

## **The Attachment Parenting Book A Commonsense Guide To Understanding And Nurturing Your Baby William Sears**

This book provides a systematic account of parental behaviour and the means of identifying and addressing inadequate parenting. It is intended for professionals who work with children or adults who were harmed as children, and its central concern is with parents who endanger their children or whose children may endanger themselves or others.

Understanding and helping troubled parents to become secure and balanced people is of crucial importance for the parents themselves, for their children and for society at large. This book is a guide to understanding parents as people who have children as opposed to seeing them as existing solely in terms of their ability to fulfill their children's needs. The book shares equally a respect for theory, empirical science, and social values and applications. It aims to provide a springboard for new lines of research (e.g. around the role of danger in eliciting inadequate parental behavior and the interdependency of parent and child behaviour) as well as a guide for clinicians and professionals who must protect both disturbed individuals and the public to understand their clients/patients better (both parents and children). Raising Parents will be essential reading for professionals and practitioners in the field, including psychologists, psychotherapists, psychiatrists and social workers as well as those taking courses in attachment and psychopathology, developmental psychology, clinical psychology and behavioural courses in psychiatry.

Everything you need to know about getting your baby or toddler to sleep -- from America's foremost baby and childcare experts. Babies don't automatically know how to sleep through the night; they need to be taught. The Sears family has learned from decades of pediatric practice, bolstered by their own parenting experiences, that different babies have different nighttime temperaments -- and, of course, different families have different lifestyles. Instead of espousing the kind of "one method fits all" approach advocated in other baby sleep guides, the Sears family explains how you can create a sleep plan that suits the needs of your entire family. With a sharp focus on the practical tools and techniques, The Baby Sleep Book covers such topics as: The facts of infant sleep vs. adult sleep Figuring out where, when, and how your child sleeps best Fail-safe methods for soothing a crying infant How to make night nursing easier, and how to stop Nighttime fathering tips Whether co-sleeping makes sense for you Nap-time strategies that work Medical and physical causes of night waking Sleep habits in special situations such as traveling, teething, and illness

America's foremost baby and childcare experts, William Sears M.D. and Martha Sears, R.N., explain the benefits -- for both you and your child -- of connecting with your baby early. Would you and your baby both sleep better if you shared a

bed? How old is too old for breastfeeding? What is a father's role in nurturing a newborn? How does early attachment foster a child's eventual independence? Dr. Bill and Martha Sears -- the doctor-and-nurse, husband-and-wife team who coined the term "attachment parenting" -- answer these and many more questions in this practical, inspiring guide. Attachment parenting is a style of parenting that encourages a strong early attachment, and advocates parental responsiveness to babies' dependency needs. The Attachment Parenting Book clearly explains the six "Baby B's" that form the basis of this popular parenting style: Bonding, Breastfeeding, Babywearing, Bedding close to baby, Belief in the language value of baby's cry, and Beware of baby trainers. Here's all the information you need to achieve your most important goals as a new parent: to know your child, to help your child feel right, and to enjoy parenting.

When Saltman gave birth to her daughter, Azalea, she loved her deeply but felt as if something was missing. Looking back at her own life, Saltman thought maybe she was broken. Then she discovered the science of attachment, the field of psychology that explores the question of why-- from an evolutionary point of view-- love exists between parents and children. She examined the findings of researcher Mary Ainsworth's famous laboratory procedure, the Strange Situation. In this twenty-minute procedure, a baby and a caregiver enter an ordinary room with two chairs and some toys, and the minutiae of their back-and-forth with each other is observed. Here Saltman gives readers the tools to better understand their own life histories and their relationships today. -- adapted from jacket

