



Raising Your Spirited Child, Third Edition: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic

Mary Sheedy Kurcinka

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Including real life stories, this newly revised third edition of the award-winning bestseller—voted one of the top twenty parenting books—provides parents with the most up-to-date research, effective discipline tips, and practical strategies for raising spirited children.

Do you ever wonder why your child acts the way he or she does? Are you at a loss regarding your child's emotional intelligence and how to prevent meltdowns? Do you find yourself getting frustrated and feeling like you're at the end of your rope?

You are not alone! Many parents are dealing with the same challenges.

In *Raising Your Spirited Child, Third Edition*, parenting expert Mary Sheedy Kurcinka, Ed.D, offers ALL parents a glimpse into what makes their children behave the way they do. Through vivid examples and a refreshingly positive viewpoint, this invaluable guide offers parents emotional support and proven strategies for handling the toughest times. Dr. Kurcinka has devised a plan for success with a simple, four-step program that will help you discover the power of positive—rather than negative—labels, understand your child's and your own temperamental traits, cope with tantrums and blowups when they do occur, develop strategies for handling mealtimes, bedtimes, holidays, school, and many other situations.

In this third revised edition, you will find:

- More practical strategies to help you manage your own intensity (keep your cool)
- Effective discipline tips—including how to win cooperation and establish clear expectations and limits
- New strategies for managing the meltdowns—including how to prevent them in the future
- Revised tips for helping your spirited child fall asleep and stay asleep
- Revised tips for finding the school that “fits” your child
- Ideas for working with your child when he or she does not want to talk about emotions
- Steps to teaching your child how to be “problem solvers,” work well with others, and be more flexible
- ... and more!

Including charts and quick tips for today's time-challenged parents, this newly updated edition of *Raising Your Spirited Child* will help you foster a supportive, encouraging, and loving environment for your children.

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Jeremy Brown:

Have you spare time for any day? What do you do when you have considerably more or little spare time? Yeah, you can choose the suitable activity regarding spend your time. Any person spent their very own spare time to take a walk, shopping, or went to the particular Mall. How about open as well as read a book eligible Raising Your Spirited Child, Third Edition: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic? Maybe it is for being best activity for you. You understand beside you can spend your time with the favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have various other opinion?

Mary James:

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Yvonne Speight:

Spent a free time and energy to be fun activity to perform! A lot of people spent their down time with their family, or their very own friends. Usually they carrying out activity like watching television, gonna beach, or picnic within the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your free time/ holiday? Could be reading a book can be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to test look for book, may be the reserve untitled Raising Your Spirited Child, Third Edition: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic can be excellent book to read. May be it is usually best activity to you.

Joseph Yancey:

Reading a book to get new life style in this year; every people loves to go through a book. When you learn a book you can get a wide range of benefit. When you read publications, you can improve your knowledge, simply because book has a lot of information upon it. The information that you will get depend on what sorts of book that you have read. If you wish to get information about your study, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, such us novel, comics, along with soon. The Raising Your Spirited Child, Third Edition: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic provide you with a new experience in looking at a

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