

Toddlercalm A Guide For Calmer Toddlers Amp Happier Parents Sarah Ockwell Smith

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We asked experts to share some of the most important phrases we can teach our kids from a young age. Many of them are simple yet make a “surprisingly big impact on children’s abilities to thrive,” ...

The Most Important Phrases You Should Teach Your Kid From A Young Age

Pension fund employees can get some quality time away from their busy workdays with just the click of a mouse.

CalSTRS creates virtual calm room for employees to relax and recharge

There’s nothing like an ice-cold drink on a hot summer day. Transporting that frosty bev to your next barbecue shouldn’t be a hassle, which is why a backpack cooler is going to be your new bestie this ...

This Top-Selling Cooler Backpack Is A Must-Have For Outdoor Summer Fun

Here is how Cal-Maine Foods (CALM) and Commercial Metals (CMC) have performed compared to their sector so far this year.

This book works. It shows that that the naughty step, sticker charts and controlled crying are NOT the only solutions. Many parents struggle with getting their toddlers to sleep, picky eaters; respect; tantrums; discipline; throwing; biting; hitting, communication... All this is normal. What is important is that you don't base your whole relationship with your child on rewards and punishment. ToddlerCalm is about gentle parenting. It will give you a proven and successful alternative approach to creating a calm and happy family.

Congratulations! You are about to become, or recently became, a new mom. But now what? You may feel overwhelmed by all the advice given to you by friends, family members, online sites, and the slew of contradicting information about calming a crying baby, getting on a feeding schedule, and training your infant to sleep through the night. BabyCalm™ (a company founded in 2007 in England by Sarah Ockwell-Smith and expanding to the United States this year) runs classes that aim to turn stressed-out parents and crying babies into happier parents and calmer babies. In BabyCalm™, Ockwell-Smith sets out to provide new mothers with the inspiring ethos and methods of her successful company. BabyCalm™ aims to empower new parents to raise their baby with confidence. Focused primarily for new mothers (but with a plethora of sound advice for fathers as well), Ockwell-Smith provides a wealth of information-starting with trusting your maternal instincts above all else-on calming your crying baby, implementing sleep training techniques, facilitating a feeding schedule, bonding with your new infant, understanding your baby’s essential needs, and much more. Including parenting tips from around the world as well as ways in which to create confident children, BabyCalm™ is the only book you’ll need to set you on the solid path of good (and stress-free) parenting during your baby’s first year.

Since having her first child nine years ago, Sarah Ockwell-Smith has worked tirelessly to prepare parents for the birth of their child. An antenatal teacher and a doula, with a background in psychology, she founded an award-winning company Babycalm T with one aim in mind - to turn stressed-out new parents and crying babies into happier parents and calmer babies. She has a great understanding of the minds of new parents and is passionate about gentle parenting - letting parents know that it is OK to trust their instincts, that there are other ways to cope as a new mother without putting your baby into a strict routine or resorting to controlled crying. This book takes a different approach to the vast array of books out there - helping new parents to enjoy their baby and to trust in their own parenting instincts, offering a refreshing alternative to prescriptive, routine-led parenting. BABYCALM will help you understand your baby and yourself as a new parent. It offers plenty of ideas about calming techniques and how to encourage your baby to sleep well and will enable you to feel confident and at ease in your new role.A happy mum and a calm baby go hand in hand and this book will get you off to a great start.

A calmer, simpler approach to potty training If you're like most parents, you're probably feeling pretty nervous about potty training. But don't worry, help is on the way. This supportive guide provides step-by-step advice for a compassionate and emotionally aware process-one that focuses on positive connection rather than relying on gimmicks, pressure, or rewards (which usually backfire). Topics include: * Signs your child is ready, and how to begin * Preparing your child emotionally * Tips for coping when away from home * Advice for handling accidents and setbacks * Practical stories and tips from parents Written by popular parenting expert Sarah Ockwell-Smith, creator of Gentle Parenting, this is the only book you'll need to guide your child through this developmental milestone--without trauma, drama and tears (for child and parents alike!).

Pre-order Sarah Ockwell-Smith's indispensable guide to more peaceful and enjoyable parenting 'This isn't a parenting advice book, it's a book about you. The words you read in this book, however, will have a far greater impact on your children, than those contained in any parenting book you could read (and I count my own in that too).' How many times have you asked yourself 'what's wrong with me? Why can't I stay calm?'. So many of us would love to follow a gentler, more positive style of parenting, but we don't think we're cut out for it, because we aren't naturally calm. We feel that there is something wrong with us, that we're not good enough. We believe we are failing our children by not controlling our own emotions adequately. What we don't realise is that this describes almost every parent there ever was - and ever will be. In her trademark gentle, supportive and reassuring style, bestselling author Sarah Ockwell-Smith shows that while we all lose it at times, everyone can become a calmer parent. Based on her many years' experience working with parents, Sarah provides research, advice and practical exercises that will set you on the path to calmer parenting that will benefit both you and your child. Covering everything from the impact of your own upbringing on your parenting style to work and home life balance and letting go of the quest for perfection to ensuring your own basic needs are met, How to Be a Calm Parent is for any parent who knows that they need to be calmer to raise well adjusted, happy children, but struggles with their own emotions and stress levels.