A psychologist with a reputation for penetrating to the heart of complex parenting issues joins forces with a physician and bestselling author to tackle one of the most disturbing and misunderstood trends of our time -- peers replacing parents in the lives of our children. Dr. Neufeld has dubbed this phenomenon peer orientation, which refers to the tendency of children and youth to look to their peers for direction: for a sense of right and wrong, for values, identity and codes of behaviour. But peer orientation undermines family cohesion, poisons the school atmosphere, and fosters an aggressively hostile and sexualized youth culture. It provides a powerful explanation for schoolyard bullying and youth violence; its effects are painfully evident in the context of teenage gangs and criminal activity, in tragedies such as in Littleton, Colorado; Tabor, Alberta and Victoria, B.C. It is an escalating trend that has never been adequately described or contested until Hold On to Your Kids. Once understood, it becomes self-evident -- as do the solutions. Hold On to Your Kids will restore parenting to its natural intuitive basis and the parent-child relationship to its rightful preeminence. The concepts, principles and practical advice contained in Hold On to Your Kids will empower parents to satisfy their children's inborn need to find direction by turning towards a source of authority, contact and warmth. Something has changed. One can sense it, one can feel it, just not find the words for it. Children are not quite the same as we remember being. They seem less likely to take their cues from adults, less inclined to please those in charge, less afraid of getting

into trouble. Parenting, too, seems to have changed. Our parents seemed more confident, more certain of themselves and had more impact on us, for better or for worse. For many, parenting does not feel natural. Adults through the ages have complained about children being less respectful of their elders and more difficult to manage than preceding generations, but could it be that this time it is for real? -- from Hold On to Your Kids

When did making babies get to be so hard? Infertility is on the rise globally, affecting as many as one in six couples. But instead of considering diet and lifestyle factors, doctors pump their patients full of expensive and invasive fertility treatments. Once pregnant, women just accept that carrying a baby will be the gassy, swollen, irritable, sleepless nightmare that has become the new normal—and then assume that new motherhood will be just as challenging, from breastfeeding woes to screaming fits. It doesn't have to be that way. In *The Kind Mama*, Alicia Silverstone has created a comprehensive and practical guide empowering women to take charge of their fertility, pregnancy, and first 6 months with baby. Drawing on her own experience, as well as that of obstetricians, midwives, nutritionists, holistic health counselors, and others, Silverstone offers advice on getting one's "baby house" in order through nutrient-rocking foods that heal and nourish, and, once pregnant, gentle ways to boost comfort, energy, and health during each trimester. She helps readers navigate everything from prenatal testing and birth plans to successful breastfeeding and creating a supportive "baby nest." The result is an authoritative, one-stop guide that empowers women to trust their instincts during this vital milestone, while helping them embark on a healthy and more vibrant path to motherhood.

An expert clinician brings attachment theory into the realm of parenting skills. Attachment security and affect regulation have long been buzzwords in therapy circles, but many of these ideas—so integral to successful therapeutic work with kids and adolescents—have yet to be effectively translated to parenting practice itself. Moreover, as neuroscience reveals how the human brain is designed to work in good relationships, and how such relationships are central to healthy human development, the practical implications for the parent-child attachment relationship become even more apparent. Here, a leading attachment specialist with over 30 years of clinical experience brings the rich and comprehensive field of attachment theory and research from inside the therapy room to the outside, equipping therapists and caregivers with practical parenting skills and techniques rooted in proven therapeutic principles. A guide for all parents and a resource for all mental health clinicians and parent-educators who are searching for ways to effectively love, discipline, and communicate with children, this book presents the techniques and practices that are fundamental to optimal child development and family functioning—how to set limits, provide guidance, and manage the responsibilities and difficulties of daily life, while at the same time communicating safety, fun, joy, and love. Filled with valuable clinical vignettes and sample dialogues, Hughes shows how attachment-focused research can guide all those who care for children in their

efforts to better raise them.

Therapeutic parenting is a deeply nurturing parenting style, and is especially effective for children with attachment difficulties, or who experienced childhood trauma. This book provides everything you need to know in order to be able to effectively therapeutically parent. Providing a model of intervention, The A-Z of Therapeutic Parenting gives parents or caregivers an easy to follow process to use when responding to issues with their children. The following A-Z covers 60 common problems parents face, from acting aggressively to difficulties with sleep, with advice on what might trigger these issues, and how to respond. Easy to navigate and written in a straightforward style, this book is a 'must have' for all therapeutic parents.

