

# CO-PARENTING WITH EASE

*Tips and Tools for Raising Children in Two Homes*



*Stanley Ncube*

# Parenting With Ease

**Susan Stiffelman**



## Parenting With Ease:

**Parenting with Ease** MAWELL. STARR,2022-10-25 It is not necessary to be flawless as a parent to be successful However that doesn't mean we shouldn't strive to achieve it A good parent is someone who acts with good intentions as well as good actions Parents don't necessarily need to be flawless to be great or successful No one is flawless Additionally no kid is flawless we must keep this in mind when establishing our goals Raising children is one of the hardest and most rewarding occupations in the world but you can feel unprepared for it Remember to hold ourselves to high standards first followed by our kids For them we provide crucial role models In this book are some suggestions on how to become a better parent develop good parenting techniques and prevent poor parenting *Parenting with Ease* Alex Garner,2022-10-16 Have you had a terrible time raising your kids If there is no mutual Communication between you and your kids You have to know that nothing is impossible Behind every young kid that believes in himself is a parent who believes initially So why don't you stand up and encourage your children in feeling they can reach everything they wish since they're in strong harmony with you This book will advise you on parenting your kids with ease The book contains What you need to know as a parent How to develop a good conversation with your kids If you want to make your parenting easier Why don't you click the purchase button and join the simple parenting world *Parenting with Ease* Jacqueline Blair Telgheder,2022-10-04 Feeling overwhelmed and stressed in your day to day parenting Have you looked for solutions to no avail Parent coach Jacqueline Telgheder can relate Like her clients she felt drained and defeated Nothing seemed to work Filled with relatable stories fresh approaches and impactful action steps this honest and insightful guide presents a way out of the trenches Parenting with Ease will help you See the good in yourself and your child even amidst the hardships Draw upon your own strengths and priorities to work through your challenges Learn strategies to minimize tantrums and arguing while building meaningful connection Empower yourself to set limits that optimize the development of your child Learn practical tools that work You are not alone in your challenges Forget the should's and what's normal Instead get clear on what matters most to you and what works best for your unique child Join Jacqueline in this powerful coaching process to feel more relaxed and confident in your everyday parenting **Parenting with Ease** Elaine Lawrence-Wynn,1996-01-01 **Parent with Ease** Adam Breach,2022-10-13 One of the most crucial figures in young children's lives is their parents 1 Child learn and depend on their parents as well as other caregivers who take on the role of a parent from birth They look to these adults to provide for their needs set them up for success and protect them from harm While most parents look forward to seeing their children's personalities develop many also don't know how to best care for them Although being a parent is often a joyous experience there are times when parents face difficulties and uncertainty over their abilities to secure the physical emotional or financial well being of their children *How to Be a Calm Parent* Sarah Ockwell-Smith,2022-03-03 An 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.

**Toddlers Made Easy** Cathryn Tobin, 2024-10-22. How to transform everyday life with a toddler. Packed with friendly and helpful advice to support parents and toddlers during their trickiest moments, Dr Tobin helps parents see matters from your toddler's point of view with lively illustrations showing their thought patterns. Parent quizzes throughout the book help parents think about how to best handle a scenario, reflect on their own parenting background and communicate effectively and calmly to support their child through this key developmental stage.

**How to be in Your Child's Shoes** Van Atsen, 2023-07-20. Are you struggling to navigate the challenges of parenthood while ensuring your child's happiness and success? *How to be in Your Child's Shoes: Parenting with Ease and Joy: A Practical Guide* is here to help you become the best parent you can be. This comprehensive book offers practical strategies and valuable insights to empower you in your parenting journey. Discover the art of balancing love and boundaries, fostering a supportive environment that promotes your child's growth and development. From setting healthy screen time limits to teaching essential life skills, this guide covers a wide range of topics to equip you with the tools needed to raise confident, compassionate and resilient children. Embrace the power of empathy, effective communication and understanding as you connect with your child on a deeper level. Learn how to promote diversity and inclusion, creating a harmonious environment that embraces different cultures and perspectives. With a focus on fostering a healthy parent-child bond, you'll be equipped to navigate the challenges of discipline while nurturing your child's emotional well-being. Written with simplicity and clarity, *How to Be in Your Child's Shoes* is the ultimate practical resource for modern parents seeking ease and joy in their parenting journey. Gain confidence in your parenting skills and create a loving, nurturing environment that empowers your child to thrive and succeed. Empower yourself with the tools to navigate the digital age, promote healthy relationships and foster a growth mindset in your child. Whether you're a new parent or have years of experience, this guide will be your trusted companion as you embrace the joys and challenges of

