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*Practical solutions  
for family, workplace  
and health issues*

## Good ideas for more peaceful, effective parenting

You can be a more peaceful and effect parent, says Dr. Laura Markham, who many of you know through her popular website, Aha Parenting. Her new book, *Peaceful Parent, Happy Kids*, is full of encouragement and easy-to-apply advice to help you raise happy, emotionally healthy, self-disciplined kids.

We all know what we need to be better parents: be more patient, be less stressed, stop yelling, be more supportive and parents who've achieved these goals seem to have a secret, Markham says.

"They're more peaceful, calmer, but they also stay more connected to their kids and to their own inner wisdom. They seem more present and joyful with their kids."

Underlying Markham's advice are three big ideas: (1) the importance of managing our own emotions and actions as parents. (2) how children thrive when they feel connected and understood, and (3) how coaching instead of controlling helps kids deal with their feelings and make wise choices.

You'll find suggestions throughout the book for nuts and bolts ways to put these ideas into practice as your child moves through each developmental stage.

For example, in the longest section, Dr. Markham traces the importance of emotional intelligence (EQ) at every age, saying "the ability of a human being to manage his emotions in a healthy way will determine the quality of his life—maybe even more fundamentally than his IQ."

Among the topics discussed are empathy as the foundation of EQ. Understanding anger and how to nurture emotional intelligence in your child.

Dr. Markham believes that the way you soothe an infant and handle a toddler's tantrum will help develop the child's ability to tolerate frustration at four, get along with siblings at six, and stand up to the mean girls at eight. As one mom says, "This parenting guidance is sensible, simple, effective and adaptable."

*Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting* (Perigee/Penguin, paperback \$15) is available in bookstores, [online](#) and on Kindle.