Helping troubled parents to raise their children adequately is of crucial importance for parents, their children and society at large. Distressed parents have themselves often been endangered and, as a consequence, sometimes endanger their children either through maltreatment or through the effects of parental psychiatric disorder. Raising Parents explains how that happens and clusters parents in terms of the psychological processes that result in maladaptive childrearing. The book then delineates DMM Integrative Treatment in terms of assessment, formulation, and treatment. New formulations are offered for problems that have resisted treatment and cases demonstrate how the ideas can be applied in real treatment settings. The book closes with 10 suggestions for improving professionals' responses to troubled families and endangered children. This edition of Raising Parents introduces DMM Integrative Treatment and demonstrates how to use it with vulnerable families. DMM Integrative Treatment is an interpersonal process and this book will be essential reading for clinicians from all disciplines, including psychiatry and psychology, social work, nursing and all types of psychotherapy.

Attachment research has tremendous potential for helping clinicians understand what happens when parent-child bonds are disrupted, and what can be done to help. Yet there remains a large gap between theory and practice in this area. This book reviews what is known about attachment and translates it into practical guidelines for therapeutic work. Leading scientist-practitioners present innovative strategies for assessing and intervening in parent-child relationship problems; helping young children recover from maltreatment or trauma; and promoting healthy development in adoptive and foster families. Detailed case material in every chapter illustrates the applications of research-based concepts and tools in real-world clinical practice.

Divorce is at once a widespread reality and a painful decision, so it is no surprise that this landmark study of its long-term effects should both spark debate and find a large audience. In this compelling, thought-provoking book, Judith Wallerstein explains that, while children do learn to cope with divorce, it in fact takes its greatest toll in adulthood, when the sons and daughters of divorced parents embark on romantic relationships of their own. Wallerstein sensitively illustrates how children of divorce often feel that their relationships are doomed, seek to avoid conflict, and fear commitment. Failure in their loving relationships often seems to them preordained, even when things are going smoothly. As Wallerstein checks in on the adults she first encountered as youngsters more than twenty-five years ago, she finds that their experiences mesh with those of the millions of other children of divorce, who will find themselves on every page. With more than 100,000 copies in print, The Unexpected Legacy of Divorce spent three weeks on the New York Times, San Francisco Chronicle, and Denver Post bestseller lists. The book was also featured on two episodes of Oprah as well as on the front cover of Time and the New York Times Book

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Review.

There Is Hope for Every Child, Every Parent, and Every Family Parenting under the best of circumstances can be difficult. And raising children who have come to your home from “hard places,” who have their own set of unique needs, brings even more challenges. You may have discovered that the techniques that worked with your birth children are not working with your adopted or foster child. Renowned child-development expert Dr. Karyn Purvis gives you practical advice and powerful tools you can use to encourage secure attachment in your family. You will benefit from Karyn’s decades of clinical research and real-world experience. Coauthor Lisa Qualls demonstrates how you can successfully implement these strategies in your home, just as she did in hers. You will learn how to simplify your approach using scripts, nurture your child, combat chronic fear, teach respect, and develop other valuable tools to facilitate a healing connection with your child. The Connected Parent will help you lovingly guide your children and bring renewed hope and restoration to your family.

Attachment Parenting describes a comprehensive approach to parenting children who have a history of neglect, abuse, orphanage care, or other experiences that may interfere with the normal development of attachment between parent and child. Grounded in attachment theory, Attachment Parenting gives parents, therapists, educators, and child-welfare and residential-treatment professionals the tools and skills necessary to help these children. With an approach rooted in dyadic developmental psychotherapy, which is an evidence-based, effective, and empirically validated treatment for complex trauma and disorders of attachment, Arthur Becker-Weidman and Deborah Shell provide practical and immediately usable approaches and methods to help children develop a healthier and more secure attachment. Attachment Parenting covers a wide range of topics, from describing the basic principles of this approach and how to select a therapist to chapters on concrete logistics, such as detailed suggestions for organizing the child's room, dealing with schools' concerns, and problem-solving. Chapters on sensory integration, art therapy for parents, narratives, and Theraplay give parents specific therapeutic activities that can be done at home to improve the quality of the child's attachment with the parent. And chapters on neuropsychological issues, mindfulness, and parent's use of self will also help parents directly. The book includes two chapters by parents discussing what worked for them, providing inspiration to parents and demonstrating that there is hope. Finally, the book ends with a comprehensive chapter on resources for parents and a summary of various professional standards regarding attachment, treatment, and parenting.

