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sums it up nicely. If your child has spunk and ambition beyond explanation, and you need to get a grasp on how to handle this strong-willed, sensitive kid, just read it.

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You've tried a hundred strategies to

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get them to settle, but nothing works because their will is stronger than their need for rest.

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In her book, " Raising Your Spirited

Read Free Raising Your Spirited Child A Guide For Child," author Mary Sheedy Kurcinka explains, "The word that distinguishes spirited children from other children is the word more. They are normal children who are more intense, persistent, sensitive, perceptive, and uncomfortable with change" (page 9).

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Many children who've been diagnosed as having ADHD possess the traits of a spirited child, but not all spirited children are ADHD. Oxford defines spirited as full of energy, enthusiasm,

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The spirited child—often called "difficult" or "strong-willed"—can easily overwhelm parents, leaving them feeling frustrated and

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inadequate. Spirited kids are, in fact, simply "more" — by temperament, they are more intense, sensitive, perceptive, persistent, and uncomfortable with change than the average child. Through vivid examples and a refreshingly positive viewpoint, Mary Sheedy Kurcinka offers parents

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Cope with tantrums and blowups when they do occur Develop strategies for handling mealtimes, bedtimes, holidays, school and many other situations Filled with personal insight and authoritative advice, Raising Your Spirited Child can help make parenting the joy it should be, rather than the

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□ Mary Sheedy Kurcinka, Ed.D., brings her expertise in raising spirited children to help you understand and soothe your spirited baby. Her research-based, parent-tested strategies will help your baby sleep

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better and develop a calmer, more resilient brain and nervous system.□

□Dr. Laura Markham, founder of AhaParenting.com, and author of Peaceful Parent, Happy Kids From the beloved bestselling author whose award-winning parenting books have sold over 1 million copies□an

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Indispensable guide to the unique needs of Spirited Infants. Does your baby bursts into tears when another baby in the same situation sleeps soundly? Do the strategies your friends swear by not work with your baby? Do the upsets and shrieking come out of seemingly nowhere and

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Parents Who's More take forever to subside? Moms and dads who answer "yes," are the parents of a spirited infant. Spirited infants are the outliers—the exceptions to the "rules." They are genetically wired to be alert and intense. Raising them takes special skills and patient perseverance. In this groundbreaking

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Parents, beloved parenting expert Mary Sheedy Kurcinka, Ed.D., offers her findings in the fields of neuroscience, sleep, temperament, self-regulation, attachment, and parent-child interactions, and shares what she has learned from hands-on experiences with families to bring this

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much-needed perspective to the  
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Parents Whose Children Are More Intense Sensitive Perceptive Persistent And Energetic May Struggle to ensure the whole family unit finds balance and happiness Raising Your Spirited Baby is a shame-free, guilt-free how-to handbook that will be embraced by parents—and everyone who supports them—as a simple, trusted companion.

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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

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Parents 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

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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

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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

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with perseverance, flexibility, sensitivity, and, most of all, enjoyment.

Percentive Persistent And Energetic Mary Shady Kurcinka

The spirited child—often called "difficult" or "strong-willed"—possesses traits we value in adults yet find challenging in children. Research shows that spirited children are wired to be "more"; by

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In this newly revised third edition of the award-winning classic, Dr. Mary Sheedy Kurcinka provides vivid examples of real-life challenges and a refreshingly positive

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viewpoint. Within these pages you will find: New strategies for managing intensity levels—not just the spirited child's, but yours too A simple, four-step program for peaceful bedtimes, mealtimes, holidays, and many other commonly challenging situations A focus on your child's strengths Steps

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for teaching your child how to be a problem solver and how to work with others Updated guidance on establishing clear limits And more!

Charts and quick tips make this newly updated edition an indispensable guide for fostering a supportive, encouraging, and loving environment

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Intense Sensitive Perceptive Persistent And Energetic Mary Shealy Kurcinka

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.

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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,

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for handling mealtimes, sibling rivalry,  
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Based on more than 40 years of  
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more time-proven methods for dealing with misbehavior and creating positive, respectful, and rewarding relationships with children prone to acting out and disobedience. Disruptive misbehavior, constant power struggles, manipulative or aggressive behavior--the challenges facing

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punishment and permissiveness--moving beyond traditional methods that wear you down and get you nowhere, and zeroing in on what really works so parents can use their energy in more efficient and productive ways. With fully updated guidelines on parenting

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Parents of academics, friends, first loves, first break-ups, driver's ed, jobs, and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of Grown and Flown, Lisa

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Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've

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learned into this handy, must-have guide. Grown and Flown is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a

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dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. Grown and

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best to nurture a child's unique gifts, and set them on a path to a happily productive life — in school and beyond. What is intelligence? Is it really a have or have not proposition, as we've been led to believe? Are some children just destined to fall behind?

Dona Matthews and Joanne Foster

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answer those questions with a resounding "No!" In Beyond Intelligence, they demonstrate that every child has the ability to succeed with the right support and guidance. But how can parents provide that support? Matthews and Foster proceed from the assumption that

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and education theory, Beyond Intelligence is a must-read for today's parents and educators.

Powerful kids don't just happen. They're created. Whether loud and temperamental, quiet and sensitive, or stubborn and manipulative, powerful

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children can make living with them a challenge. But it doesn't have to be that way. All children need to face the realities of life, and the best place for them to do so is in the safe place of their home. For all the parents out there at their wits' end, New York Times bestselling author Dr. Kevin

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change the power plays. . . for the good of the entire family. All it takes is determination, persistence, willpower, and advice that works--guaranteed.

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