



## Parenting is Heart Work

*Scott Turansky, Joanne Miller*

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If you're like most parents, you have developed your own parenting strategy—sometimes it seems to work, and other times—based on the way your child behaves—you wonder if it's working at all. There are countless ways to try to get a child's attention and to effect change—but here's the truth—unless you deal with a child through his or her heart, you are not likely to see lasting change.

In this breakthrough book, Dr. Scott Turansky and Joanne Miller, RN, BSN, reveal how you can learn to truly reach your child's heart to teach, train, and build a tremendous relationship.

*Parenting is Heart Work* gives you the practical tools an easy-to-follow steps that will revolutionize how you:

Turn Correction times into learning experiences. Equip your children to accept responsibility for their mistakes and meditate on the right things. Influence and adjust the values and beliefs your children hold. Maintain relationship with your children through love and emotional connectedness.

## Parenting is Heart Work Details

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## From Reader Review Parenting is Heart Work for online ebook

### Raising says

As a Member for the Parent Training Center Blogger Launch Team, I received a copy of this product in exchange for my honest review and promotion.

I have had the privilege of reading and reviewing two of their other books, Motivate Your Child: A Christian Parent's Guide to Raising Kids Who Do What They Need to Do Without Being Told and the corresponding workbook to this book, Motivate Your Child Action Plan.

Dr. Scott Turansky and Joanne Miller have an outstanding compassion and understanding of how the heart works to motivate not only a child, but also the parent. When you say the title aloud, it sounds like "Parenting is hard work." I don't believe this play on words was a coincidence. Parenting is hard work. With the techniques of these amazing authors, parenting becomes about connecting with a child's heart. This then establishes a respectful relationship, where both child and parent learn what works best for their family.

Parenting is Heart Work is a book that can be read individually, or as a group discussion with other parents. There is a reader's guide at the end of the book that can be broken down into a ten or thirteen week study. Each chapter opens up with a Biblical story and how it can be applied to parenting. It also gives examples of many relatable scenarios we run into as parents today, and how to solve them from a Biblical perspective. The chapter then closes in a prayer.

The first chapter opens up with 1 Samuel, a book in the Bible I can relate to. The flow of the book is understandable and is almost like having a close friend there to give advice. There is scripture quoted throughout the book, and reading the scriptures and the prayers, just brought about a sense of peace with parenting.

I would highly recommend reading Parenting is Heart Work to anyone who is a parent or who is getting ready to become a parent. These books by Dr. Scott Turansky and Joanne Miller have improved my parenting skills, and also my marriage. It is hard starting out as parents, because both adults come from two different sets of how their parents parented. Marriage is team work, and parenting also has to be a team effort.

Reading these books, my husband noticed a change in the way I was relating to my sons, and so he changed his parenting skills to mimic mine. We are relating to our sons' hearts and not just correcting or disciplining without explanation. It is important for children to know why they are being corrected, because it then establishes them as responsible adults later in life. Relating to their hearts and their individual ways of learning also shows them how much we love and care about them. Parenting is Heart Work is full of practical and wonderful parenting techniques that will last for a lifetime.

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### Jen says

Another fantastic read by Turansky and Miller. I always find something extremely useful in their books. Not only new ideas or thoughts on how to parent, but other foundational principles that are always good to review!

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### **Doris Raines says**

This. Is. A. Vantastic. Book.

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### **Mike says**

The last quarter of the books contains the important application pieces. I think the book is well-composed, but the ideas are certainly nothing new. That is not to say that the ideas aren't helpful. Wisdom is still wise even when repeated and repackaged.

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### **David says**

I think this book (and any from the National Center for Biblical Parenting) could be a good place to start or even to re-evaluate as a parent.

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### **Carmen says**

While we can do some things to modify behavior, the real goal of parenting, and discipling our children is reaching their heart.

This book strikes a cord with me. I'm struck by the idea that loving our kids means understanding the many facets of their hearts which drive behavior. This book helps me communicate with my kids on a different level, to try to see the heart issues. Ultimately heart problems may lead us to seek God's solutions. This is why this book is a helpful Christian perspective for parenting.

