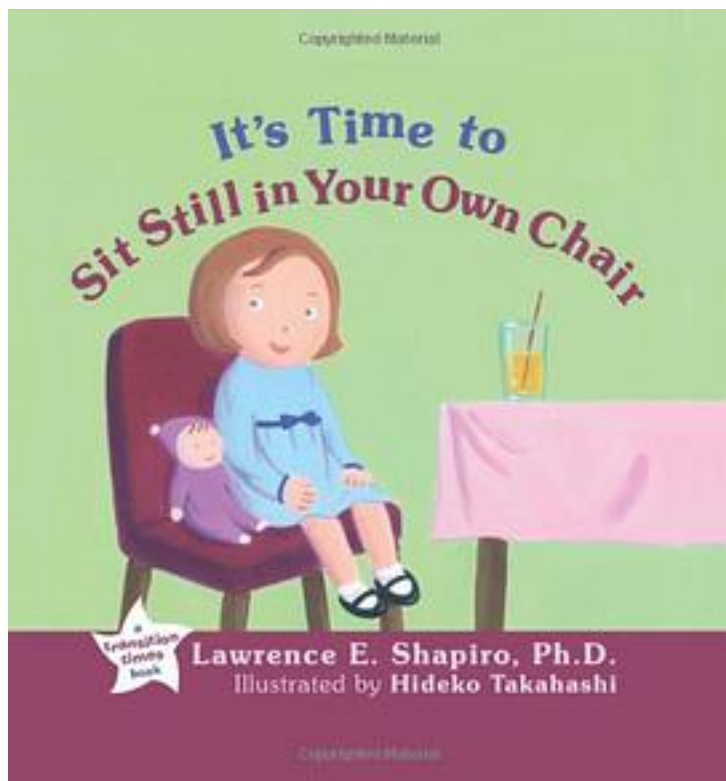


# It's Time to Sit Still in Your Own Chair



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In this book, children learn that sitting still in their chair will help them develop patience and self-esteem. This book includes helpful advice and tips for parents to deal with kids who have trouble sitting still at mealtimes and in other situations. Growing up is hard, but when children have to communicate their needs like an adult it can be more than difficult - a perfectly good day can turn into a catastrophe! Transition Times is a concept of internationally known child psychologist and parenting expert Lawrence E. Shapiro, who has written a series of books to help children through their

trying transition times, including: giving up their pacifier, sleeping in their own bed, using words to communicate, and sitting still in their own chair. For most of today's parents, raising young children is the central part of their lives. Bonding and attachment is rightfully a primary concern, but many parents ignore the fact that limit-setting and age-appropriate expectations are also an important part of raising happy and healthy children. Where previous generations might have simply said 'no', today's parents are looking for less confrontational ways to guide their young children through the trials and travails of growing up.

作者介绍:

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