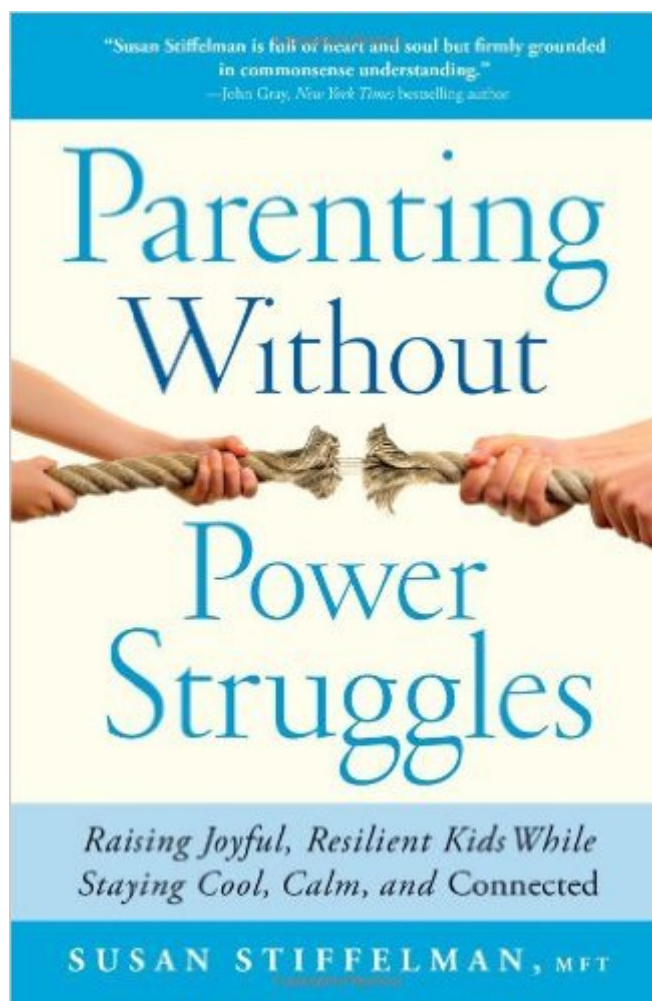


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# Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm, And Connected



## Synopsis

From a family therapist, parenting expert and respected advice columnist for AOL's HuffPost Parents comes a unique approach to parenting that can help eliminate drama, meltdowns, and power struggles. Do you ever find yourself asking . . . • How can you get your children to do their homework without meltdowns, threats or bribes? • How can you have a drama-free morning where the kids actually get out the door in time for school? • How can you better manage your kids' screen time without making them want to hide what they're doing from you? Family therapist Susan Stiffelman is here to help. While most parenting programs are designed to coerce kids to change, *Parenting Without Power Struggles* does something innovative, showing you how to come alongside your children to awaken their natural instincts to cooperate, rather than at them with threats or bribes, which inevitably fuels their resistance. By staying calm and being the confident "Captain of the ship" your child needs, you will learn how to parent from a place of strong, durable connection, and you'll be better able to help your kids navigate the challenging moments of growing up. Drawing upon her successful practice and packed with real-life stories, *Parenting Without Power Struggles* is an extraordinary guidebook for transforming the day-to-day lives of busy parents and the children they love.

## Book Information

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## Customer Reviews

Susan Stiffelman seems to be a wonderful therapist with a talent for generating specific, feasible strategies for caregivers in need of guidance; her book, however, adds little to the parenting advice

genre. In order to create joyful, resilient kids, Stiffelman urges parents to take a "Captain of the Ship" role which derives unwavering authority from a foundation of empathy-based parenting. Her approach essentially combines "Raising an Emotionally Intelligent Child" - the empathy bible - and "Parenting with Love & Logic" - the definitive source for "consultant parenting" whereby a parent distances herself emotionally from her kids' problems in order to remain a steady and firm source of support. Unfortunately for Stiffelman, the gorgeous melding of yin and yang accomplished by merging these two methods (i.e., feel with them enough to understand and respect their ups and downs but don't rise and fall with their emotions) is better achieved by reading those two books. That said, Stiffelman has an interesting take on a few of Gottman's and Cline/Fay's best points - and a softer, more maternal tone - that might be a better fit for some readers:- "Focus on loosening your need for your child to behave properly so that you can feel you're a good parent, [and e]xplore the meaning you're assigning to your child's problematic behavior." After all, "it's always our thoughts about the events of our lives - rather than the events themselves - that cause us to get upset.

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