parenting with love and understanding Empower your child to reach their full potential while finding joy and fulfillment in the rewarding journey of parenthood Unlock the secrets to effective and joyful parenting with *How to be in Your Child's Shoes Parenting with Ease and Joy A Practical Guide* Parenting with Ease Ann E Harris,2022-10-19 Are you experiencing stress and overwhelm as a parent daily Have you sought answers but been unsuccessful Ann E Harris a parent coach has experience She felt exhausted and discouraged just like her clients Nothing seemed to function This open and perceptive book offers a path out of the difficulty and is chock full of relevant anecdotes innovative ideas and useful actions You will be able to See the good in yourself and your kid despite the difficulties with the aid of parenting with ease Unearth your weakness and strength as a parent and also discover your child's strengths and how to exploit it for a good future Use your assets and priorities to overcome obstacles Acquire techniques to reduce outbursts and arguments while forging deep connections Embrace your ability to impose restrictions that promote your child's growth Improve your level of communication with your kids Acquire useful practical tools Your difficulties are shared by others Forget about what is should and normal Instead decide what is most important to you and what will work best for your particular kid Participate with Ann E Harris in this effective coaching approach to feel more at ease and certain in your day to day parenting To know and learn more do well by purchasing a copy for yourself *The ABCs of Conscious Parenting* Jill Mann Pekofsky,2016-09-20 When communication with your child has deteriorated when the behavior of your child is out of control this book can help you reel in these areas of parenting You can reach in and grab a tool and utilize it in the moment You can read it at night and be armed with tools the next day **Parenting Is Easy** Sara Given,2015-10-06 Imagine a world where pregnant women are always upbeat and glowing newborns sleep on cue toddlers love to have their teeth brushed and teenagers gaze adoringly at their parents Impossible you say Not according to advertisers who flood the web with stock photos of perfect parents and children They'd have you believe that parenting is a piece of cake and every significant moment of family life takes place on a spotless white couch So when Sara Given a real mother of a real toddler saw a picture of a radiant new mother in a cute little sundress breastfeeding her newborn in the middle of a golf course she finally had enough She launched a Tumblr which is now visited by tens of thousands of new parents looking for a daily pick me up Because what better way is there to deal with the stress and strain of being a new parent than laughter The perfect gift of cheer and solidarity *Parenting Is Easy* exploits the disconnect between these preposterous photos and what happens in real life and makes every reader laugh out loud and feel better too because we're in on the joke Parenting Without Power Struggles Susan Stiffelman,2012-03-15 Every parent knows the unrelenting fervor of a four year old's tantrum an eight year old's insistence on talking back or a moody pre-teen's newfound hobby of brooding in anger And every parent has asked the simple question how can I avoid meltdowns and create more peace at home While most parenting strategies are designed to coerce your kids to change *Parenting Without Power Struggles* does something innovative and focuses on where parents actually