Looks at parent-child attachment during the first five years of a child's development and discusses ways parents can foster secure attachment, promote healthy social skills, and regulate a child's emotions.

In this book, the Seares bring the reason and common sense of their philosophy of parenting to the hurdles of raising the older child.

Attachment parenting is not just for babies; as children grow, they need to expand the web of their secure attachments to friends, teachers, community and the wider world. As there is no single plan for any one family, the Seares show a range of ways a parent can retain a child's trust and wield a positive influence as their child matures. By following the advice laid out in this book, parents can see that the bonds they have nurtured since infancy will provide the anchor that will ground their children through the challenging teen years to adulthood.

Discover an age-old parenting method that treats children with dignity, respect, understanding, and compassion from infancy into adulthood. The Natural Child makes a compelling case for a return to attachment parenting, a child-rearing approach that has come naturally for parents throughout most of human history. In this insightful guide, parenting specialist Jan Hunt links together attachment parenting principles with child advocacy and homeschooling philosophies, offering a consistent approach to raising a loving, trusting, and confident child. The Natural Child dispels the myths of “tough love,” building baby’s self-reliance by ignoring its cries, and the necessity of spanking to enforce discipline.



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Instead, the book explains the value of extended breast-feeding, family co-sleeping, and minimal child-parent separation. Homeschooling, like attachment parenting, nurtures feelings of self-worth, confidence, and trust. The author draws on respected leaders of the homeschool movement such as John Taylor Gatto and John Holt, guiding the reader through homeschool approaches that support attachment parenting principles. Being an ally to children is spontaneous for caring adults, but intervening on behalf of a child can be awkward and surrounded by social taboo. The Natural Child shows how to stand up for a child's rights effectively and sensitively in many difficult situations. The role of caring adults, points out Hunt, is not to give children "lessons in life"—but to employ a variation of The Golden Rule, and treat children as we would like to have been treated in childhood. Praise for The Natural Child "I had grown jaded with the flood of parenting books, but The Natural Child is a rare and splendid exception . . . I can't praise it sufficiently, and would place it along with Leidloff's Continuum Concept and my own Magical Child . . . It could make an enormous difference if read widely enough." —Joseph Chilton Pierce, author of The Magical Child "In prose that is at the same time eloquent and simple, [Hunt] provides a mix of useful parenting tips that are supported by the philosophy that children reflect the treatment they receive. This is no less than an impassioned plea for the future—not only our children's future, but the future of our way of life on this planet." —Wendy Priesnitz, Editor, Natural Life Magazine

A complete guide to the concept of attachment parenting, which argues that parental responsiveness to a baby's needs leads to a well-adjusted child, offers tips on breastfeeding on demand, responding to a baby's cries, minimizing parent-child separation, and avoiding baby "gadgets." Original.

The classic guide of the post-Dr. Spock generation has been revised to include the latest information on virtually every aspect of infant and baby care. THE BABY BOOK is unrivaled in its scope and authority, and presents a practical, contemporary approach to parenting that reflects the way we live today. Focusing on the essential needs of babies--eating, sleeping, development, health, and comfort--it addresses the questions of greatest concern to parents. The Seares acknowledge that there is no one way to parent a baby, and they offer the basic guidance and inspiration you need to develop the parenting style that best suits you and your child. THE BABY BOOK is a rich and invaluable resource that will help you get the most out of parenting--for your child, for yourself, and for your entire family.

