



Raising Great Parents: How to Become the Parent Your Child Needs You to Be

Doone Estey, Beverley Cathcart-Ross, Martin Nash

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Raising Great Parents shows parents how to define long-range goals for their family and then reach those goals through LRB -- love, respect, and belief -- creating an atmosphere and a set of principles that together move parenting past power struggles over getting out the door in the morning and into bed at night.

Full of real-life examples, this comprehensive book covers such topics as:

- Your Attitude Makeover: Parenting with Love, Respect, and Belief
- "I Said Turn Off the TV": From Power Plays to Collaboration
- It's Your Default: Why Parents Act the Way They Do
- Ain't Misbehavin': Why Kids Act the Way They Do
- Stop Flogging a Dead Horse: Why Punishment Is Self-Defeating

And the book helps parents dial back competitive expectations for their children -- and themselves -- by learning how to:

- Truly listen to their kids
- Encourage, rather than judge, their kids
- Transcend bribery and threats so they and their children can become a team of collaborators who enjoy one another in the midst of the joys and trials of life as they all grow together

Raising Great Parents includes a before and after parenting self-assessment and numerous exercises focused on specific parenting challenges.

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