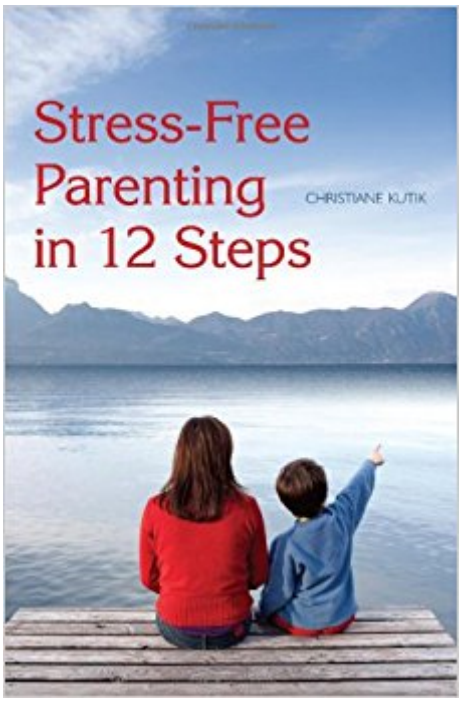
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Stress-Free Parenting In 12 Steps



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Synopsis

When a child is born, parents feel on top of the world, but stress and exhaustion frequently take over before long and fray parentsÃ¢â ¬â„¢ 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

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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

Lorimer, Scientific and Medical Network Review, Winter 2010

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!

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