

Parent Power!

**A Common-Sense
Approach to Raising
Your Children
in the Eighties**

John K. Rosemond

Parent Power A Common Sense Approach To Raising Your Children

Rachel Louise Moran



Parent Power A Common Sense Approach To Raising Your Children:

Parent Power! John K. Rosemond, 1983 Presents a sensible approach to raising children by taking charge of one's children setting guidelines and controls giving clear direction and by following one's own instincts **Talking Back to Facebook** James P. Steyer, 2012-05-08 A smart urgently needed book that helps parents and their kids navigate today's online landscape from the founder and CEO of the nation's leading authority on kids and the media Now more than ever parents need help in navigating their kids' online media saturated lives Jim Steyer founder and CEO of Common Sense Media the nation's leading kids and media organization and the father of four children knows that many parents and teachers unlike their technology savvy kids may be tourists in the online world In this essential book Steyer a frequent commentator on national TV and radio offers an engaging blend of straightforward advice and anecdotes that address what he calls RAP the major pitfalls relating to kids' use of media and technology relationship issues attention addiction problems and the lack of privacy Instead of shielding children completely from online images and messages Steyer's practical approach gives parents essential tools to help filter content preserve good relationships with their children and make common sense value driven judgments for kids of all ages Not just about Facebook this comprehensive no nonsense guide to the online world media and mobile devices belongs in the hands of all parents and educators raising kids in today's digital age Permission to Parent Robin Berman, MD, 2014-04-29 After being bombarded by parenting fad after parenting fad moms and dads finally have a friendly commonsense guide to raising thriving children Today many parents have rejected the dictatorships they resented from their own childhoods But they overcorrected by turning into child pleasers Showering praise and letting kids rule the roost has actually eroded the very self esteem parents are trying to create Using her clinical experience psychiatrist Robin Berman shows parents how they can take charge while building a loving family with deep connections How children learn love and respect at home becomes the template for how they show love and respect in life It's a huge task but Dr Berman is your ally every step of the way Every parent's struggles are reflected many of them comically but so are heartwarming triumphs Parents teachers and children themselves recount turning points at which they figured out what great parenting looked like and the magic it unlocked This engaging book a perfect mix of medical research and inspirational anecdotes just might be the key to being the parent you want to be and the parent your children need **Parenting Matters** National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Supporting the Parents of Young Children, 2016-11-21 Decades of research have demonstrated that the parent-child dyad and the environment of the family which includes all primary caregivers are at the foundation of children's well being and healthy development From birth children are learning and rely on parents and the other caregivers in their lives to protect and care for them The impact of parents may never be greater than during the earliest years of life when a child's brain is rapidly developing and when nearly all of her or his experiences are created and

shaped by parents and the family environment Parents help children build and refine their knowledge and skills charting a trajectory for their health and well being during childhood and beyond The experience of parenting also impacts parents themselves For instance parenting can enrich and give focus to parents lives generate stress or calm and create any number of emotions including feelings of happiness sadness fulfillment and anger Parenting of young children today takes place in the context of significant ongoing developments These include a rapidly growing body of science on early childhood increases in funding for programs and services for families changing demographics of the U S population and greater diversity of family structure Additionally parenting is increasingly being shaped by technology and increased access to information about parenting Parenting Matters identifies parenting knowledge attitudes and practices associated with positive developmental outcomes in children ages 0 8 universal preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge attitudes and practices and barriers to and facilitators for parents use of practices that lead to healthy child outcomes as well as their participation in effective programs and services This report makes recommendations directed at an array of stakeholders for promoting the wide scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice It is meant to serve as a roadmap for the future of parenting policy research and practice in the United States

Simplicity Parenting Kim John Payne, Lisa M. Ross, 2020 A classic and inspiring guide for parents wanting to raise calm and secure kids in a frenetic world hailed as brilliant wise and urgently needed when first published now with a new chapter to address the modern parent's concerns over setting limits and coping with social media Today's busier faster society is waging an undeclared war on childhood With too much stuff too many choices and too little time children can become anxious have trouble with friends and school or even be diagnosed with behavioral problems Now in a thoroughly revised edition of his classic book internationally renowned family consultant Kim John Payne helps parents reclaim for their children the space and freedom that all kids need for their attention to deepen and their individuality to flourish Including a new chapter on parenting with authority instead of as an authoritarian *Simplicity Parenting* offers inspiration ideas and a blueprint for change Streamline your home environment Reduce the amount of toys books and clutter as well as the lights sounds and general sensory overload Establish rhythms and rituals Discover ways to ease daily tensions create battle free mealtimes and bedtimes and tell if your child is overwhelmed Schedule a break in the schedule Establish intervals of calm and connection in your child's daily torrent of constant doing Scale back on media and parental involvement Manage your children's screen time to limit the endless deluge of information and stimulation A manifesto for protecting the grace of childhood *Simplicity Parenting* is an eloquent guide to bringing new rhythms to bear on the lifelong art of raising children

The A to Z Guide to Raising Happy, Confident Kids Dr. Jenn Berman, 2010-09-24 As an experienced therapist a parenting expert on television and radio an award winning columnist and a parent Dr Jenn Berman provides insightful and informative advice to parents as they

guide their children through early childhood The A to Z Guide to Raising Happy Confident Kids addresses twenty six of the most important issues that modern parents face Each self contained and easy to read chapter covers a different topic allowing busy parents to quickly find and read what they need You ll turn to this great resource again and again as your children grow

Ending the Homework Hassle John Rosemond,2011-04-11 Homework can be one of the most frustrating of all problem areas for children and parents In this helpful guide Rosemond warns against parental interference and demonstrates ways to help children learn to work on their own and to take responsibility for getting the work done themselves

Teen-Proofing John Rosemond,2012-11-06 In Teen Proofing now available in paperback he tackles the challenges of raising a teenager with his trademark user friendly humorous and commonsense style Rosemond lays out a perfectly sound and logical case for recognizing the realities of the teen parent relationship forming the foundation and parenting with the Long Rope Principle In short the author demonstrates how Mom and Dad can avoid the pitfalls of becoming dictatorial Control Freaks skirt the potholes of turning into permissive Wimps and enjoy the freedom and rewards of parenting in a controlled but not controlling and relaxed manner Teenagers Rosemond readily admits can be a challenge But infusing young adults with a sense of personal responsibility then showing them the results of good and bad choices is a goal every parent can achieve

Blue Rachel Louise Moran,2024-10-08 A powerful look at the changing cultural understanding of postpartum depression in America New motherhood is often seen as a joyful moment in a woman s life for some women it is also their lowest moment For much of the twentieth century popular and medical voices blamed women who had emotional and mental distress after childbirth for their own suffering By the end of the century though women with postpartum mental illnesses sought to take charge of this narrative In *Blue* A History of Postpartum Depression in America Rachel Louise Moran explores the history of the naming and mainstreaming of postpartum depression Coalitions of maverick psychiatrists psychologists and women who themselves had survived substantial postpartum distress fought to legitimize and normalize women s experiences They argued that postpartum depression is an objective and real illness and fought to avoid it being politicized alongside other fraught medical and political battles over women s health Based on insightful oral histories and in depth archival research *Blue* reveals a secret history of American motherhood women s political activism and the rise of postpartum depression advocacy amid an often censorious conservative culture By breaking new ground with the first book length history of postpartum mental illness in the twentieth century Moran brings mothers battles with postpartum depression out of the shadows and into the light

[John Rosemond's Six-point Plan for Raising Happy, Healthy Children](#) John K. Rosemond,1989 Discusses a plan for child rearing based on authority responsibility and respect and emphasizes the importance of limiting television viewing time

Beating the Devil Out of Them Valerie Bentz,2017-07-28 Based on his studies of over 9 000 families Murray A Straus the foremost researcher on family violence in the world discusses the extent to which parents in the United States use corporal punishment such as spanking and slapping and its effects on their chil

dren The question of whether corporal punishment is an effective method of discipline is hotly debated Straus contends that this believed to be minor form of physical violence is precursor to much violence that plagues our world Children who are spanked quickly learn that love and violence can go hand in hand Since spanking is generally done by loving caring parents for the child s own good a child can learn that hitting is morally right Straus describes what he has learned through two decades of research children who are spanked are from two to six times more likely to be physically aggressive to become juvenile delinquents and later as adults to use physical violence against their spouses to have sadomasochistic tendencies and to suffer from depression Straus alerts parents to these risks and argues that spanking adversely affects not only the children who are subjected to it but society as a whole This groundbreaking book now available in paperback with a substantive new introduction and new concluding chapter is essential reading for parents as well as teachers lawyers and judges Professionals in fields such as social work child protection delinquency and criminology psychology and politics will find it of critical importance

When We Were Free to Be Lori Rotskoff, Laura L. Lovett, 2012-11-27 If you grew up in the era of mood rings and lava lamps you probably remember Free to Be You and Me the groundbreaking children s record book and television special that debuted in 1972 Conceived by actress and producer Marlo Thomas and promoted by Ms magazine it captured the spirit of the growing women s movement and inspired girls and boys to challenge stereotypes value cooperation and respect diversity In this lively collection marking the fortieth anniversary of Free to Be You and Me thirty two contributors explore the creation and legacy of this popular children s classic Featuring a prologue by Marlo Thomas When We Were Free to Be offers an unprecedented insiders view by the original creators as well as accounts by activists and educators who changed the landscape of childhood in schools homes toy stores and libraries nationwide Essays document the rise of non sexist children s culture during the 1970s and address how Free to Be still speaks to families today Contributors are Alan Alda Laura Briggs Karl Bryant Becky Friedman Nancy Gruver Carol Hall Carole Hart Dorothy Pitman Hughes Joe Kelly Cheryl Kilodavis Dionne Kirschner Francine Klagsbrun Stephen Lawrence Laura L Lovett Courtney Martin Karin A Martin Tayloe McDonald Trey McIntyre Peggy Orenstein Leslie Paris Miriam Peskowitz Deesha Philyaw Abigail Pogrebin Letty Cottin Pogrebin Robin Pogrebin Patrice Quinn Lori Rotskoff Deborah Siegel Jeremy Adam Smith Barbara Sprung Gloria Steinem and Marlo Thomas Publisher s Note Late in the production of this book the text on pages 252 and 253 was accidentally reversed As a result one should read page 253 before turning to page 252 and then proceeding on to page 254 The publisher deeply regrets this error

Go to Your Room! Shari Steelsmith, 2000 Understanding consequences is critical to a child s development of character conscience and responsibility Go to Your Room is not simply a general collection of techniques for discipline but rather a model of Logical Consequence Possibilities for each of 59 specific misbehaviours In preparing this book Steelsmith polled hundreds of parents and educators to discover the issues that most concerned them

Raise Winning Kids without a Fight William H. Hughes, 2009-10-15 This guide offers parents fresh perspectives and

simple skills to encourage good behavior in children and reduce stress for the entire family Emphasizing personal choice free will and dispassionate parent child interactions Dr William H Hughes s step by step approach has been developed tested and proven to work time and again by child psychiatrists Dr Hughes demonstrates how parents must allow their children to decide for themselves whether they will cooperate and how they will act Effective parenting builds character and increases self confidence Here kids learn that they can choose to behave and be rewarded for it Dr Hughes recommends that parents Set expectations Make clear what the expected behavior is whether it s doing homework or taking out the trash Monitor behavior Keep an eye on what children are supposed to be doing but let them decide for themselves whether they will complete the task Reward Verbally praise good behavior and offer kids a reward Let them play video games for an hour or invite a friend to a sleepover Many parents are convinced that reward systems simply do not work Dr Hughes explains why his approach gets the desired results while other approaches do not By not engaging in power struggles and giving rewards only when expectations have been met parents teach their kids that in choosing good behavior they are choosing rewards and rewards will motivate kids to act better Dr Hughes also outlines a clear strategy for dealing with kids who just won t take no for an answer The book encourages parents to modify their own behavior teaching them to shift their focus away from battling with their kids and to use their energy to help their children develop winning habits and attitudes for life

Journal of Nursery Education ,1983 Raising America Ann Hulbert,2011-01-26 Since the beginning of the twentieth century millions of anxious parents have turned to child rearing manuals for reassurance Instead however they have often found yet more cause for worry In this rich social history Ann Hulbert analyzes one hundred years of shifting trends in advice and discovers an ongoing battle between two main approaches a child centered focus on warmly encouraging development versus a sterner parent centered emphasis on instilling discipline She examines how pediatrics psychology and neuroscience have fueled the debates but failed to offer definitive answers And she delves into the highly relevant and often turbulent personal lives of the popular advice givers from L Emmett Holt and Arnold Gesell to Bruno Bettelheim and Benjamin Spock to the prominent and ever conflicting experts of today *The Publishers Weekly* ,1972 SenseAbilities Maryann Colby Trott,1993 *What Great Parents Do* Erica Reischer,2016-08-16 A golden rule book to parenting best practices What Great Parents Do concisely presents key strategies to help parents reshape kids challenging behaviors create strong family bonds and guide children toward becoming happy kind responsible adults What Great Parents Do is an everything you need to know road map for parenting that you will consult again and again Psychologist Erica Reischer draws on research in child development and cognitive science to distill the best information about parenting today into bite size pieces with real examples useful tips and tools and techniques that parents can apply right away This book will show you how to do what great parents do so well including Great parents start with empathy Great parents accept their kids just as they are Great parents avoid power struggles Great parents see the goal of discipline as learning not punishment Great parents know they

aren't perfect. A toolbox of the most effective parenting strategies What Great Parents Do is accessible, actionable, and easy to follow.

The Family Experience Mark Hutter, 2004. This anthology examines the cultural diversity of the American family by providing a range of relevant articles integrating race, class, gender, and ethnicity. Taken as a whole, these readings reveal both historical trends and unique variations that widen our understanding of the diversity, patterns, and dynamics of the American family. The readings avoid jargon and sophisticated statistical techniques, making them easily accessible for students. Each selection is accompanied by a brief introductory statement that highlights its sociological significance and contains an introductory essay focusing on pertinent issues and concerns. The fourth edition includes 19 new readings on topics including Internet dating, the Internet and family relations, wives and families of professional baseball players, the depiction of fathers in comic books, single parenthood by choice, divorce, and fatherhood.

Embark on a transformative journey with is captivating work, **Parent Power A Common Sense Approach To Raising Your Children** . This enlightening ebook, available for download in a convenient PDF format , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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