

HOW TO

TRAUMATIZE YOUR CHILDREN

7 PROVEN
METHODS



TO HELP
YOU SCREW UP

YOUR KIDS
DELIBERATELY
AND WITH SKILL

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How To Traumatize Your Children 7 Proven Methods To Help You Screw Up Your Kids Deliberately And With Skill Books Other Words:

Keine Angst, Mama! Jeannine Mik, Sandra Teml-Wall, 2021-05-10 Die Gefühle hinter dem Stress erkennen Deine Kinder brauchen dich als aufrichtige Erwachsene Auch und gerade dann wenn es schwierig wird Im Alltag mit Kindern begegnen Eltern vielfältige Angstsituationen Angst vor Verletzungen vor Fehlern vor der Zukunft Um diese gut zu bewältigen geben die Bestsellerautorinnen Jeannine Mik und Sandra Teml Jetter in ihrem Buch Reflexionsimpulse sowie Soforthilfen für den Umgang mit Furcht und Panik an die Hand So können Eltern erkennen dass sie mit diesen Herausforderungen nicht alleine sind und lernen das eigene Handeln und Erziehen zu reflektieren ngste als Ratgeber zu betrachten die eigenen Gefühle und die der anderen nicht zu verleugnen ein selbstbewusstes Standing im Hier und Jetzt einzunehmen Die Autorinnen zeigen dass wir nur die Eltern sein können die wir wirklich sein wollen wenn wir wissen welche Gedanken Zweifel und inneren Einstellungen uns und unsere Art zu erziehen leiten Sie ermöglichen einen neuen Blick auf Elternsorgen der zeigt wie die eigenen Lebenserfahrungen uns prägen und in welchem Zusammenhang negative Gefühle und Erziehungsstile stehen So kann es gelingen trotz der Angst klar zu handeln und Kinder achtsam zu begleiten *Self-esteem in Time and Place* Peggy Jo Miller, Grace E. Cho, 2018 Acknowledgements Introduction Histories Origins of the self esteem imaginary The age of self esteem Beliefs A chorus of parental voices Nuanced and dissenting voices Practices Praise and affirmation Discipline Child affirming artifacts Persons Emily Parker and her family Eric Prewitt and his family Charisse Jackson and her family Brian Tatler and his family Commentary personalization Conclusions Appendix a methods for the millennial study Bibliography About the authors Index Mama, nu te mai speria! Jeannine Mik, 2022 Vrei să devii un părinte receptiv în abordarea unui model pentru copilul tău n-ai ce pierde te relaționarea profund și buna gestionare a emoțiilor în acest caz va trebui să vezi cum și nu mai lași grijile și temerile să îți pună amprenta asupra stilului tău de parenting Din cartea de față vei găsi mai bine n-ai ce face propria ta istorie de viață conduce la reacții automate regretabile dar vei găsi și o serie de tehnici pentru a face față anxietății și panicii ori pentru a îți regla afecțiunile copleșitoare reușești să oferi copilului tău nădejde echilibru și îndrumare Jeannine Mik este fondatoarea Centrului pentru un parenting conștient din Viena și este autoarea blogului Mini and me Sandra Teml Jetter este consilier de cuplu și de familie Cele două autoare au mai fost traduse la Trei cu volumul Mamă nu te mai răsti la mine Rămâneți iubitoare în ciuda stresului și furiei How to Traumatize Your Children Knock Knock, 2007 While it's inevitable that all of us will traumatize our children even the most committed parents have lacked guidance to do so deliberately and effectively Whether you want to traumatise your kids the same way your parents used to or use a different approach this book shows you the way *7 Vital Parenting Skills for Improving Child Behavior and Positive Discipline* Frank Dixon, 2020-06-25 Positive discipline techniques are proven more effective than traditional parenting techniques in many ways They promise improved child behavior a strengthened bond and a calm and composed parent that isn't stressed about what the next day will bring In

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