



## Simplicity Parenting: Practical Guide to Raise a Calm and Happy Child : Discover Wonderful Simplicity Parenting Guides to Raise Calmer, Happier and Secure Kids (Paperback)

By Marie Montez

Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. large type edition. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Today's hectic, busier society is waging an undeclared war on childhood. With too much stuff, too many choices, and too little time, children can become anxious, have trouble with friends and school, or even be diagnosed with behavioral problems. Simplicity Parenting offers inspiration and ideas in teaching our children to be happier and calmer in a secured place that every child deserves: o Improve your home environment. Avoid hoarding, reduce the amount of toys, books, and clutter--as well as the lights, sounds, and general sensory overload. o Establish rhythms and rituals. Discover ways to ease daily tensions, create battle-free mealtimes and bedtimes, and tell if your child is overwhelmed. o Schedule a break in the routine. Establish intervals of calm and and connection in your child's daily torrent of constant doing. o Scale back on media and parental involvement. Manage your children's screen time to limit the endless deluge of information and stimulation.



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