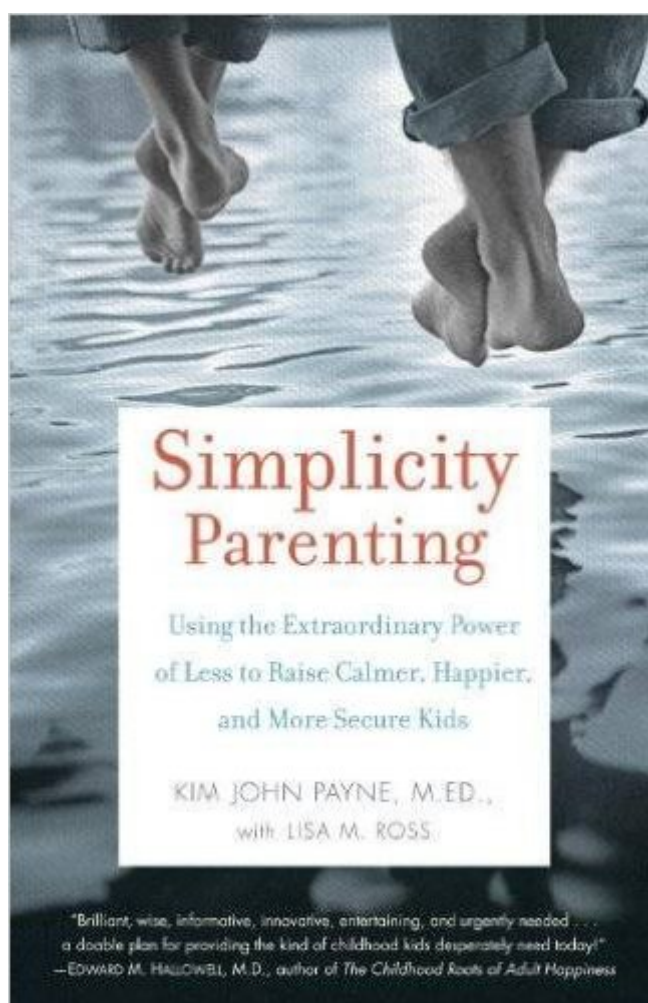


The book was found

Simplicity Parenting: Using The Extraordinary Power Of Less To Raise Calmer, Happier, And More Secure Kids



Synopsis

Today's busier, faster society is waging an undeclared war on childhood. With too much stuff, too many choices, and too little time, children can become anxious, have trouble with friends and school, or even be diagnosed with behavioral problems. Now internationally renowned family consultant Kim John Payne helps parents reclaim for their children the space and freedom that all kids need for their attention to deepen and their individuality to flourish. *Simplicity Parenting* offers inspiration, ideas, and a blueprint for change:

- Streamline your home environment. Reduce the amount of toys, books, and clutter—as well as the lights, sounds, and general sensory overload.
- Establish rhythms and rituals. Discover ways to ease daily tensions, create battle-free mealtimes and bedtimes, and tell if your child is overwhelmed.
- Schedule a break in the schedule. Establish intervals of calm and connection in your child's daily torrent of constant doing.
- Scale back on media and parental involvement. Manage your children's screen time—to limit the endless deluge of information and stimulation.

A manifesto for protecting the grace of childhood, *Simplicity Parenting* is an eloquent guide to bringing new rhythms to bear on the lifelong art of raising children.

Book Information

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Customer Reviews

This book is so valuable. I wish I had had it when I first became a parent. I savored each chapter slowly, like a delicious chocolate. Every paragraph was so true, and made me think deeply. How great is that? I mean, honestly, you moms out there, when was the last time a book allowed you to slow down and stop multitasking? Sometimes my life has seemed so scattered, running after the kids all the time, but when I read this I felt like here was some wisdom I could calm down with. When

I started to declutter I actually included the kids in the process, counter to the author's advice. But they loved it! "Can we throw out this, too, Mom?" "This is broken, let's get rid of it, Mom." They were nearly as ruthless as I was. And after we had finished my 5yr old said, "Ooo, I like this room now!" I like it, too. I no longer step on tiny plastic stamps all the time (ouch! ...all thrown out now!), and my daughter can find her favorite hair accessories without a frantic and ultimately fruitless search each morning. The only thing I even slightly disagreed with was the author's disapproval of parents talking constantly to their children, like newscasters narrating events. I agree that it is easy to overdo this. I also agree that silent pauses are needed frequently, and that kids need a chance to get a word in edgewise. But I disagree when he implies that it is *always* bad. Actually, narrating the actions you and your child are engaging in can be a powerful tool to teach language skills to children whose communication skills are delayed or disordered. It's important to talk about events that the child is actively attending to, and to model vocabulary that the child can then use later.

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