have real control within themselves When parents learn to keep their cool and parent from a strong and durable connection they become able to help their children navigate the challenging moments of growing up Family therapist Susan Stiffelman has shown thousands of parents how to be the confident captain of the ship in their children s lives Based on her successful practice and packed with real life stories Susan shares proven strategies and clear insights to motivate kids to cooperate and connect making *Parenting Without PowerStruggles* an extraordinary guidebook for transforming your day to day parenting life     *Simplicity Parenting* Kim John Payne,Lisa M. Ross,2010-08-31 Today s busier faster society is waging an undeclared war on childhood With too much stuff too many choices and too little time children can become anxious have trouble with friends and school or even be diagnosed with behavioral problems Now internationally renowned family consultant Kim John Payne helps parents reclaim for their children the space and freedom that all kids need for their attention to deepen and their individuality to flourish *Simplicity Parenting* offers inspiration ideas and a blueprint for change Streamline your home environment Reduce the amount of toys books and clutter as well as the lights sounds and general sensory overload Establish rhythms and rituals Discover ways to ease daily tensions create battle free mealtimes and bedtimes and tell if your child is overwhelmed Schedule a break in the schedule Establish intervals of calm and connection in your child s daily torrent of constant doing Scale back on media and parental involvement Manage your children s screen time to limit the endless deluge of information and stimulation A manifesto for protecting the grace of childhood *Simplicity Parenting* is an eloquent guide to bringing new rhythms to bear on the lifelong art of raising children     *DiddleDots* Susie Garlick,2011-12-09 *DiddleDots* is a Next Generation Indie Book Awards winner and a Mom s Choice Award Recipient As a first grade teacher Susie Garlick ran a well organized happy classroom Fast forward seven years and Susie was the stay at home mom of three children Her life was not organized she was exhausted and everything seemed to be spiraling out of control She needed help With family and friends by her side Susie began a slow climb up the ladder of parenting During this process Susie realized she could use her teaching techniques in her own home She began organizing her home like a classroom and parenting became a little easier A few years later she started work toward a Master of Arts in Professional Counseling Combining her teaching background with her counseling studies she created a life that while still a little crazy wasn t out of control The lessons she learned were the inspiration for *DiddleDots* *DiddleDots* is filled with 100 tips to help ease the craziness of parenting Raising children today is challenging We live in a world of instant gratification high expectations and technology overload These Dots will give you tools to begin thinking about how you parent and how you want to parent Learn to Organize your home Teach your children what you expect Understand your children and their feelings Instill values in your children     **Raising Calm Kids in a World of Worry** Ashley Graber, LMFT,Maria Evans, LMFT,2025-02-11 A must have guide for helping your child conquer worry fear and overwhelm AN OPEN FIELD PUBLICATION FROM MARIA SHRIVER Kids today are more susceptible than ever to anxiety and stress As a parent you want to shield your child from these overwhelming feelings but it can be daunting

in an unpredictable world Fortunately there are ways to help and Raising Calm Kids in a World of Worry shows how Psychotherapists and parent coaching team Ashley Graber LMFT and Maria Evans LMFT introduce SAFER Parenting a simple yet powerful five step approach designed to help children ages 6 12 regulate emotions and build lasting self esteem Offering real life examples and drawing on their experience working with thousands of families struggling with anxiety they outline key practices to reduce worry both in the moment and over time You ll learn how to Recognize often missed signs of anxiety and uncover their root causes Manage big feelings and guide your child toward useful coping tools Navigate difficult conversations with therapist approved techniques Nurture your child s confidence and independence Create psychological safety at home to increase calm and lower anxiety Meeting parents where they are Raising Calm Kids In a World of Worry shows how despite having plenty of reasons to worry you can become a more confident parent and help your child find ease when they need it most

**Pause** Alice Hanscam,2016-12-02 Do you feel frustrated stressed overwhelmed as a parent Here is an inspiring guide to help parents move from the often overwhelming anxiety that raising children guarantees to the steadying power of calm connection so they can enjoy strong healthy relationships with their children You CAN feel calmer more confident and truly connected with your child Raising children can leave you exhausted and emotionally spent and with the guidance of PAUSE from the author s thoughtful insight and encouraging stories to the do able action steps a parent can feel the positive and relationship building difference practicing pause brings PAUSE helps you look for the anxiety provoking moments that invade your daily life and respond to them with the calm confidence and clarity you need in order to help your children truly learn and grow in healthy ways PAUSE goes further to help you feel the calm connection in all areas of your life truly helping you and your family to thrive As with her first book Parenting Inspired Alice Hanscam has designed her work to leave all readers feeling supported encouraged and empowered to parent and live well

Parenting ADHD Now Elaine Taylor-Klaus,Diane Dempster,2016-11-15 An empathetic personal and practical approach for parents craving relief from the wide ranging childhood impact of ADHD Mark Bertin M D author of Mindful Parenting for ADHD Parents This book is for you Most of us need help to overcome the challenges of parenting a child with ADHD Watching your bright vibrant child struggle with ADHD can make you feel helpless especially when you don t have the tools to help them succeed There is a great deal of help available for children with ADHD but there simply aren t enough resources for parents of ADHD children and you need support just as much as your child The National Institute of Mental Health recognizes that frustration blame and anger are common in families with ADHD children Children with ADHD need guidance and understanding from parents to reach their full potential Yet it can feel impossible to manage the challenges you experience as a parent in order to be the support your child needs Diane Dempster and Elaine Taylor Klaus are ADHD coaches educators and the cofounders of ImpactADHD They started off just like you feeling frustrated and lost about how to help their ADHD children and how to take care of themselves as well Since that time they have become national leaders in the world of ADHD representatives of the

