



# **The Encouraging Parent: How to Stop Yelling at Your Kids and Start Teaching Them Confidence, Self-Discipline, and Joy**

*Rod Wallace Kennedy Ph.D.*

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Would you like to end temper tantrums, sibling rivalry, and other unacceptable behavior without resorting to threats, shouting, or spanking?

Let Dr. Rod Kennedy show you how to become an Encouraging Parent.

Remember that time when you were down on your knees, holding out your arms, and shouting out encouragement as your toddler took those first steps? When your child stumbled and fell, you didn't shout, spank, or reprimand -- you smiled, soothed, encouraged. You motivated your child to succeed. You can recapture that positive and effective attitude and harness it to raise a confident, self-disciplined, and happy child. The first step is to realize that the problem isn't how to "fix" your child, it's to understand how your own attitudes and beliefs get in the way of effective parenting, then learn how to fine-tune your emotional and communication skills.

Based on his popular workshops, which have trained more than 100,000 parents, Dr. Kennedy's book contains a wealth of practical information on how to teach kids self-discipline. Topics include:

- A self-test to help pinpoint where you need to refine your parenting skills
- Establishing daily routines that are easy to remember-- and that will end the chaos
- Teaching kids to get along and resolve their own conflicts so you don't have to micromanage
- Real-life parenting lessons from the parents who attend Dr. Kennedy's workshops

This warm, empathetic, and practical guide will help you nurture your child's positive development and create the loving, supportive atmosphere all kids need to thrive.

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