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

By Mary Sheedy Kurcinka

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**Raising Your Spirited Child, Third Edition: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic** By Mary Sheedy Kurcinka

Including real life stories, this newly revised third edition of the award-winning bestseller—voted one of the top twenty parenting books—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.

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### **Editorial Review**

#### **Review**

"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

#### **From the Back Cover**

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"; by temperament, they are more intense, sensitive, perceptive, persistent, and more uncomfortable with change than the average child. In this newly revised third edition of the award-winning classic, Dr. Mary Sheedy Kurcinka provides vivid examples of real-life challenges and a refreshingly positive viewpoint. Within these pages you will find:

- New strategies for managing intensity levels—not just the spirited child's, but yours too
- A simple, four-step program for peaceful bedtimes, mealtimes, holidays, and many other commonly challenging situations
- A focus on your child's strengths
- Steps for teaching your child how to be a problem solver and how to work with others
- Updated guidance on establishing clear limits
- And more!

Charts and quick tips make this newly updated edition an indispensable guide for fostering a supportive, encouraging, and loving environment for children.

#### **About the Author**

Mary Sheedy Kurcinka, Ed.D., is the director of ParentChildHelp. She is an award-winning lecturer and parent educator. Dr. Kurcinka provides private consultations and workshops nationally and internationally for parents and for professionals serving families and children. She is also the bestselling author of *Raising Your Spirited Child Workbook*, *Sleepless in America*, and *Kids, Parents, and Power Struggles*.

### **Users Review**

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

##### **Scott Halpin:**

The knowledge that you get from *Raising Your Spirited Child, Third Edition: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic* could be the more deep you

excavating the information that hide inside words the more you get interested in reading it. It does not mean that this book is hard to comprehend but *Raising Your Spirited Child, Third Edition: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic* giving you joy feeling of reading. The article author conveys their point in particular way that can be understood through anyone who read the idea because the author of this book is well-known enough. This particular book also makes your vocabulary increase well. It is therefore easy to understand then can go together with you, both in printed or e-book style are available. We suggest you for having this *Raising Your Spirited Child, Third Edition: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic* instantly.

#### **Ryan Parker:**

Spent a free time for you to be fun activity to do! A lot of people spent their down time with their family, or all their friends. Usually they doing activity like watching television, going to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? May be reading a book is usually option to fill your free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to try out look for book, may be the book untitled *Raising Your Spirited Child, Third Edition: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic* can be excellent book to read. May be it may be best activity to you.

#### **Chris McCree:**

Does one one of the book lovers? If so, do you ever feeling doubt if you are in the book store? Try to pick one book that you find out the inside because don't judge book by its handle may doesn't work this is difficult job because you are afraid that the inside maybe not since fantastic as in the outside seem likes. Maybe you answer may be *Raising Your Spirited Child, Third Edition: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic* why because the great cover that make you consider in regards to the content will not disappoint an individual. The inside or content is actually fantastic as the outside or maybe cover. Your reading 6th sense will directly show you to pick up this book.

#### **Joel Wall:**

In this era which is the greater man or woman or who has ability to do something more are more special than other. Do you want to become one among it? It is just simple strategy to have that. What you are related is just spending your time little but quite enough to get a look at some books. One of several books in the top listing in your reading list is definitely *Raising Your Spirited Child, Third Edition: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic*. This book which is qualified as *The Hungry Hillside* can get you closer in turning out to be precious person. By looking way up and review this publication you can get many advantages.

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