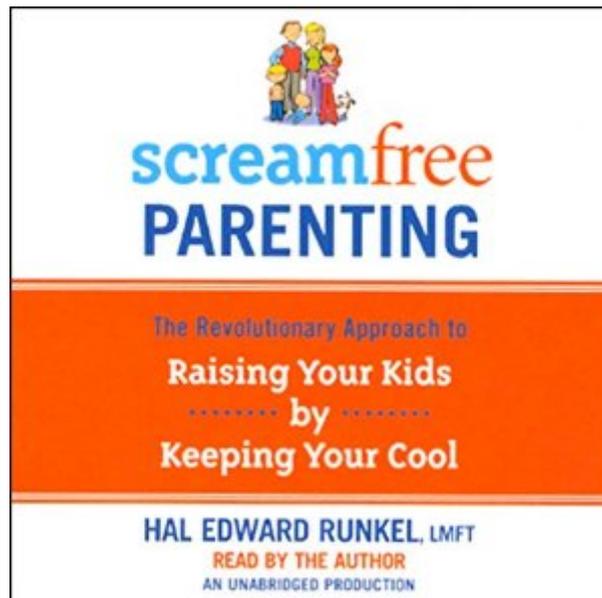


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# ScreamFree Parenting: The Revolutionary Approach To Raising Your Kids By Keeping Your Cool



## Synopsis

You Can Start a Revolution in Your Family . . . TonightScreamFree Parenting is not just about lowering your voice. It's about learning to calm your emotional reactions and learning to focus on your own behavior more than your kids' behavior . . . for their benefit. Our biggest enemy as parents is not the TV, the Internet, or even drugs. Our biggest enemy is our own emotional reactivity. When we say we "lost it" with our kids, the "it" in that sentence is our own adulthood. And then we wonder why our kids have so little respect for us, why our kids seem to have all the power in the family. It's time to do it differently. And you can. You can start to create and enjoy the types of calm, mutually respectful, and loving relationships with your kids that you've always craved. You can begin to revolutionize your family, starting tonight. Parenting is not about kids, it's about parents. If you're not in control, then you cannot be in charge. What every kid really needs are parents who are able to keep their cool no matter what. Easier said than done? Not anymore, thanks to ScreamFree Parenting, the principle-based approach that's inspiring parents everywhere to truly revolutionize their family dynamics. Moving beyond the child-centered, technique-based approaches that ultimately fail, the ScreamFree way compels you to: focus on yourself, calm yourself down, and grow yourself up. By staying calm and connected with your kids, you begin to operate less out of your deepest fears and more out of your highest principles, revolutionizing your relationships in the process. ScreamFree Parenting is not just another parenting book. It's the first parenting book that maintains "from beginning to end" that parenting is NOT about kids . . . it's about parents. As parents pay more attention to controlling their own behavior instead of their kids' behavior, the result is stronger, more rewarding, and more fulfilling family relationships. For those of you reading who are parents, know parents, or have had parents, the notion that the greatest thing you can do for your children is to learn to focus on yourself may sound strange, even heretical. It's not. Here's why: we are the only ones we can control. We cannot control our kids "we cannot control the behavior of any other human being. And yet, so many "experts" keep giving us more tools ("techniques") to help us try to do just that. And, of course, the more we try to control, the more out of control our children become. "Don't make me come up there." "Don't make me pull this car over." "How many times do I have to tell you?" Even our language suggests that our kids have control over us. It's no wonder that we end up screaming. Or shutting down. Or simply giving up. And the charts, refrigerator magnets, family meetings, and other techniques in most typical parenting books just don't work. They end up making us feel more frustrated and more powerless in this whole parenting thing. This practical, effective guide for parents of all ages with kids of all ages introduces

proven principles for overcoming the anxieties and stresses of parenting and setting new patterns of connection and cooperation. Well-written in an engaging, conversational tone, the book is sensible, straightforward, and based on the experiences of hundreds of actual families. It will help all parents become calming authorities in their homes, bring peace to their families today, and give kids what they need to grow into caring, self-directed adults tomorrow. --This text refers to the Audio CD edition.

## **Book Information**

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## **Customer Reviews**

"ScreamFree Parenting," by Hal Runkel, is an excellent parenting guide that will help moms and dads everywhere to keep (or regain) their sanity. Runkel is a licensed family and marriage therapist and one of the founders of ScreamFree Living, Inc. His thesis is that parents cannot keep tabs on their kids 24/7, nor can they force their children to consistently behave in a certain way. Therefore, mothers and fathers would be better off learning to focus on how they react to their children's words and actions. Parents, Runkel contends, should take stock of themselves. Are they in control of their behavior when they interact with their children? Or are they at the mercy of their "emotional reactivity"--their unthinking, knee-jerk reactions? If the latter is true, it is likely that parent-child interactions will be tense, angry, and unproductive. All of us who have struggled with parental responsibilities instinctively realize that a calm and reasoned approach is far more effective than a hysterical and dictatorial one. However, because of fatigue, ignorance, or inertia, many of us impulsively lash out, saying things that we don't really mean when our kids push our buttons. What

to do? Runkel does not advocate permissiveness. Rather, he recommends what he calls "judo parenting." Judo is "the art of going with another's momentum." A ScreamFree parent facilitates rather than dictates; he encourages his children to use their own resources to solve problems. By helping kids to get in the habit of making their own decisions and living with the consequences, parents will be more likely to launch "self-directed" adults. The writing is clear, concise, humorous, and to-the-point.

I've been trying to cut down on yelling and work through problems by staying calm, which is the approach Runkel, a licensed family and marriage therapist, advocates. The book is an easy read and doesn't overwhelm the parent with too many steps as self-help books often do. The clear, direct, and humorous writing style allows parents with hectic lives to quickly read the book, absorb its concepts, and put them to use. Each chapter ends with reflection questions to reinforce the themes from the chapter. The book continues its effectiveness whether or not the reader answers the questions. However, thinking about the questions might shed light on you, your kids, and your relationships. The concept of parents not letting their emotions guide their response to a child's troubles is not new, but Runkel shares stories, experiences, and explanations on how to do it. Sure, junior spilling juice all over the carpet can make any parent mad, but dealing with the situation while maintaining control has better results than a scream fest, spanking, or arguing. Though the book focuses on parenting, its concepts largely address ourselves as individuals. For we have to take care of us first before others. Instead of permissive or dictatorship parenting, Runkel encourages judo parenting, which is "the art of going with another's momentum." He shows how to do this by providing the answers to the questions all parents get like "I'm bored," "Are we there yet?" and "I hate you!" Two nitpicks. First, there are a few religious references. I wish this had been omitted because religion is a hot issue and the book's concepts fly well without the religious quotes or references.

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