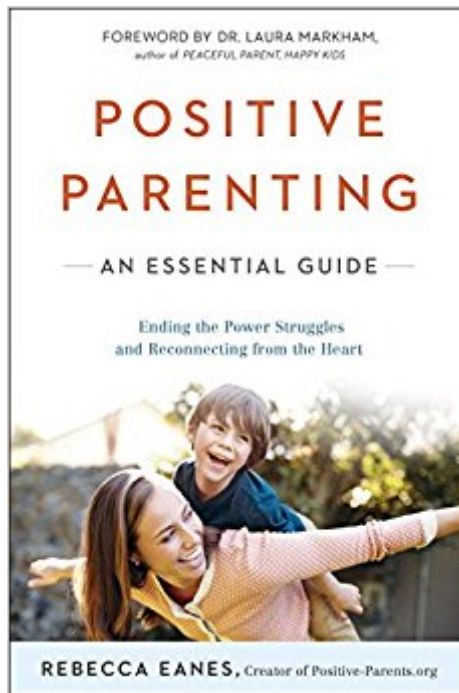




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# Positive Parenting: An Essential Guide



## Synopsis

"This is a must-read for every family that yearns to create peace and harmony."—Shefali Tsabary, Ph.D., New York Times bestselling author of *The Conscious Parent* Tired of yelling and nagging? True family connection is possible—and this essential guide shows us how. Popular parenting blogger Rebecca Eanes believes that parenting advice should be about more than just getting kids to behave. Struggling to maintain a meaningful connection with her two little ones and frustrated by the lack of emotionally aware books for parents, she began to share her own insights with readers online. Her following has grown into a thriving community—hundreds of thousands strong. In this eagerly anticipated guide, Eanes shares her hard-won wisdom for overcoming limiting thought patterns and recognizing emotional triggers, as well as advice for connecting with kids at each stage, from infancy to adolescence. This heartfelt, insightful advice comes not from an "expert," but from a learning, evolving parent. Filled with practical, solution-oriented advice, this is an empowering guide for any parent who longs to end the yelling, power struggles, and downward spiral of acting out, punishment, resentment, and shame—and instead foster an emotional connection that helps kids learn self-discipline, feel confident, and create lasting, loving bonds.

## Book Information

Paperback: 208 pages

Publisher: TarcherPerigee (June 7, 2016)

Language: English

ISBN-10: 0143109227

ISBN-13: 978-0143109228

Product Dimensions: 5.4 x 0.5 x 8.2 inches

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 92 customer reviews

Best Sellers Rank: #12,049 in Books (See Top 100 in Books) #42 in Books > Parenting & Relationships > Family Relationships > Motherhood #74 in Books > Parenting & Relationships > Parenting > Early Childhood #122 in Books > Politics & Social Sciences > Women's Studies

## Customer Reviews

"In this valuable contribution to parenting, Rebecca Eanes provides insightful, effective and practical solutions to end family conflict and build loving connections. Her masterful approach allows parents to implement powerful strategies with ease and grace, forever transforming their family life. This is a must-read for every family that yearns to create peace and harmony."—Shefali

Tsabary, Ph.D., New York Times bestselling author of *The Conscious Parent* "Positive Parenting shows parents how to remain connected while still being the leader every child needs. Say goodbye to regrets and heartache, and hello to peace and connection. Your beautiful journey begins here." --Dr. Laura Markham, author of *Peaceful Parent, Happy Kids*, from the foreword "With a belief that each parent knows their own child best and that raising children should be enjoyable, not stressful, Rebecca Eanes helps parents develop their own positive parenting blueprints to create happy, loving families. Positive Parenting helps parents work through the difficult feelings that naturally occur throughout the parenting journey and provides strategies to help raise positive thinkers." --Katie Hurley, LCSW, author of *The Happy Kid Handbook*

"Positive Parenting is more than a parenting book. It's a guide to human connection. Rebecca provides a roadmap for creating happy, deeply connected families where children and parents alike are able to rise to their fullest potential." --Amy McCreedy, author of *The Me, Me, Me Epidemic*