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### **Stephanie says**

I can state with confidence that this is my favorite parenting book. I also read it faster than I have ever read a parenting book. It is well-written, engaging, practical, biblically solid and encouraging. With how many authors and speakers emphasize the formative years, I often sense the message that it's "too late" for those of us parenting children in elementary through high school years. The authors gave me hope that I could implement the book's very practical philosophy and action steps with the anticipation that God will use me to grow my children's hearts and character.

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### **Mark says**

One of the best books I have read about helping a child to mature. While we must be attentive to behavior

issues, it's much more important to help our children mature their hearts. Our goal should be for them to be self motivated, balanced, mature rather than dependent (and likely resentful) or our external pressure. I have read several books on this topic. Maybe focus on what not to do and the importance of paying attention to heart issues which left me feeling a bit guilty and demotivated. I found this book encouraging and challenging. They don't provide easy to follow recipes, but they give examples and ask questions that will help you figure out how to be a better parent if you are ready for your heart to be grown and changed in the process of loving your children.

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### **Caroline Abbott says**

This was a great parenting book. Gave some wonderful out-of-the box ideas on how to handle kids who are just tough to handle. When we want to wash our hands of these kids and give up on them, God can renew our strength, if we give them over to Him. Some great tips I never would have thought of. I highly recommend!

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### **Alexis says**

I agree with the idea of this book, but there's not a lot of strategy given.

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### **Carrie Turansky says**

Wonderful book about how to help your children change from the heart and not just with outward behavior. Deep research, practical ideas on how to implement it all in family life. Excellent tool for all parents.

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### **Elaine says**

This was a great book that lays out how to reach your children's hearts, not just change outward behavior. It's filled with biblical and contemporary examples of heart change and problems of the heart. I've read a number of books by the same author, and I always love their philosophies and ideas.

Personally, these are my take-aways:

- 1) To know the hearts of our children, we need to LISTEN to them. If we ignore them or shush them when they have a lot to say, they will eventually clam up and no longer share their hearts with us. Connect with them, build the relationship.
- 2) Help kids to identify and process emotions, especially strong ones. Don't try to get them to just ignore them or suppress them, but teach them to deal with them, evaluate them (using a 1-10 scale if necessary), and help them to recognize the deeper heart issues involved and how they can be spending energy solving problems rather than being stuck only in the emotions.
- 3) Point out underlying heart/character issues when dealing with behavior. Don't just reward and punish, but talk to them about WHY the behavior is wrong (lack of self-control, selfishness, bitterness, jealousy, laziness, disrespect, etc) and what the end goal of their heart change should be.

- 4) Don't lecture, don't just spout off solutions w/o empathizing, don't harp on criticism
- 5) Don't overindulge, it leads to ungratefulness...not just for material wants, but whatever it is that they get 'too much of', even if it's something like allowing them to interrupt.
- 6) Change the self-talk in their heads. They may have a lot of negative or mis-guided ideas running through their heads... point out logical fallacies and plant new scripts in their head to counter the effects of their wrong thinking. (Kids often have ideas in their head like "They don't love me if they don't give me what I want", or "I deserve this because...", or "If I mess up, no one will like me", etc.)
- 7) Teach them to value correction as a way to learn and grow. Great illustration of walking around with toilet paper hanging out your backside...when the kids point it out, tell them you don't want to hear it, they're wrong, accusing them of picking on you, tell them not to point out problems, blame someone else, (all the same reactions people have when they don't want to listen to correction)....the point is, sometimes correction is needed and warranted, and it's there to HELP the person (in the illustration, help them to know they have toilet paper stuck on their back, resulting ).

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### **Shanna says**

I enjoyed the book, but as another reviewer mentioned- there's not a lot of strategy.

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### **Lisa says**

This is a book I need to re-read often. I kept thinking that I need to take a chapter a week and practice each until it becomes habit. The little I did with my children worked wonders. I picked this book up out of desperation and it really helped realign my thinking. So thankful for the wisdom here!

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### **David Mierau says**

#### **SO good!**

If you only read one book on parenting, make it this one. While other books offer nice advice, tips, and tricks, this one gets to the root of what makes for successful parenting: partnering with God on what's happening in your child's heart. Don't settle for behavior management. What your kid does is an overflow of what's happening in his heart. Start there.

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