



# Raising Our Children, Raising Ourselves: Transforming parent-child relationships from reaction and struggle to freedom, power and joy

By Naomi Aldort



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**Raising Our Children, Raising Ourselves: Transforming parent-child relationships from reaction and struggle to freedom, power and joy** By Naomi Aldort

Every parent would happily give up ever scolding, punishing or threatening if she only knew how to ensure that her toddler/child/teen would thrive and act responsibly without such painful measures. Raising Our Children, Raising Ourselves is the answer to this universal wish. It is not about gentle ways to control a child, but about a way of being and of understanding a child so she/he can be the best of herself, not because she fears you or seeks your approval but because she wants to, of her own free will. Aldort's guidance takes the struggle out of parenting. The book is full of real life stories, often leaving the reader moved to tears or laughter and relieved to discover that there is a kinder way. The SALVE communication formula has been praised for providing a hybrid of The Work of Byron Katie and Nonviolent Communication. It gives parents the tools to move beyond their initial unproductive reaction, to a response that is connecting and empowering to the child and to themselves.



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### **Editorial Review**

#### **Review**

Naomi Aldort is an eloquent proponent of the simple idea that children need love and validation, rather than control and behavior modification. The result is the disappearance of power struggles and the emergence of closeness and cooperation. Aldort teaches parents how to listen effectively when children express strong feelings, and how to recover their ability to love, validate and offer comfort to their children when they, themselves, are upset.

-Nappa Awards

#### **About the Author**

Naomi Aldort is the author of *Raising Our Children, Raising Ourselves*, sold in thirteen languages. Her advice columns are published in progressive parenting magazines worldwide. Aldort offers guidance by phone/Skype internationally regarding all ages, babies through teens: attachment parenting; natural learning; peaceful and powerful parent-child relationships, self-realization, marriage and more. Products, phone sessions and free newsletter: [www.authenticparent.com](http://www.authenticparent.com)

### **Users Review**

#### **From reader reviews:**

##### **Brian Grant:**

Information is provisions for anyone to get better life, information currently can get by anyone at everywhere. The information can be a knowledge or any news even restricted. What people must be consider whenever those information which is from the former life are hard to be find than now's taking seriously which one is appropriate to believe or which one often the resource are convinced. If you get the unstable resource then you have it as your main information you will have huge disadvantage for you. All of those possibilities will not happen with you if you take *Raising Our Children, Raising Ourselves: Transforming parent-child relationships from reaction and struggle to freedom, power and joy* as your daily resource information.

##### **Eva Pham:**

Reading a guide tends to be new life style in this era globalization. With reading you can get a lot of information that may give you benefit in your life. With book everyone in this world can share their idea. Guides can also inspire a lot of people. Plenty of author can inspire their particular reader with their story or even their experience. Not only situation that share in the guides. But also they write about the information about something that you need case in point. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors on earth always try to improve their expertise in writing, they also doing some study before they write on their book. One of them is this *Raising Our Children, Raising Ourselves: Transforming parent-child relationships from reaction and struggle to*

freedom, power and joy.

**Victor Green:**

Spent a free time and energy to be fun activity to complete! A lot of people spent their leisure time with their family, or all their friends. Usually they accomplishing activity like watching television, about to beach, or picnic in the park. They actually doing same every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? May be reading a book might be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the reserve untitled Raising Our Children, Raising Ourselves: Transforming parent-child relationships from reaction and struggle to freedom, power and joy can be very good book to read. May be it may be best activity to you.

**Eli Gaddy:**

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