"As I soaked up the wisdom contained in this book, two words kept coming to mind: positive pathways. No matter how challenging your family situation is or how long you've been going down a negative road, this book offers pathways to peace, connection, and true happiness. Through practical examples, detailed steps, and soul-stirring questions, Rebecca Eanes shows us how to reach our fullest potential as parents, partners, and human beings. Let Positive Parenting set you on a path to rewriting your story in all aspects of life, in the most positive way possible." --Rachel Macy Stafford, New York Times bestselling author of *Hands Free Mama* and *Hands Free Life*

"Rebecca Eanes has a deep understanding of what can hold mothers and fathers back from being the parents they want to be. Positive Parenting provides concrete tools to grow the self-discipline, connection, empathy, and techniques that will help parents (and their kids!) be their best." --Andrea Nair, M.A., CCC Psychotherapist, parenting educator. Creator of the *Taming Tantrums App*

"Watch out: Eanes' book will transform your parenting, especially if you pause to do the self-work exercises." --Tracy Cutchlow, author of *Zero to Five*

"In our always connected world of social media and Google searches there is a never-ending flow of new and better parenting information. It's easy to get lost in the sea of best practices. The focus is often on changing kids' behavior or all the reasons you are ruining your kids. The problem is that so much of what we read seems to conflict and leaves us feeling powerless rather than truly supporting parents and families. Rebecca's new book *Positive Parenting* emphasizes that parenting is far more than simply making kids comply. It's about real lives, relationships, and people; It's about real moms', dads' and kids' stories and how to make

those stories incredible. This book gives the reader timeless, foundational principles and practices that help to build the parent, the child and the family as a whole from the inside out." --Andy Smithson, [www.truparenting.net](http://www.truparenting.net)

“Positive Parenting beautifully illustrates the choices that modern-day parents have to raise healthy and successful children through nurturing, empathetic relationships. Bolstered by research in neuroscience and human development, Eanes shows how parents must grow alongside their children, and how this parallel journey helps young people reach their full potential. This is a must-read book for all who care enough about their children to reflect deeply on themselves as parents.” --Marilyn Price-Mitchell, PhD, Author of *Tomorrow's Change Makers*

“In this one-of-a-kind book, Rebecca Eanes goes beyond just discipline to look at the big picture of parenting. If you're longing for more in your parenting journey -- more joy, more peace, more cooperation -- I recommend Positive Parenting!” --Jessica Alexander, co-author of *The Danish Way of Parenting*

REBECCA EANES is the founder of [Positive-Parents.org](http://Positive-Parents.org), creator of *Positive Parenting: Toddlers and Beyond*, and a contributing editor to *Creative Child* magazine.

This was a really good book that provides a great introduction to positive, respectful parenting theories and techniques. After reading several other books on this topic, I don't think this book was the best though. If I had read this book first, I may have given it a better rating. But after reading several books on this topic, I just don't think it's worth a 4 or 5 star review for me personally. There were good things and bad things about this book that influenced my reason for this "just okay" rating.

The Good: I like that this book is not written by an "expert". The author is simply a mom that read a bunch of books from experts and put them into practice and figured out what worked best for her family. The author's style of writing makes it really easy to read and follow. It can be difficult to read some parenting books by "experts" that go into so much technical detail that it makes it feel like you're studying a collage textbook on child behavioral psychology and neurology, or they go off on long case studies and stories to demonstrate a point. This book offers very straightforward and to the point advice that is nicely laid out in numbered and bulleted lists with the major points being displayed in bold text in the paragraph. It was also a very quick read. I easily read this book in 2 days. I found every piece of advice in this book to be excellent! I've read dozens of parenting books but this is the first one I've read that I actually agreed with 100% of the book. I have a few favorite books that I love and recommend to anyone who asks for a recommendation. But even with those

