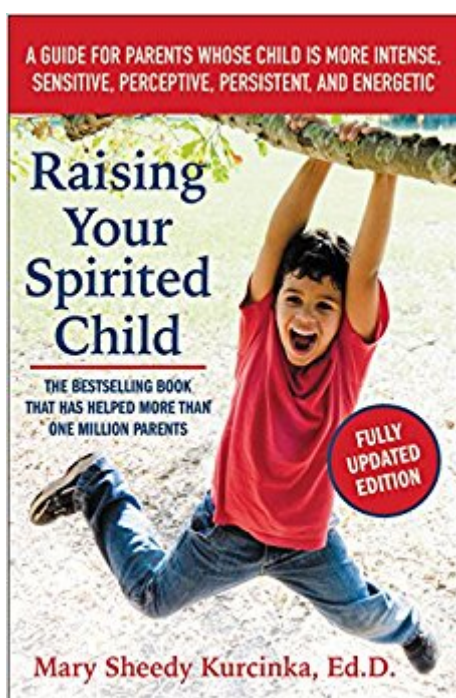


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# Raising Your Spirited Child, Third Edition: A Guide For Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, And Energetic



## Synopsis

Including real life stories, this newly revised third edition of the award-winning bestseller *Raising Your Spirited Child* provides parents with the most up-to-date research, effective discipline tips, and practical strategies for raising spirited children. Do you ever wonder why your child acts the way he or she does? Are you at a loss regarding your child's emotional intelligence and how to prevent meltdowns? Do you find yourself getting frustrated and feeling like you're at the end of your rope? You are not alone! Many parents are dealing with the same challenges. In *Raising Your Spirited Child, Third Edition*, parenting expert Mary Sheedy Kurcinka, Ed.D, offers ALL parents a glimpse into what makes their children behave the way they do. Through vivid examples and a refreshingly positive viewpoint, this invaluable guide offers parents emotional support and proven strategies for handling the toughest times. Dr. Kurcinka has devised a plan for success with a simple, four-step program that will help you discover the power of positive rather than negative labels, understand your child's and your own temperamental traits, cope with tantrums and blowups when they do occur, develop strategies for handling mealtimes, bedtimes, holidays, school, and many other situations. In this third revised edition, you will find:

- More practical strategies to help you manage your own intensity (keep your cool)
- Effective discipline tips including how to win cooperation and establish clear expectations and limits
- New strategies for managing the meltdowns including how to prevent them in the future
- Revised tips for helping your spirited child fall asleep and stay asleep
- Revised tips for finding the school that "fits" your child
- Ideas for working with your child when he or she does not want to talk about emotions
- Steps to teaching your child how to be "problem solvers," work well with others, and be more flexible
- And more!

Including charts and quick tips for today's time-challenged parents, this newly updated edition of *Raising Your Spirited Child* will help you foster a supportive, encouraging, and loving environment for your children.

## Book Information

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## Customer Reviews

"The book will prove to be a real lifesaver." --Louise Bates Ames, author and association director, Gessell Institute of Human "Through excellent examples and easy-to-read text, this book provides parents with a pathway to understanding their child's temperament and to a place where parents can balance the needs of their child's unique temperament with their own needs and those of their family." -- James Cameron, Ph.D., executive director, The Preventive Ounce, Berkeley, California

The spirited child—often called "difficult" or "strong willed"—possesses traits we value in adults yet find challenging in children. Research shows that spirited children are wired to be "more

This book has been SO WONDERFUL!!!!!! I have the second edition from a year ago and it has tons of markings in it. So far, I haven't compared the two editions to see how different they are. I'm so grateful for the tools and mindset that this book gave me. I felt punished every day for over a year. "Why did I have to get this child? I don't want this one. Take him back, please!" I also had terrible postpartum depression at the time, which made everything worse than it already was, plus my son had one of the five worst cases of colic I've ever heard of, and I've heard a LOT of stories of people trying to sympathize but being unable to even imagine the hell we went through in our son's first year. (By the way, we feel like our son's nature contributed to the colic and other first-year problems, which is part of why the book has been able to help. He was persistent and knew exactly what he wanted, but he couldn't express it. His body is irregular but needed some degree of regularity imposed so he would sleep at all. He is very sensitive to how much sleep he gets. He is energetic and intense and could scream for three hours straight without falling asleep. He didn't know how to cope with big emotions in a little body, so he screamed more. But now he is two years old and really a joy.) Now, we have a wonderful, curious, passionate, loving, interesting, smart, adorable little two-year-old. The most helpful things were these: 1) The book *Healthy Sleep Habits, Happy Child* saved our lives first. It got our son sleeping AT ALL and then sleeping on a predictable schedule, which we all desperately needed. After he was rested, we could finally start working on

