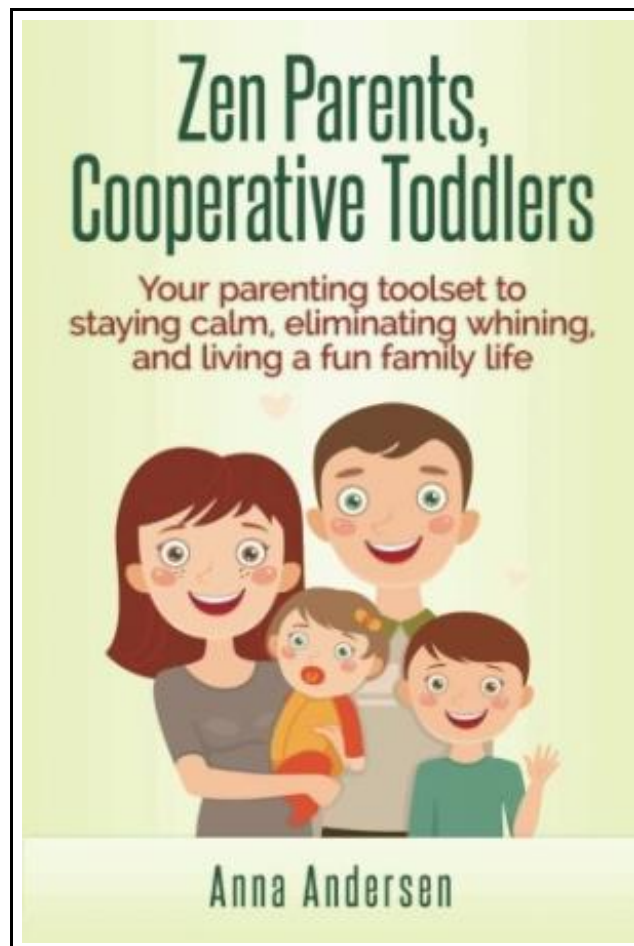


## Zen Parents, Cooperative Toddlers: Your Parenting Toolset to Staying Calm, Eliminating Whining, and Living a Fun Family Life (Paperback)



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*(Prof. Kacey O'Hara)*

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Best for children age 1.5 - 4 Fed up with the constant arguing and feeling like you can't get ahead of your three-year-olds constantly changing wants, needs, and opinions? Always stressed to make the early meeting on time? And by the time you arrive at the daycare you already feel exhausted before your real workday even starts? Do you only get no as an answer, or more, more, more before they burst into tears and cry? Would you love to have a pause button when your little one is throwing a tantrum at the supermarket? Do you find yourself losing your temper when your kids misbehave and no matter how many times you remind them, they just keep doing the things you want them to stop doing? There is no such thing as stress-free parenting, and by the way-no perfect parent either. We will always mess up, that's part of the game. But, the good news is that it is possible to get small children to cooperate and to have fun together as a family. It just takes a few minor mental adjustments in the way we, as parents, react. You have probably noticed that when you feel more relaxed things go smoother, right? Let me share my tips as a mother of two on how to keep your cool as a parent, have your children listen better, and how to create some wonderful family moments together. By all means, I have not perfected parenting. Not by a long shot. What works with my family may not always work with yours-and never forget that each child is as unique as the next. Each phase of...



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