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Real Parenting for Real Kids: Enabling Parents to Bring Out the Best in Their Children

Melissa Hood

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Real Parenting for Real Kids: Enabling Parents to Bring Out the Best in Their Children Melissa Hood The essential guide to bringing out the best in your children. The Parent Practice team, led by Melissa Hood and Elaine Halligan, have been delivering positive parenting courses since 2004 designed to make families happier by giving parents skills and strategies that allow them not only to parent more effectively, but to enjoy their children more. Based on science and tested in families, Real Parenting for Real Kids provides realistic and workable solutions for real families living real lives in the 21st century. Melissa Hood draws on years of experience as a professional and as a parent to debunk many of the myths of parenting, provide insights into children s behaviour and practical solutions to everyday issues faced by parents of school-aged children. With worksheets and other resources, you will learn the 7 essential skills and be able to take action immediately to transform your family life. Far from making you feel guilty about your parenting this book celebrates mums and dads and the creative solutions they find for everyday parenting dilemmas. The experiences of hundreds of parents are shared here.

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