



Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, Energetic

Mary Sheedy Kurcinka

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The spirited child--often called "difficult" or "strong-willed"--can easily overwhelm parents, leaving them feeling frustrated and inadequate. Spirited kids are, in fact, simply "more"--by temperament, they are more intense, sensitive, perceptive, persistent, and uncomfortable with change than the average child. Through vivid examples and a refreshingly positive viewpoint, Mary Sheedy Kurcinka offers parents emotional support and proven strategies for handling their spirited child. *Raising Your Spirited Child* will help you:

- Understand your child's--and your own--temperamental traits
- Plan for success with a simple four-step program
- Discover the power of positive--rather than negative--labels
- Cope with tantrums and blowups when they do occur
- Develop strategies for handling mealtimes, bedtimes, holidays, school and many other situations

Filled with personal insight and authoritative advice, *Raising Your Spirited Child* can help make parenting the joy it should be, rather than the trial it can be.

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Al Fraire:

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