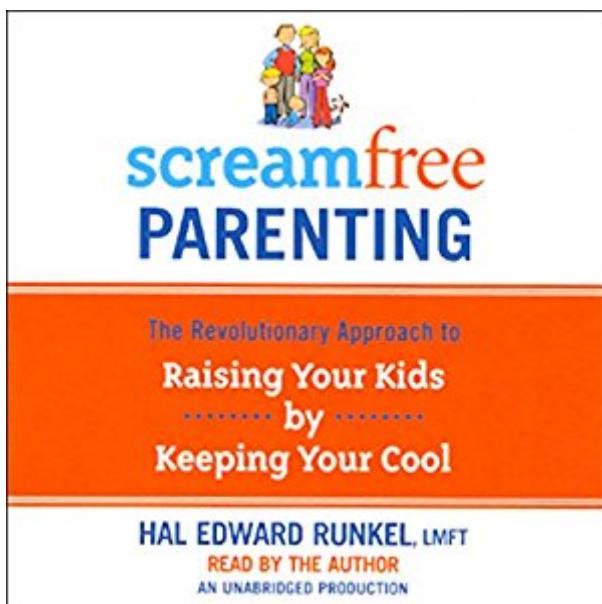


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# ScreamFree Parenting: The Revolutionary Approach To Raising Your Kids By Keeping Your Cool



## Synopsis

You Can Start a Revolution in Your Family . . . Tonight ScreamFree Parenting is not just about lowering your voice. It's about learning to calm your emotional reactions and learning to focus on your own behavior more than your kids' behavior . . . for their benefit. Our biggest enemy as parents is not the TV, the Internet, or even drugs. Our biggest enemy is our own emotional reactivity. When we say we "lost it" with our kids, the "it" in that sentence is our own adulthood. And then we wonder why our kids have so little respect for us, why our kids seem to have all the power in the family. It's time to do it differently. And you can. You can start to create and enjoy the types of calm, mutually respectful, and loving relationships with your kids that you've always craved. You can begin to revolutionize your family, starting tonight. Parenting is not about kids, it's about parents. If you're not in control, then you cannot be in charge. What every kid really needs are parents who are able to keep their cool no matter what. Easier said than done? Not anymore, thanks to ScreamFree Parenting, the principle-based approach that's inspiring parents everywhere to truly revolutionize their family dynamics. Moving beyond the child-centered, technique-based approaches that ultimately fail, the ScreamFree way compels you to: focus on yourself, calm yourself down, and grow yourself up. By staying calm and connected with your kids, you begin to operate less out of your deepest fears and more out of your highest principles, revolutionizing your relationships in the process. ScreamFree Parenting is not just another parenting book. It's the first parenting book that maintains from beginning to end that parenting is NOT about kids . . . it's about parents. As parents pay more attention to controlling their own behavior instead of their kids' behavior, the result is stronger, more rewarding, and more fulfilling family relationships. For those of you reading who are parents, know parents, or have had parents, the notion that the greatest thing you can do for your children is to learn to focus on yourself may sound strange, even heretical. It's not. Here's why: we are the only ones we can control. We cannot control our kids—we cannot control the behavior of any other human being. And yet, so many "experts" keep giving us more tools ("techniques") to help us try to do just that. And, of course, the more we try to control, the more out of control our children become. "Don't make me come up there." "Don't make me pull this car over." "How many times do I have to tell you?" Even our language suggests that our kids have control over us. It's no wonder that we end up screaming. Or shutting down. Or simply giving up. And the charts, refrigerator magnets, family meetings, and other techniques in most typical parenting

books just don't work. They end up making us feel more frustrated and more powerless in this whole parenting thing. This practical, effective guide for parents of all ages with kids of all ages introduces proven principles for overcoming the anxieties and stresses of parenting and setting new patterns of connection and cooperation. Well-written in an engaging, conversational tone, the book is sensible, straightforward, and based on the experiences of hundreds of actual families. It will help all parents become calming authorities in their homes, bring peace to their families today, and give kids what they need to grow into caring, self-directed adults tomorrow. --This text refers to the Audio CD edition.

## **Book Information**

Audible Audio Edition

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## **Customer Reviews**

I read it with a small group of Mom's at all different stages of motherhood from un-born to toddlers to teenagers to grown kids. Everyone had great insights in to how each topic applies to each age. Light hearted but some chapters were tough to read for emotions sake. Please read it for yourself. My husband and I are going to read it together now.

Good read. And gave some very good advice. A few of the stories are old school and some of the examples aren't fully explained. Would be great to hear if the kid kept climbing on the stairs and what was done besides hugs.