other things.2) Sign language. We started signing before he was even 8 months old, and it helped immensely. Our son is very spirited and knows EXACTLY what he wants. It was absolutely crucial that we were able to communicate with him to figure out what he wanted.3) This book. A) As I was pulling out of my postpartum depression, it was crucial that I reframe my thinking about my son. I loved the early chapter on using positive labels for our kids - determined instead of inflexible, curious rather than dragging his feet, spirited instead of hellish (yes, I did say that one), energetic instead of drives me crazy, and so forth. B) The chapter on tantrums has helped immensely. He just turned two, which is when many people see tantrums. Not with a spirited child! Anyone with a spirited child knows that the "tantrums" -- the incessant screaming for three hours, the strength of a four year old when your infant hits you in anger -- start at birth. For months, several times a day, I have been using the author's suggestions for tantrums. Not only are her specific strategies helpful (hold him, talk him through it, name the emotions for him, tell him he doesn't have to deal with the emotions on his own) but also the mindset she describes. I don't know how many times I've told myself lines from the book:--"He will be a WONDERFUL adult. This trait is difficult to parent, but it will make a wonderful adult and friend later."--"This isn't a personal attack. He is overwhelmed with his intense emotions and needs me to teach him how to cope. He's not trying to punish me."--"My child is in a spillover tantrum. I don't need to go there, too."--"Stop and think, listen, talk to him. What part of his nature has just been threatened?" C) Feeling less alone was wonderful. I hate it when the old ladies nod their heads and are like, "Yes, kids are difficult," and smile. My grandmas said that until they were around my son for more than two hours straight. Then they said, "Oh my goodness, does he EVER stop moving? No wonder you have him in daycare! You would physically break down and have no energy left if you tried to follow him everywhere." I love reading this book and being like, "No, my kid isn't a freak. He's just more spirited and energetic than most people can imagine, so when they say those trite, idiotic phrases, I can just let it go. They are talking about a different kind of child. My child is like five of their children. I can let it go."All in all, I am SO GRATEFUL that the author wrote this book. It has really saved us.And now, as he is turning two years old, he is better than ever. I promise, it's possible! I LOVE my passionate, intense, loving, curious little guy! He reminds me of myself and his dad (we were both spirited children). Our beginning was absolute hell, but with good tools, including this book, he has gotten better and better. On good days, I can't imagine a more perfect, wonderful child. Mary is right - we ARE the lucky ones! I can't imagine having a dull, uninterested, passive child.Of course, on bad days, I want to drive to my parents' house and leave him there for a week. But we have tools now to work through it, and we're doing alright. Life is so much better now.(p.s. do not feel guilty if you need to

put your energetic, social child into daycare. I remind myself, "I take care of myself and do what I need while he's at daycare so that when he gets home, I can be the mom I want to be. Because he is in daycare and I am able to do my self-care, our interactions are positive mostly. If I were watching him at home all day, we would never have a single positive interaction in a day. Daycare supports his curious, energetic, social, sensitive nature.)

I recommend this book to anyone struggling with a terrible two, threenager, energetic, strong willed, spirited, or whatever you want to call it child. This helped me see my child in a positive light and help her through a hard stage. Typically parenting books are arrogant and leave you feeling inadequate, but this book was really empowering and one of the only ones I recommend.

This book was awesome. It taught us how to relate to our son. How to spot the warning signs before either one of us had a meltdown and gave us excellent techniques that we use on a daily basis.

This book has changed my relationship with my daughter. I wish I would have read it sooner.

A must-have book for parents of children who are "more," more persistent, more intense, more perceptive, more sensitive, etc. I've only read a third of the book so far, and it is already making a noticeable positive change. The author explains concepts but also gives concrete strategies, such as words to say and things to do. My son is already starting to self-regulate and understands the green, yellow, and red zones.

This is an invaluable book for those that have a particularly challenging child.

Reading Mary's book was a breath of fresh air. So much advice we've received from others just does not work with our spirited son. As a result, we are all frustrated and unhappy. Mary addresses different temperament aspects, where the child is coming from, and how to manage it. Not a magic bullet and not easy to do, but definitely feels better than many other approaches.

When my oldest daughter was just a baby, we knew that she was a force to be reckoned with. She wasn't colicky - she was just overwhelmingly emotional at times. Among other things, we had a horrible time getting her to go to sleep and stay asleep (naptime AND at night). Sometimes (before she was old enough to talk) she would get upset and simply cry for an hour or more before we could

help her calm down. I read books about attachment parenting and how to get children to sleep but the techniques simply didn't work for us and the whole thing left me feeling like a terrible mother. I felt horribly guilty (not to mention exhausted). At the point where I thought I couldn't last one more day, a friend recommended this book. At the risk of sounding overly emotional - I have to say that this book saved my sanity. Kurcinka understands that for certain kids, the standard techniques simply don't work. Some kids are so intense and strong-willed that you can't put them in a crib and let them "cry it out." This book helped me accept my daughter for who she is and to work with her instead of against her. This is a great book for parents of intense children but it's also a good book for parents of more mellow kids. Most parents will be able to see their kids in one or more of her categories and will get some good ideas on how to work with their children's temperaments.

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