



Present Moment Parenting: The Guide to a Peaceful Life with Your Intense Child (Paperback)

By MS Ed

Beaver s Pond Press, 2017. Paperback. Condition: New. Language: English . Brand New Book. Nationally acclaimed parent coach and trainer Tina Feigal returns with this revised edition of her book, formerly titled The Pocket Coach for Parents. With new content on trauma-effective parenting, Present Moment Parenting: Your Guide to a Peaceful Life with Your Intense Child will help you: * Understand the connection between the child s heart and brain * Recognize how the brain responds to stress and trauma * Learn effective parenting strategies to decrease intensity and create peace at home There are many reasons a child doesn t respond to typical parenting techniques--a mental health diagnosis (such as ADHD or ODD), a life challenge (such as divorce or removal from home), autism, attachment issues, giftedness, physical or emotional trauma--or simply being hard to handle. Whatever the root cause of the intensity, Present Moment Parenting will give you the tools you need to create a peaceful life.

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