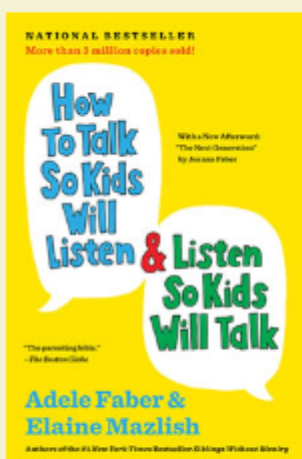


<https://www.youtube.com/watch?v=Rv0k1U1NfCA>

## How to Talk So Kids Will Listen and Listen So Kids Will Talk



"The parenting bible." -- *Boston Globe*

**OVER 3 MILLION COPIES SOLD!**

Here is the **30th Anniversary Edition** of the bestselling book that will give you the know-how you need to be more *effective* with your children...and more *supportive* of yourself. Featuring a new Afterword - *The Next Generation* by Joanna Faber - this parenting classic offers fresh insights and strategies for coping with today's challenges. Enthusiastically praised by parents and professionals around the world, the down-to-earth, respectful approach of Faber and Mazlish makes relationships with children of all ages *less stressful* and *more rewarding*.

Their methods of communication - illustrated with delightful cartoons showing the skills in action - offer innovative ways to solve common problems and build foundations for lasting relationships.

<https://www.youtube.com/watch?v=iU7Z6v128CI>

I really recommend looking at Daniel J Siegel's online resources. He has written and researched a lot on neuroscience, parenting and mindfulness. He has a you tube channel.

<https://www.drdansiegel.com/>

see some of his books below

NEW YORK TIMES BESTSELLER

# NO-DRAMA DISCIPLINE

THE WHOLE-BRAIN WAY TO  
CALM THE CHAOS AND NURTURE YOUR  
CHILD'S DEVELOPING MIND



FROM THE AUTHORS OF  
THE WHOLE-BRAIN CHILD

DANIEL J. SIEGEL, M.D.  
AND  
TINA PAYNE BRYSON, PH.D.

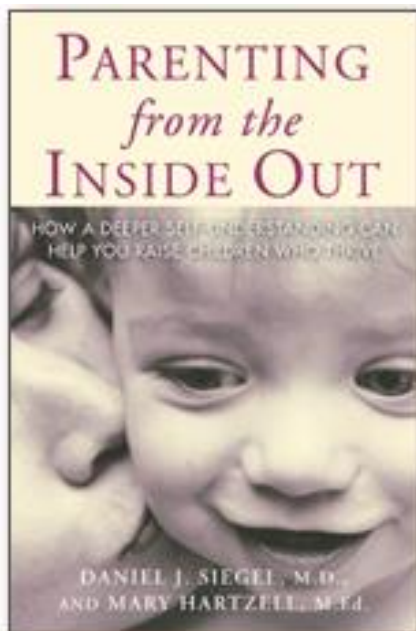
[https://www.drdansiegel.com/resources/video\\_clips/parenting/#S2lkcyBpbiB0aGUgSG91c2U=](https://www.drdansiegel.com/resources/video_clips/parenting/#S2lkcyBpbiB0aGUgSG91c2U=)

You can read some fragments of No-Drama here:

<http://www.randomhousebooks.com/books/228322/>

This is Dan Siegel's You Tube Channel:

<https://www.youtube.com/channel/UCcTk7DmiA7NRmpxeX4jeB3w>



This you tube clip has some theraplay games. These are games designed for parents who are trying to improve bonding with their kids but they can be used by parents just wanting to have a bit of fun at home.

<https://www.youtube.com/watch?v=QmQbtMQfMck&list=PLluzuWpA1LAOGv-fDDBwD-32VBI2Wjbx->

This is a free pdf of “When Life Sucks for Kids” which proposes strategies for kids who might be struggling with issues in school, socialising, but also conflict with parents. It could be a good thing to read together and have a conversation or to hand to the older kids so they can reflect and think of solutions

<https://static1.squarespace.com/static/551dfbb6e4b06a5b2a85e190/t/55a9c23ce4b03f43f2a1152c/1437188668580/WhenLifeSucksforKidsFirstTwoChapters.pdf>

This book is affordable and a really useful tool for children to read and discuss with you. It talks about what happens in our bodies when we are stressed or panic and offers different ideas and resources to deal with it:

