



Calmer, Easier, Happier Parenting

Noel Janis-Norton

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Simple strategies for a happier home and more cooperative kids.

Finally, a revolutionary programme that gives you simple steps to take the daily battles out of parenting. These strategies resolve one of parents' biggest frustrations: getting your children to listen and do what you ask, the first time you ask.

When children are at their best, it is easy to get along with them and enjoy them. However, when they are defiant, argumentative or disrespectful, it is easy to get wound up, to argue back, threaten, nag or shout. If this sounds like the situation in your home too much of the time, then Calmer, Easier, Happier Parenting is for you.

When you use these strategies, not only will your children become more cooperative, but also more confident, self-reliant and considerate. Learning new skills like Preparing for Success, Descriptive Praise and the Never Ask Twice method can transform your relationship with your child in a short space of time and help bring the joy back into family life.

Full of examples and real stories from parents, this book gives you clear step-by-step guidance to achieve Calmer, Easier, Happier Parenting. These strategies work!

Noel Janis-Norton is a learning and behaviour specialist with more than forty years' experience helping parents and teachers on both sides of the Atlantic. She has helped tens of thousands of parents and teachers learn effective techniques that can be used at home and in the classroom.

Calmer, Easier, Happier Parenting Details

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From Reader Review Calmer, Easier, Happier Parenting for online ebook

Shaikha Al-Riyami says

Advisable as an audible book. Useful ideas for parenting skills. Well structured and easy . Recommended to all mothers.

Ilva Banka-Okorie says

Must read book for all parents.

Faye says

Great book. Read half a couple of years back and just re-read the whole thing. Really nice strategies on dealing with your frustrations and the children's frustrations too. A much softer and more effective approach than many other books take. Much better for more 'spirited' kids (like my eldest!). The only reason I didn't give it 5 was because she promoted a technique called sitting aside (I think it was) instead of timeout. Both are a big no in my book, no matter their name. And secondly I did find the repetition about how the techniques would transform your family life a little annoying in the last few chapters. However, the advice within - and the way she understands what parents go through - make this a top parenting read in my opinion.

Gina Freeman says

enjoyed - makes sense :)

Antony says

This book will not change your life overnight. With some perseverance it might though. Sensible and practical advice, learning the techniques takes time. Most importantly, it seems to be working.

Pinar Gungor says

Baz? önemli duygusal taktikleri kullanarak çocuklar?n inat ve z?tla?malar?n?n önüne geçme yollar?n? anlat?yor

Louise Brown says

Not sure about the "easier" bit yet.

Briana says

One of the best parenting books I have read yet. Its focus is on positive discipline, but with 5 specific and concrete strategies (and lots of examples for how to implement them) that really work. I recommend it to all the parents I know.

Philip Martin says

If you have got kids read this book. The government ought to issue it to parents on a child's 3rd birthday.

Gordon Gravley says

This 5-step process for easing the stresses of parenting is amazing! As I write this, my wife and I are only halfway through the book, but it's working like you wouldn't believe. In fact, from the moment we started to apply the techniques outlined we saw our 3-year old begin to listen and cooperate with us without conflict, arguing, or whining. It's not always perfect, of course, (he is only 3, after all) but the difference this book has made in our household is invaluable. It's a work-in-progress, for the three of us; I know we'll be using these lessons for many years to come.

Allison says

I'm a novice at this whole parenting gig, so reading positive tools to help figure out how to help my two-year old is right up my alley. Will be interesting to see if it works but seems like there's some long term tips here!

Julie says

I wish every parent was required to listen to this before having kids! I disagreed with 2 points (hitting rule and screen time), but other than that I thought the practices are great and give parents confidence and preparation for when difficult situations arise. I will be coming back to reference this again I'm sure.

Catarina Lusk says

I said read but really I frequently dip into it for the sound sensible advice. I would recommend this book to

any and every parent, it makes you stop and think.
