

Getting To Calm Cool Headed Strategies For Parenting Tweens Teens Laura S Kastner

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Getting To Calm Cool Headed Getting to Calm, The Early Years: Cool-headed Strategies for Raising Caring, Happy, and Independent 3-7 Year Olds Laura Kastner. 4.6 out of 5 stars 25. Paperback. \$13.99. The Launching Years: Strategies for Parenting from Senior Year to College Life Laura Kastner. 4.8 out of 5 stars 21. Getting to Calm: Cool-Headed Strategies for Parenting ... Now more useful than ever, Getting to Calm has been revised and updated with new research and fresh insights into successful parent-teen relationships. Getting to Calm is a practical, realistic and ultimately reassuring guide to navigating one of the most challenging aspects of parenting today—staying calm and clearheaded during 14 of the most common hot-button situations that arise during the teen years, including: Getting to Calm: Cool-Headed Strategies for Parenting ... I liked Getting to Calm: Cool Headed Strategies for Parenting Tweens and Teens because it seems to support the integrity of the parent child relationship. Like the previous parenting books I have read, this book encourages parents to be authoritative, not overly permissive or controlling, in parenting styles. Getting to Calm: Cool-Headed Strategies for Parenting ... The latest in Dr. Kastner's celebrated parenting series, Getting to Calm, The Early Years is the first book for parents of children ages 3-7 that analyzes popular parenting approaches in light of fifty years of parenting research and current evidence-based treatment models. Offering clear, step-by-step descriptions of proven and effective techniques, this book guides parents as

they help their children build competencies while coping with some of the most common and painful problems of ... Getting to Calm, The Early Years: Cool-headed Strategies ... Parenting a teenager is tougher than ever, but new brain research offers new insight into the best way to connect with teens. With humor, wisdom and a deep understanding of the teenaged brain, noted teen expert Dr. Laura Kastner shows parents how to stay calm and cool-headed while dealing with hot-button issues everything from rude attitude and lying to sex and substance use -- with clear ... Getting to Calm: Cool-Headed Strategies for Parenting ... Getting to Calm: Cool-Headed Strategies for Parenting Tweens + Teens - Kindle edition by Kastner, Laura S.. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Getting to Calm: Cool-Headed Strategies for Parenting Tweens + Teens. Amazon.com: Getting to Calm: Cool-Headed Strategies for ... Getting to Calm (Paperback) Cool-Headed Strategies for Parenting Tweens + Teens - Updated and Expanded. By Laura S. Kastner, Jennifer Wyatt. Parent Map, 9780982345405, 271pp. Publication Date: June 1, 2009 Other Editions of This Title: Getting to Calm: Cool-Headed Strategies for Parenting ... Getting to Calm, The Early Years: Cool-headed Strategies for Raising Caring, Happy, and Independent 3-7 Year Olds by Laura Kastner (2015-08-01) Paperback - January 1, 1808 4.8 out of 5 stars 23 ratings Getting to Calm, The Early Years: Cool-headed Strategies ... A practical, realistic and ultimately reassuring guide, "Getting to Calm" helps you navigate one of the most challenging aspects of parenting today:

Staying calm and clear-headed with teenagers. Drs. Laura S. Kastner and Jennifer Wyatt provide clear and useful tools for parents, giving them effective new ways forward. Getting to Calm: Cool-Headed Strategies for Parenting ... Getting to Calm is organized so that parents can turn to the material they need in a bad moment. Each chapter provides parents with the necessary tools to rectify a specific problem, but the process of achieving a calm mindset is best understood by reading this book from beginning to end. It's also important to note what is not in this book. Getting to Calm: Cool-headed strategies for parenting ... Kastner's latest book, "Getting to Calm, The Early Years: Cool-headed Strategies for Raising Happy, Caring and Independent 3-7 Year Olds" has just been published by ParentMap (August, 2015). Laura S. Kastner Ph.D. Getting to Calm : Cool-Headed Strategies for Parenting Tweens and Teens by Laura S. Kastner, Laura Kastner and Jennifer Wyatt (2009, Trade Paperback) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable). Getting to Calm : Cool-Headed Strategies for Parenting ... Another word for cool-headed. Find more ways to say cool-headed, along with related words, antonyms and example phrases at Thesaurus.com, the world's most trusted free thesaurus. Cool-headed Synonyms, Cool-headed Antonyms | Thesaurus.com Otherwise, I recommend that you buy and read the relatively slim volume entitled Getting to Calm: Cool-Headed Strategies for Parenting Tweens + Teens. Part treatise on adolescent development (including insights into adolescent behavior based on recent advances in neurosciences and brain imaging),

... Getting to Calm: Cool-Headed Strategies for Parenting ... While raising teens has never been simple, the book Getting to Calm: Cool-headed Strategies for Parenting Tweens and Teens by Laura Kastner and Jennifer Wyatt helps parents to recognize that they themselves, their child and their families are embarking upon a shared journey. It is a powerful and thought-provoking guidebook, grounded in real life, which can assist parents as they prepare and anticipate the unique issues and needs of adolescent children. Parenthetical - Book Review: "Getting to Calm: Cool-headed ... Getting to Calm: Cool-Headed Strategies for Parenting Tweens and Teens This book is quite readable and reasonable. I particularly liked the up-to-the-minute brain information, which explains teen behaviors (and parents', too) in ways that take the moral sting out of negative behaviors. Getting To Calm: Cool-Headed Strategies For Parenting ... Getting to Calm, The Early Years: Cool-Headed Strategies for Raising Happy, Caring, and Independent Three- to Seven-Year-Olds An exclusive ParentMap book by Laura S. Kastner, Ph.D. With such a dizzying array of parenting theories, tactics, and fads out there, how can any parent know which advice to follow? Getting to Calm, The Early Years: Cool-Headed Strategies ... Getting To Calm: Cool-headed strategies for parenting tweens and teens By Laura S. Kastner, Ph.D., and Jennifer Wyatt, Ph.D. Website at: Getting To Calm Introduction: Teen Difficulties Happen to the Best of Parents Raising an adolescent is a daunting experience. Books | Laura S. Kastner Ph.D. Dr. Kastner's latest book, "Getting to Calm, The Early Years: Cool-headed Strategies for Raising Happy, Caring and Independent 3-7 Year Olds" has just been published by ParentMap

(August, 2015).

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