



How to Say It to Your Kids

Dr. Paul Coleman

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The latest in the popular How to Say It series, "How To Say It To Your Kids "offers wise comments and effective comebacks to help today's busy and beleaguered parents answer questions, encourage dialogue, explore feelings, and teach values--with ease and confidence. Dr. Paul Coleman, a family therapist and father, reveals the six fundamental approaches to talking with children. Forming the mnemonic TENDER--Teach, Empathize, Negotiate, Do's & Don'ts, Encourage, and Report--these six basic ways of communicating cover every conceivable issue of concern. Each chapter consists of practical, how-to advice based on various scenarios, "Smart Talk" sidebars--new insights to the issues important to parents, and helpful "Rules of Thumb"--short but sweet tips, such as: The best reward for a child is a responsive parent Don't respond with a tone of voice more intense than your child's If anxiety is high, it is not a time to lecture or give advice Here's the reference manual parents will want to turn to again and again as their children age and new problems, and tougher questions, emerge. Loaded with ready-o-use-information, a puzzled or frustrated parent can come away with a new idea or strategy that can be instantly applied.

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