Today's parents are constantly pressured to be perfect. But in striving to do everything right, we risk missing what children really need for lifelong emotional security. Now the simple, powerful "Circle of Security" parenting strategies that Kent Hoffman, Glen Cooper, and Bert Powell have taught thousands of families are available in self-help form for the first time. You will learn: \*How to balance nurturing and protectiveness with promoting your child's independence. \*What emotional needs a toddler or older child may be expressing through difficult behavior. \*How your own upbringing affects your parenting style--and what you can do about it. Filled with vivid stories and unique practical tools, this book puts the keys to healthy attachment within everyone's reach--self-understanding, flexibility, and the willingness to make and learn from mistakes. Self-assessment checklists can be downloaded and printed for ease of use.

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A guide by two pediatricians who have raised eight children together discusses self-esteem, spanking, divorce, single parenting, travel, and baby-sitting, and offers advice on how to prevent, as well as stop, problem behavior. Tour.

A powerful look at the importance of a mother's presence in the first years of life \*\*Featured in The Wall Street Journal, and seen on Good Morning America, Fox & Friends, and CBS New York\*\* In this important and empowering book, veteran psychoanalyst Erica Komisar explains why a mother's emotional and physical presence in her child's life--especially during the first three years--gives the child a greater chance of growing up emotionally healthy, happy, secure, and resilient. In other words, when it comes to connecting with your baby or toddler, more is more.

Compassionate and balanced, and focusing on the emotional health of children and moms alike, this book shows parents how to give their little ones the best chance for developing into healthy and loving adults. Based on more than two decades of clinical work, established psychoanalytic theory, and the most cutting-edge neurobiological research on caregiving, attachment, and brain development, *Being There* explains:

- How to establish emotional connection with a newborn or young child--regardless of whether you're able to work part-time or stay home
- How to ease transitions to minimize stress for your baby or toddler
- How to select and train quality childcare
- What's true and false about widely held beliefs like "I'm not good with babies" and "I'll make up for it when he's older"
- How to recognize and combat feelings of postpartum depression or boredom
- Why three months of maternity leave is not long enough--and how parents can take control of their choices to provide for their family's emotional needs in the first three years

Being a new mom isn't easy. But with support, emotional awareness, and coping skills, it can be the most magical—and essential—work we'll ever do.

Mercer reveals common misconceptions and outlines well-established facts and theories about how people form and maintain attachments or emotional ties to loved ones.

Attachment parenting is an increasingly popular style of childrearing that emphasises 'natural' activities such as extended breastfeeding, bedsharing and babywearing. Such parenting activities are framed as the key to addressing a variety of social ills. Parents' choices are thus made deeply significant with the potential to guarantee the well-being of future societies. Examining black mothers' engagements with attachment parenting, Hamilton shows the limitations of this neoliberal approach. Unique in its intersectional analysis of contemporary mothering ideologies, this outstanding book fills a gap in the literature on parenting culture studies, drawing on black feminist theorizing to analyse intensive mothering practices and policies.

This total child care book offers Christian- centered, medically authoritative advice on every aspect of parenting, from choosing an obstetrician to disciplining teenagers. As parents of eight children, William and Martha Sears draw on thirty

years of practical and professional experience, resulting in a valuable reference book no family should be without. Following networks of mothers in London and Paris, the author profiles the narratives of women who breastfeed their children to full term, typically a period of several years, as part of an 'attachment parenting' philosophy. These mothers talk about their decision to continue breastfeeding as 'the natural thing to do': 'evolutionarily appropriate', 'scientifically best' and 'what feels right in their hearts'. Through a theoretical focus on knowledge claims and accountability, the author frames these accounts within a wider context of 'intensive parenting', arguing that parenting practices – infant feeding in particular – have become a highly moralized affair for mothers, practices which they feel are a critical aspect of their 'identity work'. The book investigates why, how and with what implications some of these mothers describe themselves as 'militant lactivists' and reflects on wider parenting culture in the UK and France. Discussing gender, feminism and activism, this study contributes to kinship and family studies by exploring how relatedness is enacted in conjunction to constructions of the self.

