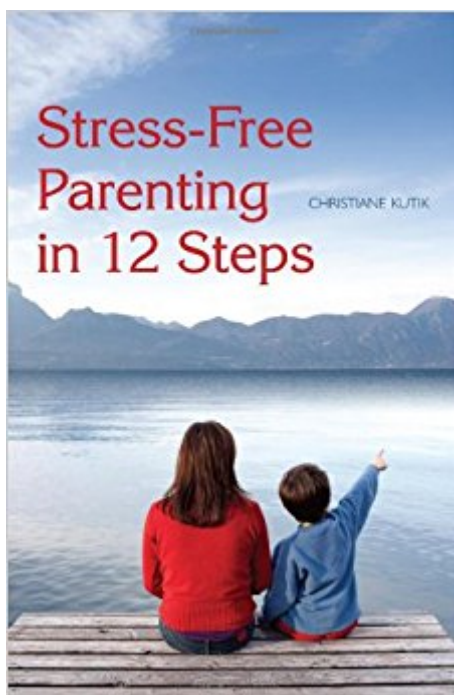


The book was found

Stress-Free Parenting In 12 Steps



Synopsis

When a child is born, parents feel on top of the world, but stress and exhaustion frequently take over before long and fray parents' nerves. In this concise, practical book, Christiane Kutik highlights twelve simple steps for bringing a measure of peace, composure, and enjoyment back to daily family life. She bases her approach on providing a solid underlying structure for family life, which includes clear roles and rules, rhythmic routine, and mutual respect. She goes on to show how the family can grow together by incorporating enjoyable rituals, responsiveness to the children, offering the support they need, and making space for children to develop their capacities. Christiane Kutik also discusses ways to introduce moments of calm and spiritual connection into everyday life and stresses the importance of parents making time for themselves to reflect on life and relax. This book is written specifically for parents with little time and energy. It is brief, easy to absorb, and simple to implement, offering a valuable step-by-step guide to quickly improve family life.

Book Information

Paperback: 96 pages

Publisher: Floris Books (November 1, 2010)

Language: English

ISBN-10: 0863157629

ISBN-13: 978-0863157622

Product Dimensions: 5.1 x 0.5 x 7.7 inches

Shipping Weight: 4.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 2 customer reviews

Best Sellers Rank: #663,486 in Books (See Top 100 in Books) #149 in Books > Parenting & Relationships > Family Relationships > Grandparenting #7601 in Books > Parenting & Relationships > Parenting

Customer Reviews

"If I had to choose just one book to give to a new parent then Christiane Kutik's book would be at the top of my list. This short book manages to pack in a huge amount of clear information and practical help in a format that makes it easily accessible to a tired, and perhaps rather desperate, parent... I think this little book would make a difference to the lives of many families who may be sailing in troubled waters." --Mouna Hayes, New View, Autumn 2010 'I found this book deeply insightful and the advice, in its simplicity, so helpful and achievable, and I would highly recommend it.' -- Families London South West, March 2011 'A very helpful and constructive approach.' -- David

Christiane Kutik is a mother of two, an interior designer, teacher, and parenting consultant. She is a director at the IPSUM Institute in Munich, which trains parental advisers in early-years childcare. She lectures and leads seminars on the practical issues of daily childcare and family life. Matthew Barton is a translator, editor, teacher, and poet, and taught kindergarten for many years at the Bristol Waldorf School. His first collection of poems was Learning To Row (1999). He has won numerous prizes for his work, including an Arts Council Writer's Award and a Hawthornden Fellowship.

The best parenting book

Simple and to the point. Short chapters filled with wonderful, useful, insights. LOVE THIS BOOK! A book I want to keep around and re-read specific chapters from time to time. Simple messages like, "DON'T BE PARTNERS WITH YOUR CHILDREN", children need us to be their parents not their friends!!!! LOVE IT!

[Download to continue reading...](#)

Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Stress-Free Parenting in 12 Steps Clutter-Free: ONE HOUR A WEEK DECLUTTER! Simple Stress-Free Habits of a Clutter-Free Life. How to Organize Your Home, Finance & Lifestyle! (Clutter Free, Lifestyle, Clutter, Declutter) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) CLUTTER TO CLUTTER FREE: A Step by Step Guide on How to Organize and Get Rid of Clutter For a Stress-Free Life and Home (Home Organization, Hoarding, Declutter, Clutter free living with Kids) Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Swear Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) Growing Up Again: Parenting Ourselves, Parenting Our Children Bringing Up B&B: One American Mother Discovers the Wisdom of French Parenting (now with B&B Day by Day: 100 Keys to

French Parenting) Positive Parenting - Stop Yelling And Love Me More, Please Mom. Positive Parenting Is Easier Than You Think. (Happy Mom Book 1) The Parenting Plan Workbook: A Comprehensive Guide to Building a Strong, Child-Centered Parenting Plan Survival Strategies for Parenting Children with Bipolar Disorder: Innovative Parenting and Counseling Techniques for Helping Children with Bipolar Disorder and the Conditions that May Occur with It What to Expect When Parenting Children with ADHD: A 9-step plan to master the struggles and triumphs of parenting a child with ADHD PARENTING THE STRONG-WILLED CHILD: MODERN PARENTING METHODS THAT WORK (Discipline without spanking Book 1) The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes Allergy Proof Recipes for Kids: More Than 150 Recipes That are All Wheat-Free, Gluten-Free, Nut-Free, Egg-Free and Low in Sugar My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Free Cookbooks: Box Set: The Complete Healthy And Delicious Recipes Cookbook Box Set(30+ Free Books Included!) (Free Cookbooks, Free, Cookbooks, Recipes, Easy, Quick, Cooking,)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)