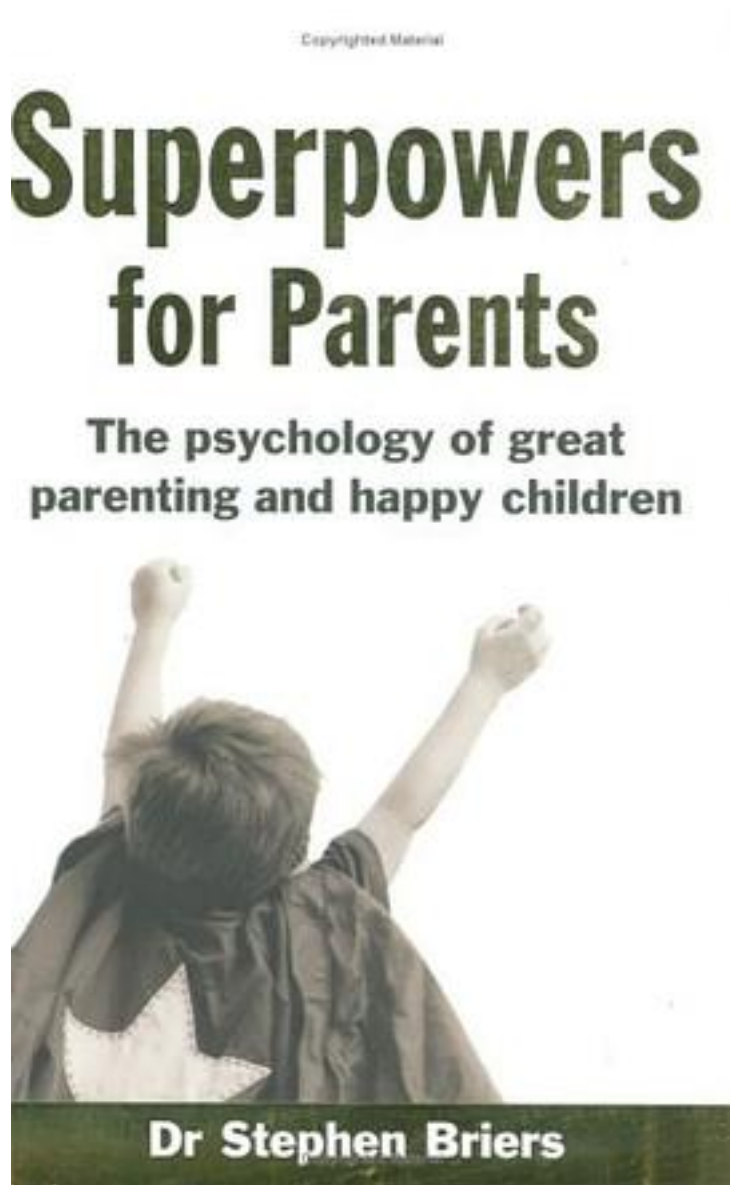


Superpowers for Parents



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在线阅读本书

How would you like the power to stop bad behaviour before it starts? Would you like to be able to read your child's mind and know why they do what they do? You may not be able to leap over tall buildings, and you probably can't fly unaided either, but thanks to this new, proactive approach to parenting, you can have your very own set of parenting superpowers. With this book you'll be able to: see through bad behaviour and know what's really going on (and how to deal with it) show your children how to zap anger give your child inner strength make their problems magically diminish in size We all want our children to be well-behaved, well-balanced and happy little people. But it's rarely as simple as it sounds. Being a parent is a really tough job. Even though you love your children to bits, sometimes they take everything you've got - emotionally, mentally and physically. That's why every parent needs superpowers. An array of things to do and say, and an approach for every tricky situation, when you know there's a better way but you can't think what it is. In Superpowers for Parents you'll uncover the secrets of great parenting and discover how you can get inside the mind of your child to understand why they behave as they do. This book will show you how to instil in your child the vital skills they will need to grow into mentally healthy, well-rounded individuals. With these skills they'll be in a much better position to enjoy a happy and care-free childhood where they don't resort to anger and bad behaviour to express their feelings.

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有共情力的孩子能更好地控制自己的行为

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