When a family brings a new baby home, there are many changes. Older siblings may find it hard to understand the needs of the new baby, as well as the demands placed on mom and dad. Based on the attachment-parenting theories of the foremost authorities on parenting and childcare, William Sears, M.D., and Martha Sears, R.N., this book clearly explains baby's needs. The text emphasizes how siblings can be helpers to both baby and parents, while forging their own relationships with "their baby," and outlines the positive aspects of being an older girl or boy. Here is a warm, insightful book that will help the whole family joyously and lovingly welcome the newest member into their lives.

"Attachment Parenting" encourages early, strong, and sustained attention to the new baby's needs, this practical and inspirational book outlines the steps that will create the most lasting bonds between parents and their children.

The Routledge Handbook of Attachment: Theory provides a broadly based introduction to attachment theory and associated areas, written in an accessible style by experts from around the world. The book covers the basic theories of attachment and discusses the similarities and differences of the two predominant schools of attachment theory. The book provides an overview of current developments in attachment theory, explaining why it is important not only to understanding infant and early child development but also to adult personality and the care we provide to our children.

The Routledge Handbook of Attachment: Theory provides detailed descriptions of the leading schools of attachment theory as well as discussions of this potentially confusing and contentious area, and includes a chapter on the neuropsychological basis of attachment. The book also examines other domains and diagnoses that can be confused with issues of attachment and assesses contexts when different approaches may be more suitable. Providing a comprehensive yet accessible introduction to the theories of attachment, The Routledge Handbook of Attachment:



Theory is an indispensable guide for professionals working with children and families in community and court-based settings, clinical psychologists, psychiatrists and social workers, clinicians in training and students.

Research on the topic of parent beliefs, or parent cognition, has increased tremendously since the original publication of this volume in 1985. For this revised second edition, the editors sought to reflect some of the new directions that research on parent cognition has taken. By offering a greater variety of topics, it gives evidence of the intellectual concerns that now engage researchers in the field and testifies to the expanding scope of their interests. Although a unique collection because it reflects the diversity that exists among major researchers in the field, it evinces a common theme -- that the ideas parents have regarding their children and themselves as parents have an impact on their actions. This emphasis on parents' ideas shifts the focus on sources of family influence to ideas or beliefs as determinants of family interactions. The implication of this way of thinking for practitioners is that it suggests the shift to ideas and thoughts from behavior and attitudes.

Dr. Michel Cohen, named by the New York Post as the hip, "must-have" pediatrician, has an important message for parents: Don't worry so much. In an easy-reference alphabetical format, *The New Basics* clearly lays out the concerns you may face as a parent and explains how to solve them -- without fuss, without stress, and without harming your child by using unnecessary medicines or interventions. With sensitivity and love, Dr. Michel describes proven techniques for keeping your children healthy and happy without driving yourself crazy. He will show you how to set positive habits for sleeping and eating and how to treat ailments early and effectively. You'll learn when antibiotics are helpful and when they can be harmful. If you're having trouble breast feeding, pumping, or bottle weaning, Dr. Michel has the advice to set you back on track. If after several months your baby is still not sleeping through the night, *The New Basics* will provide you with tried-and-true methods to help ease this difficult transition for babies and parents. Dr. Michel recognizes that you're probably asking the same questions his own patients' parents frequently ask, so he includes a section called "Real Questions from Real Parents" throughout the book. You'll find important answers about treating asthma, head injuries, fevers, stomach bugs, colic, earaches, and other ailments. More than just a book on how to care for your child's physical well-being, *The New Basics* also covers such parenting challenges as biting, hitting, ADD, separation anxiety, how to prevent the terrible twos (and threes and fours ...), and preparing your child for a new sibling.

An accompanying parent's guide filled with effective techniques to help challenging children with traumatic pasts.