The idea seems very selfish; "focus on yourself first and your child second". However, it's more

generous than it first appears. If I am able to focus on my needs, emotions and well being, I will be in a much better position, more optimistic, more energetic and less anxious than if I am totally child-centric. I have, as a father, become so consumed with how to "make my kids behave" that I have left myself out of the picture and lost control. (Once or twice) It's easy to say things like "YOU are making ME angry!" But really it is me allowing myself to get angry. ScreamFree really does an excellent job of making the case that we need to remain in control of ourselves and not give that control over to our children (at any age). I don't believe the author means that our children shouldn't be in the top priorities a person has, in fact, he says as much. But if we don't take care of ourselves first we can't remain healthy, balanced and in control (at least in control of ourselves). However, the book is a little unclear, at least in my opinion, on how best to keep the focus on ourselves and let our children make their mistakes without getting sucked into emotional traps. This, I believe, is especially the case in critical or embarrassing situations like in a library or church, and playing around hazards (like a lake or busy street). The younger the child the greater their need to have parents that will look out for them above any personal need we have at the time. Although, I will say that the story of a little 3 year old girl attempting to manipulate her father, so she wouldn't have to straighten up, or get ready for bed was very helpful. The instruction and illustration in this story was excellent. For the most part, this book is right on target. I think that it is probably best suited for older adolescent and teenage children because they've been through and learned most of the life threatening and socially acceptable behaviors. The book really dovetails nicely with the books from Adele Faber & Elaine Mazlish, not to mention the work of Dr. Haim Ginott.

Absolutely love this book! Has helped us tremendously! Some people struggle with gentle parenting and this book shows you a little about yourself and how to diffuse a situation and help your child.

A thought-provoking read, with real techniques and tips for effecting lasting change. A powerful message, well-expressed.

Without giving away too much, because the book works best if you read it from cover to cover in the order intended, Hal Edward Runkel is teaching us to be in control of ourselves, our own emotions, and the way we react or choose not to react to our children. By using real life experiences and some humorous little anecdotes as examples, Runkel shows how to unravel the anxiety in a situation and turn it around into one where you can keep your cool and (in most cases) get a satisfactory result. In this book, amongst other things, Runkel teaches us about being responsible to our children instead

of for our children; putting ourselves before our children; and the art of judo parenting. A large amount of the information in the book is what we all should know deep down in our instincts but we've lost it to the stresses and packed schedules of everyday life. Obviously there isn't a manual with a solution to every difficult situation with a child, but the teachings in this book set you in the right direction to be able to deal with any situation parenting throws at you. This is a must read for any parent.

Gifted. Hopefully heeding all the great directives

I have a seven year old daughter that has been strong willed since the day she was born. I would get so frustrated and angry because I couldn't get her to listen or follow directions no matter what I did or didn't do. I tried everything so this book couldn't have come at a better time. I enjoyed the message and picked up several tips. The biggest tip was that we need to calm ourselves down in order to be a calm person for our children and not to take our children's behavior personally. Once I started observing our interactions, I realized that the more angry I would get, the more stubborn and rebellious she would get. It made me take a good hard look at my parenting style and has helped me stay focused. There have been a couple of occasions where I would stop myself, remember the lessons, try a new technique and was completely amazed at the outcome. I still use this as a parenting reference often.

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Screamfree Parenting Totally Cool Creations: Three Books in One; Cool Cars and Trucks, Cool Robots, Cool City Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm, and Connected Beekeeping: Amazing Guide for Beginners(Beekeeping Basics,Beekeeping Guide,The essential beekeeping guide,Backyard Beekeeper,Building Beehives,Keeping ... bee keeping,bee keeping) (Volume 1) Stepparenting: Becoming A Stepparent: A Blended Family Guide to: Parenting, Raising Children, Family Relationships and Step Families (Raising Children, ... Blended Families, Blended Family Book 5) Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) Parenting Without Stress: How to Raise Responsible Kids While Keeping a Life of Your Own Parenting Book: 50 Tips on Building Your Child's Self Esteem (Raising Girls, Boys, Potty Training Toddlers to Teenage Kids) Child Rearing & Positive Discipline - Psychology & Development in Children Playful Parenting: An

Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence Keeping Your Cool: A Book about Anger (Growing God's Kids) How to Stop Acting: A Renown Acting Coach Shares His Revolutionary Approach to Landing Roles, Developing Them and Keeping them Alive The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life The Danish Way of Parenting: What the Happiest People in the World Know About Raising Confident, Capable Kids The Co-Parenting Handbook: Raising Well-Adjusted and Resilient Kids from Little Ones to Young Adults through Divorce or Separation Parenting Beyond Belief: On Raising Ethical, Caring Kids Without Religion Secrets of Smart Parents Raising Smarter Kids: A Short Guide to Easy, Quick & Joyful Parenting Techniques House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive Cool Paper Folding: Creative Activities That Make Math & Science Fun for Kids! (Cool Art with Math & Science)

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