voice of parents and the go to experts for parenting children with ADHD They have successfully armed thousands of parents with the tools they need to help themselves and their children with ADHD In Parenting ADHD Now Diane and Elaine combine their practical know how and professional expertise to offer immediate actionable strategies you can use to guide and support your ADHD child compassionately and effectively The material presented in this book is grounded in three main concepts Apply the Coach Approach to Parenting This unique method gives you permission to pay attention to yourself build up your own confidence and self esteem and apply these tools when working with your child with ADHD Use Real Practical Strategies Learn to effectively navigate the complex terrain of ADHD confidently minimize ADHD related stress in your family and foster your child s independence Focus on the Parent This is not about fixing your ADHD child This is about shifting your focus inward and empowering yourself so that you can empower your child as they navigate life with ADHD You can dramatically improve life for your child with ADHD With Parenting ADHD Now you will learn to set healthy limits find compassion and acceptance change your habits laugh instead of cry understand instead of yell and thrive instead of just survive

**Parenting Made Easy** Jomanga Beatrice Kihwili, 2024-04-02 Are you a new parent feeling overwhelmed by the challenges of raising children Look no further than Parenting Made Easy A Guide To Raising Happy And Healthy Children a comprehensive book designed to provide all the tools and knowledge you need to navigate the journey of parenthood with confidence This practical guide offers a wealth of information and expert advice making it an essential companion for any parent Covering a wide range of topics Parenting Made Easy focuses on invaluable strategies for fostering your child s overall well being and happiness With insightful tips on effective communication discipline techniques and managing tantrums this book offers practical solutions to common parenting dilemmas From understanding your child s emotional and cognitive development to creating a nurturing and supportive environment you ll discover a wealth of strategies to help you raise resilient and well adjusted children Taking a holistic approach Parenting Made Easy also delves into the importance of nutrition sleep and exercise for your child s physical health You ll find helpful advice on developing healthy eating habits encouraging regular exercise and establishing a bedtime routine that promotes restful sleep By equipping yourself with this knowledge you ll be better able to support your child s growing body and ensure they develop healthy habits that will last a lifetime Moreover Parenting Made Easy recognizes the unique challenges that come with raising children in the digital age With a comprehensive section on managing screen time and nurturing responsible online behavior this book empowers parents to navigate the ever changing technological landscape while safeguarding their child s well being From setting appropriate boundaries to fostering digital literacy you ll gain a deeper understanding of how to embrace technology as a tool for learning and growth rather than a source of anxiety Written in a friendly and accessible style Parenting Made Easy provides relatable anecdotes and practical advice from real life parents who have successfully implemented the strategies outlined in the book The author s deep understanding of child development and parenting techniques is showcased



throughout ensuring that readers feel supported and validated in their parenting journey Whether you re a new parent a seasoned caregiver or simply seeking to enhance your parenting skills Parenting Made Easy A Guide To Raising Happy And Healthy Children offers a treasure trove of knowledge and guidance From mastering effective communication to implementing healthy lifestyle choices this book is a roadmap to creating a nurturing and fulfilling environment for your children So take the first step towards becoming a confident and empowered parent by diving into this essential guide today

**Being Together, Working Apart** Barbara Schneider,Linda J. Waite,2005-02-24 Despite the fact that most parents are employed how work affects the lives and well being of parents and their children remains relatively unexplored A recent study of 500 dual career families in 8 communities across the US provides a holistic view of the complexities of work and family life experienced by parents and their children Drawing on the study this book explores how dual earner families cope with the stresses and demands of balancing work and family life whether the time parents spend working is negatively affecting their children how mothers feel managing both work and household responsibilities and what role fathers are taking in family life In answering these questions the authors argue for a new balance between work and family life The book with its rich data findings and commentary from an interdisciplinary group of scholars provides a valuable resource for academics policy makers and working parents

*Raising an Organized Child* Damon Korb,2019 Guidance that can boost your child s organization and lower your frustration It includes specific activities for your child s age and developmental level to improve executive function

Discover tales of courage and bravery in is empowering ebook, **Parenting With Ease** . In a downloadable PDF format ( \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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