Designed as a manual to complement the clinician's guide, this book is written for birth, foster, or adoptive parents, aunts and uncles, grandparents, or anyone who may be raising a child who has experienced attachment loss and trauma. Their severe behaviors can often leave caregivers feeling confused, frightened, hurt, and overwhelmed, as they struggle to

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make sense of a massive amount of information—and misinformation—that exists on attachment issues. This book provides understanding, validation, and solutions for these caregivers. In it, the authors explain their innovative model of “team” treatment that includes an EMDR therapist and a family therapist. Best used in conjunction with therapeutic help, it walks readers through an array of parenting strategies that will lead them to a deeper understanding of their traumatized child, and better enable them to calm their behavior and improve their attachment security so they can heal. Your resource for raising a healthy child from the moment of conception! Studies have shown that parents have more influence over their child, both emotionally and physically, during pregnancy and the first years after birth than at any other point in life. With *The Attachment Pregnancy*, you will learn how to use this important time to form a deeper connection and introduce your child to a loving environment—even before birth. Childbirth experts Tracy Wilson Peters and Laurel Wilson guide you through each stage of development with advice for providing consistent and nurturing care as your baby grows, so that you can ensure that every need is always met. From the moment your child is conceived to the day of delivery, *The Attachment Pregnancy* shows you how to strengthen your bond and give your baby the best life possible from the very beginning.

*Freaks, Geeks, and Cool Kids* argues that the teenage behaviors that annoy adults do not arise from “hormones,” “bad parenting, poor teaching, or “the media,” but from adolescents' lack of power over the central features of their lives: they must attend school; they have no control over the curriculum; they can't choose who their classmates are. What teenagers do have is the power to create status systems and symbols that not only exasperate adults, but also impede learning and maturing. Ironically, parents, educators, and businesses are inadvertently major contributors to these ou.

An updated guide to the renowned parenting philosophy Attachment parenting is the beloved, yet often misunderstood, philosophy of ensuring your children grow up with their needs completely fulfilled. *Modern Attachment Parenting* gives you all the information you need to choose your own AP adventure. *Modern Attachment Parenting* doesn't overload you with parenting rules, but rather empowers you with information. It is an evolution of the science, free of any guilt, misgivings, or judgment on your formal parental role, and an open philosophy of finding the version right for you—an a la carte buffet of AP. This standout among attachment parenting books includes: *The baby b's*--Meet your baby's core needs with these seven tools including birth bonding, breastfeeding, and balance. Not just for couples--No matter what your family structure looks like, single, married, working, or co-parenting, the methods and philosophies of attachment parenting work equally great. *Myth vs reality*--Don't be fooled by common misconceptions about AP--learn about the positive realities of raising a child with this philosophy. *Modern Attachment Parenting* is everything an AP book should be. Give your child the love and support they deserve by using the techniques outlined in this fine text.

A real-world guide to Attachment Parenting from the *Big Bang Theory* actress, neuroscientist, and mother Mayim Bialik—a book

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hailed by Dr. William Sears as “delightful” and by Ricki Lake as “a fantastic guide to birth and parenting that is packed with invaluable wisdom.” Mayim Bialik was the child star of the popular 1990s TV sitcom Blossom, but she definitely didn’t follow the typical child-star trajectory. Instead, Mayim got her PhD in neuroscience from UCLA, married her college sweetheart, and had two kids. Mayim then did what many new moms do—she read a lot of books, talked with other parents, and she soon started questioning a lot of the conventional wisdom she heard about the “right” way to raise a child. That’s when she turned to Attachment Parenting, a philosophy and lifestyle popularized by well-known physicians like Dr. William Sears and Dr. Jay Gordon. To Mayim, Attachment Parenting’s natural, child-led approach not only felt right emotionally, it made sense intellectually and instinctually. She found that when she followed her intuition and relaxed into her role as a mother instead of following some rigid parenting script, both she and her children thrived. Taking into account her experience as a mother (and her scientific background), Mayim presents the major tenets of Attachment Parenting, including: Baby wearing: How to “wear” your baby in a sling or a wrap to foster a closer bond with your child—it’s possible even for mamas with bad backs (and with big babies)! Breastfeeding: Learn how to listen to your baby’s cues rather than sticking to a rigid schedule—and why people on airplanes love a nursing mother! Gentle discipline: How to get your child to behave without yelling, threats, or time-outs—it really is possible. Co-sleeping: How to avoid “sleep training” and get a great night’s sleep for the whole family. Without the pretense and luxuries typical of so many Hollywood actors and parents, Mayim describes the beauty, simplicity, and purposefulness of Attachment Parenting, and how it’s become the guiding principle for her family. Much more than a simple how-to parenting guide, Beyond the Sling shows us that the core principles underlying Attachment Parenting are universal and can be appreciated no matter how you decide to raise your child.

