



Raising Your Spirited Child Workbook

Mary Sheedy Kurcinka

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The Essential Companion Workbook To The National Bestseller *Raising Your Spirited Child*,

In this companion workbook, Mary Sheedy Kurcinka brings readers into her world-famous workshops, where she offers parents and educators insights, emotional support and proven strategies for dealing with spirited children. The key word that distinguishes spirited children from other children is "more" -- more intense, more persistent, more sensitive and more uncomfortable with change. Through exercises, observations and dialogue from actual groups, Kurcinka helps readers learn to identify the triggers that lead to tantrums and challenging behaviors. Included are

- clues to help you identify the little things that can make or break a day
- tips for profiling your child's temperament and your own
- cues that indicate intensity is rising
- successful strategies for reducing and eliminating power struggles

By combining the intuition and compassion gained from parenting a spirited child with the wisdom of an expert who has worked with thousands of families, Mary Sheedy Kurcinka helps parents and educators view their unique challenge with perseverance, flexibility, sensitivity, and, most of all, enjoyment.

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