books there were always a few things I didn't quite agree with. Not this one though. I feel like this book was so spot on I could have written it myself. The not so good: You're probably wondering, with all the wonderful things I have say about the book, how can I possibly give it 3 stars instead of 5? The reason I didn't give this book 5 stars was because it's doesn't offer anything new. While I think the author does an excellent job of pulling out the best ideas from various experts and summarizing their work, that's really all this book is is a summary of significantly more helpful books. Having already read all the books that this author has read, I could almost pick out which book each piece of advice came from. The problem is that she doesn't go into nearly enough detail on most subjects. The author attempts to cover so many topics that every chapter in this book could have been an entire book in itself. For example, in chapter 2 the author talks about writing down your childhood story to help explore how those experiences have shaped the way we parent and effect our thought patterns today and how to change them by re-writing our stories. This was basically just a summary of Siegel's book Parenting from the Inside Out that covered this topic in much more depth. She also pulls from Siegel's book The Whole Brained Child when she talks about the upstairs brain vs. the downstairs brain and the "lizard brain" without going into the detail needed to fully explain these complex topics. In conclusion: If you've already read Dr. Siegel's books: Parenting from the Inside Out, The Whole Brained Child and/or No-Drama Discipline, Janet Lansbury's No Bad Kids, and Markham's book Peaceful Parent, Happy Kids can probably pass on this book because you won't get anything new from it. If you haven't read these books, I would recommend passing on this book anyway and just reading those instead because you will get much more in depth coverage on several important concepts. If you don't have the time to read all those book or you would just like an introduction into positive parenting to see if it's for you, then this would be a really great option for you. This book is defiantly an excellent starting point. However, if you read this book and you like it, I would recommend also reading some of these other books to expend on the ideas introduced in this book. If you only have time to read one other book though, I would highly recommend No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind. Also, if you're like me and you want to practice positive parenting but you struggle with self-control and getting too emotional while you discipline, I would also recommend the book: Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child. I think this book will do a much better job of helping you to gain self-control by introducing you to the practice of mindfulness. As the author of Positive Parenting explains, you can't discipline your child until you learn to discipline yourself first. This is so true but if that is something that you really struggle with, as I think many parents do, I don't think this book will

be enough to help you with that.

This is a MUST book to read if you have children or are near children. First of all it is written by a mother. A mother that understands what we are going through. She not only writes from her experience but she has also researched other books which compliments her writing. It's practical and easy to read. From chapter one, you start getting clicks and "oohh now I get it!" kind of thoughts. She is not a professional but she doesn't need to be one when you speak truly from your heart. Thank you Rebecca for giving your time to help other parents, for sharing what has worked for you. That's what we're lacking in our society, more positive parenting. Haven't read her other books, but definitely on my list. Caty Palacios

This book has a lot of great information for developing as a positive parent and as a family. I have read a few peaceful/positive parenting books, and what makes this one unique are the exercises within each chapter. Often I will read a parenting book and quickly become overwhelmed by the many great suggestions given. But here, Rebecca walks you through her recommendations step by step in each chapter. I especially love the chapters that discuss strengthening the relationship between the parents and how you each approach parenting as well as the one about developing family rituals and a family culture. Even in the few weeks since beginning this book I have noticed a difference in my parenting and how I approach my children. I highly recommend this book!

I have read a myriad of parenting books, focussed mostly on a tool kit of skills at how to manage different types of behaviours at differing ages. Despite all the books being of a similar ilk - gentle parenting books - I found myself continually looking for another book to help me get things right - because it always felt like something was still missing. I knew all the skills, but I was still falling short at implementing them at the most crucial times. Enter Rebecca's book. From the get go I knew that her book was different. It opened with two chapters aimed at parenting myself first. Encouraging me to take a long hard look at myself and my relationships with others - and decide if they looked the way I wanted them to look. Did I want to continue parenting this way? Did I want to continue believing these messages that I held about myself and my child? What would things look like if I continued on the current path? Despite being a gentle parent most of the time, I had found myself veering off course of late. And the reason had nothing to do with not having the skills. I couldn't implement the skills if the messages in my head about myself and my child were negative and skewed. I needed to rewrite my story - past and present - so that the story of my family's future

would be one that I was proud of. This book aims to help me do that. Within two weeks of reading it, things are very different in our home. I'm no longer viewing myself and my situation in "poor me, this is so hard" terms. I am empowered and equipped with ways to challenge my thoughts and put my best self forward when addressing my family. I love that the book is written with a plan of re-parenting yourself first and only then provides tips and strategies for managing different behaviours. Part A really has to happen before part B for long term change. Written by a parent FOR parents! I highly recommended this book to anyone who is really committed to long term change for themselves and their families. It's not an easy road to walk, truth be told, but by goodness it's an important one! Thanks Rebecca! You have written a book well on its way to transforming a generation of parents and hence a generation of children!

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