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The Go-To Mom's Parents' Guide to Emotion Coaching Young Children

Kimberley Clayton Blaine

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The Go-To Mom's Parents' Guide to Emotion Coaching Young Children Kimberley Clayton Blaine From the producer of the popular on line The Go-To Mom.TV, comes a handy guide filled with practical tips that reject old-fashioned discipline and instead use empathy and emotion coaching, a more effective, open-hearted method of support and positive change. Blaine shows how to put in place life-changing solutions and access previously untapped resources. This book is written for parents who struggle to solve the day-to-day problems of raising kids. She offers emotion coaching solutions for dealing with tantrums, nightmares, hitting, bedtime, whining, bedwetting potty training, shyness, and anger.

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