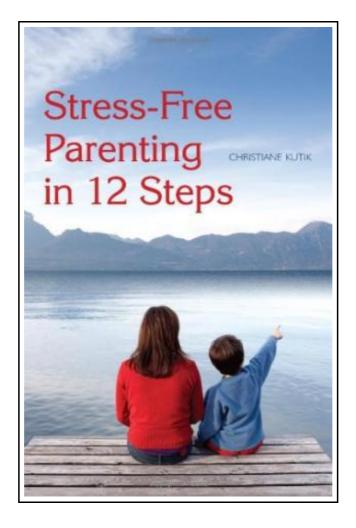
Stress-free Parenting in 12 Steps



Filesize: 2.61 MB

Reviews

Great e book and helpful one. It really is writter in straightforward terms and not hard to understand. You can expect to like how the blogger write this book. (Hudson Christiansen)

STRESS-FREE PARENTING IN 12 STEPS



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Floris Books. Paperback. Book Condition: new. BRAND NEW, Stress-free Parenting in 12 Steps, Christiane Kutik, Matthew Barton, When a child is born parents feel on top of the world, but stress and exhaustion can soon take over, leaving nerves frayed. In this concise, practical book Christiane Kutik highlights twelve simple steps for bringing some peace, composure and enjoyment back into everyday family life. She bases her approach on providing a solid underlying structure to family life, with clear roles, rules, routine and respect. She goes on to show how your family can grow together through incorporating enjoyable rituals, being responsive to your children, giving them the support they need and the space to develop their own abilities. She discusses ways to introduce moments of calm and spiritual connection into everyday life. She also stresses the importance of parents trying to make a little time for themselves to reflect on life and relax. This is a book written specifically for parents with no time and little energy -- short, easy-to-absorb and easy-to-implement steps to quickly improve family life.

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