# RAISING YOUR IRIED WORKBOOK

a companion workbook to help parents create families where spirit thrives

techniques to help your child "hear" your message plans for calming activities tips for winning your child's cooperation how to deal with mealtimes, bedtimes, and meltdowns

MARY SHEEDY KURCINKA

# **Raising Your Spirited Child Workbook**

**Mary Sheedy Kurcinka** 

#### **Raising Your Spirited Child Workbook:**

Raising Your Spirited Child Workbook Mary Sheedy Kurcinka, 1998-03-04 The Essential Companion Workbook To The National Bestseller Raising Your Spirited Child In this companion workbook Mary Sheedy Kurcinka brings readers into her world famous workshops where she offers parents and educators insights emotional support and proven strategies for dealing with spirited children The key word that distinguishes spirited children from other children is more more intense more persistent more sensitive and more uncomfortable with change Through exercises observations and dialogue from actual groups Kurcinka helps readers learn to identify the triggers that lead to tantrums and challenging behaviors Included are clues to help you identify the little things that can make or break a day tips for profiling your child's temperament and your own cues that indicate intensity is rising successful strategies for reducing and eliminating power struggles By combining the intuition and compassion gained from parenting a spirited child with the wisdom of an expert who has worked with thousands of families Mary Sheedy Kurcinka helps parents and educators view their unique challenge with perseverance flexibility sensitivity and most of all enjoyment Raising Your Spirited Child Rev Ed Mary Sheedy Kurcinka, 2006-11-28 Newly revised featuring the most up to date research effective strategies and real life stories. The spirited child often called difficult or strong willed possesses traits we value in adults yet find challenging in children Research shows that spirited kids are wired to be more by temperament they are more intense sensitive perceptive persistent and uncomfortable with change than the average child In this revised edition of the award winning classic voted one of the top twenty books for parents Kurcinka provides vivid examples and a refreshingly positive viewpoint Raising Your Spirited Child will help you understand your child's and your own temperamental traits discover the power of positive rather than negative labels cope with the tantrums and power struggles when they do occur plan for success with a simple four step program develop strategies for handling mealtimes sibling rivalry bedtimes holidays and school among other situations **Raising Your Spirited Child** Mary Sheedy Kurcinka, 2025-09-02 In this fourth edition of her perennial bestselling book Dr Mary Sheedy Kurcinka utilizes her deep experience to address the pressures previous generations of parents didn t have to consider Her empathy and effective advice are exemplified in the introduction of her new and easy to apply Spirited Child Approach which nurtures the entire family The Spirited Child Approach helps parents understand their child and their own inborn temperament while focusing on three simple but vital concepts calm connect and coach to help their family thrive Research and strength based yet honest Raising Your Spirited Child speaks to parent burnout and in a helpful and supportive manner offers solutions to that exasperated question How am I supposed to stay calm and connect with my child when I m just trying to survive the moment What's new in this edition The Spirited Child Approach This groundbreaking methodology focuses on three key concepts calm connect and coach offering practical tools to handle the most stressful situations Structure as Prevention Discover how structure and routine can help avoid meltdowns and create a more peaceful home Tech Savvy Parenting

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