



Calmer, Easier, Happier Parenting: Five Strategies That End the Daily Battles and Get Kids to Listen the First Time

Noel Janis-Norton

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Tired of nagging, pleading, negotiating, or yelling just to get your kids to do the simple things you ask? You don't need to be a Tiger Mom or a Helicopter Parent. There is a better way.

Calmer, Easier, Happier Parenting brings the joy back into family life and helps parents to raise confident, responsible adults.

Based on her forty-plus years of experience, behavioral specialist Noël Janis-Norton outlines a clear, step-by-step plan that will help any parent raise a child who is cooperative and considerate, confident and self-reliant. Transform your family life with these five strategies: Descriptive Praise, Preparing for Success, Reflective Listening, Never Ask Twice and Rewards and Consequences. You'll begin to see results almost immediately:

- Kids start cooperating the first time you ask
- Mornings, bedtimes, mealtimes and homework all become easier
- Even very resistant kids start saying "yes" instead of "no"

Full of examples and real stories from parents, this book gives you the complete tool-kit to achieve *Calmer, Easier, Happier Parenting*.

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Pedro Dillon:

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