The author describes how she forged positive relationships with her sons through Attachment Parenting practices, sharing advice on how to address a child's needs without resorting to pop culture trends.

"Discover the positive prescription for curing sleepless nights and fussy babies. Recommended by doctors across the country." - Back cover.

"Trust me. This is the only baby book you'll ever need! It's amazing, heartwarming, and completely user-friendly. Just add your heart!" --Christiane Northrup, MD, author of Mother-Daughter Wisdom, The Wisdom of Menopause, and Women's Bodies, Women's Wisdom Attached at the Heart offers readers practical parenting advice for the modern age. In its most basic form, "attachment parenting" is instinctive. A crying baby is comforted and kept close to parents for protection. If hungry, he or she is breastfed. And while it is understood that there is no such thing as perfect parenting, research suggests that there is a strong correlation between a heightened sense of respect, empathy, and affection in those children raised the "attachment parenting" way. In this controversial book, readers will gain much needed insight into childrearing while learning to trust the intuitive knowledge of their child, ultimately building a strong foundation that will strengthen the parent-child bond. Using the Eight Principles of Parenting, readers will learn: How to prepare for baby before birth Why breastfeeding is a must for busy moms When

to start feeding solid food How to respond to temper tantrums Sleeping safety guidelines and the benefits of cosleeping Tips for short separation How to practice positive discipline and its rewards Tips for finding and maintaining balance The benefits of using a baby sling and implementing infant massage Tips on dealing with criticism from those opposed or unfamiliar with AP style The dangers surrounding traditional discipline styles of parenting Contrary to popular belief, "attachment parenting" has been practiced in one form or another since recorded history. Over the years, it had been slowly replaced by a more detached parenting style—a style that is now believed by experts to be a lead contributing factor to suicide, depression, and violence. The concept of "attachment parenting"—a term originally coined by parenting experts William and Martha Sears—has increasingly been validated by research in many fields of study, such as child development, psychology, and neuroscience. Also known as "conscious parenting," "natural parenting," "compassionate parenting," or "empathic parenting," its goal is to stimulate optimal child development. While many attachment-parenting recommendations likely counter popular societal beliefs, authors Barbara Nicholson and Lysa Parker are quick to point out that the benefits outweigh the backlash of criticism that advocates of detached parenting may impose. A practical guide to treating children suffering from early attachment trauma. Loss of a parent, separations, abuse, neglect, or a history of a difficult foster or orphanage experience can lead to profound emotional dysregulation and mistrust in children. Working with these children—many of whom have experienced multiple traumas and losses—can feel overwhelming. Clinicians must navigate complex case management decisions and referrals, address the needs of parents and schools, not to mention ameliorate the traumatic memories and severe behaviors that present in the kids. But by working as a collaborative team, EMDR and family therapists can, together, strengthen the parent-child attachment bond and help to mend the early experiences that drive the child's behavior. This book, and its accompanying Parent Manual, are intended to serve as clear and practical treatment guides, presenting the philosophy and step-by-step protocols behind the Integrative Team Treatment approach, so both the family system issues and the child's traumatic past are effectively addressed. You need not be a center specializing in attachment trauma to implement this team model, nor must members of the team practice at the same location. With at least one fully-trained EMDR practitioners as part of the two-person team, any clinician can pair with another to implement this treatment approach, and heal children suffering from attachment trauma.

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