



Parenting With Patience: Turn Frustration Into Connection With 3 Easy Steps

Judy Arnall

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According to a New York Times article, shouting at children is the new spanking. Parents don't intend to shout or yell, but they lose patience and raise their voices. Afterwards, parents feel guilt, and resolve not to yell.

Parenting With Patience is a short easy-to-read book that is full of tips and tricks that really work to curb yelling in the moment of anger.

It provides a simple 3 step model for dealing with parent and child anger and helps parents to better connect with children in order to solve everyday normal parenting challenges.

Positive discipline has to begin with positive stress management. All families have stress. Make it work for you!

Learn how to recognize stress, manage it, and regain your patience before yelling.

Learn why children have tantrums at all ages, and how to help them channel anger into lifelong skills for self-control and communication.

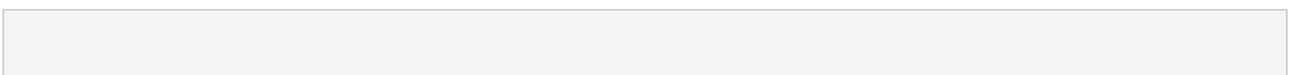
Learn normal childhood development, capabilities and temperament, so you can respectfully and non-punitively resolve everyday family issues.

"This is a quick book to read when you are calm, with tools to use when you are not." says Judy Arnall, who has also authored the international bestseller, *Discipline Without Distress: 135 Tools for Raising Caring Responsible Children without Time-out, Spanking, Punishment or Bribery*.

As a parent of five children (three adults and two teens), Arnall knows what she is talking about. She gave up all punishments when her oldest child was ten, having learned that the key to controlling frustration is to calm down and then move into problem-solving with the children. That way, she didn't punish out of anger, with later regrets.

"It is easier to solve normal parenting challenges after a few calming minutes for both parent and child, to gain a reasonable, collaborative perspective," Says Arnall, who is a Certified Canadian Family Life Educator, and a Distinguished Toastmaster interactive keynote speaker. She has taught thousands of parents respectful, non-punitive research-based parenting tools that have brought them closer to their children, and they will work for your family, too.

Bonus! Includes a handy section of calm-down tools to cut out and put on your fridge. Families can try a new one each week.



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