As seen in the New York Times -- a practical guide that presents an alternative to shouting, shaming, and blaming--to give kids the skills they need to grow and thrive Discipline is an essential part of raising happy and successful kids, but as more and more parents are discovering, conventional approaches often don't work, and can even lead to more frustration, resentment, power struggles, and shame. Enter Sarah Ockwell-Smith, a popular parenting expert who believes there's a better way. Citing the latest research in child development, psychology and neuroscience, Gentle Discipline debunks common myths about punishments, rewards, the "naughty chair," and more, and presents practical, connection-based techniques that really work--and that bring parents and kids closer together instead of driving them apart. Topics include: Setting--and enforcing--boundaries and limits with compassion and respect Focusing on connection and positivity instead of negative consequences Working with teachers and other caregivers Breaking the cycle of shaming and blaming Filled with ideas to try today, Gentle Discipline helps parents of toddlers as well as school-age kids embrace a new, more enlightened way to help kids listen, learn and grow.

Parenting trends come and go. Gentle parenting is different - it isn't a label for a precise set of rules but a method of parenting that embraces the needs of parent and child, while being mindful of current science and child psychology. It means parenting with empathy, respect, understanding - and boundaries. In The Gentle Parenting Book, Sarah Ockwell-Smith provides a trustworthy combination of what-to-expect information and gentle-parenting solutions to the most common challenges faced by parents with young children. Sarah addresses a wide variety of topics, including coping with a crying baby, introducing solid foods and creating healthy eating habits, potty training, starting nursery and school, sibling rivalry, tantrums, whining and sulking, aggressive behaviour and much more. And for those parents who have previously used a more authoritarian style of parenting, there's plenty of advice - and reassurance - on making the transition to a gentler approach. For many, gentle parenting comes as a relief because it chimes with their deepest instincts about the best way to raise their children.

The Gentle Sleep Book offers gentle, reassuring and effective solutions to addressing the common sleep problems of newborns to five-year-olds. 'This book should be called The Sleep Bible and needs to be in every parent's bedside drawer' Marneta Viegas, founder of Relax Kids Are you exhausted by your baby's night-time waking or frustrated by your toddler's reluctance to go to bed? Would you prefer a gentler approach than sleep-training techniques such as controlled crying or pick up/put down? The first five years of parenting are filled with worries and preoccupations, but, for the vast majority, none of them is as pressing as the lack of sleep. In this revised and updated edition of her bestselling book, Sarah Ockwell-Smith offers a gentle, effective prescription for addressing the common sleep challenges encountered by parents of newborns to five-year-olds. Treading a carefully balanced line between the needs of sleep-deprived parents and those of the child, Sarah offers reliable, evidence-based advice including: *How long we can expect our children to sleep at each stage of development. *Why much of the popular advice on sleep is inaccurate and counterproductive. *How to approach common issues including frequent waking, night terrors and bedtime refusal. Sarah's practical suggestions for each developmental stage include how to create a consistent bedtime routine and optimal conditions for sleep, the effect of diet, and how to use comfort objects effectively. This revised and updated edition includes new chapters providing specific advice on daytime naps (when and how to drop them) and how to take care of your own needs and emotions during the early years of disrupted sleep, because your feelings and health matter too.

How to make potty training stress free for you and your child The Gentle Potty Training Book is a practical guide to helping your child through one of the most important developmental stages of early childhood. Avoiding strict timelines, rewards and plans that are based solely on a child's gender, Sarah Ockwell-Smith advocates an approach that is based on your child's unique developmental stage - because the gentlest, easiest and most effective potty training happens when you work with your child as a team. Sarah's advice includes: * Recognising the physical and emotional signs that your child is ready * How to talk to your child about potty training and prepare them emotionally * What you need to get started - the practicalities * How to respond to accidents and setbacks * Potty training your child when you're in full-time work or co-parenting * The when and how of night-time potty training * What to do after previous false starts Comprehensive, practical and realistic, Sarah's advice will give you the necessary understanding and confidence to make potty training a smooth process for you and your child.

A groundbreaking guide to raising responsible, capable, happy kids Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham’s approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years. If you’re tired of power struggles, tantrums, and searching for the right “consequence,” look no further. You’re about to discover the practical tools you need to transform your parenting in a positive, proven way.