

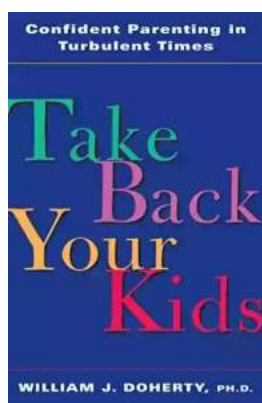
Turbocharge Your Confidence as a Parent in Today's Turbulent Times!

Parenting is undoubtedly one of the most challenging and rewarding experiences in life. As parents, we strive to ensure our children grow up to be well-rounded individuals who are equipped to face the hardships and uncertainties of the world. But let's face it – parenting in turbulent times can sometimes leave us feeling overwhelmed, anxious, and unsure about the best course of action.

However, confident parenting is not an unattainable goal. By equipping ourselves with the right mindset, knowledge, and strategies, we can navigate the stormy waters of life and raise resilient children who can thrive even in the face of adversity.

The Power of Emotional Intelligence

In uncertain times, it is crucial to cultivate emotional intelligence in both ourselves and our children. Emotional intelligence allows us to understand and manage our own emotions effectively, while also empathizing with and relating to others.



Take Back Your Kids: Confident Parenting in Turbulent Times by William J. Doherty(Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 1249 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Word Wise : Enabled

Print length : 158 pages



By fostering emotional intelligence in our children, we give them valuable tools to handle difficult situations. Teaching them to label and express their emotions constructively, problem-solve, and seek support when needed can empower them to face challenges with resilience and adaptability.

Building Resilience through Mindset

A positive mindset is another powerful tool for confident parenting. In turbulent times, it is vital to cultivate a growth mindset in both ourselves and our children. A growth mindset embraces challenges, sees failures as opportunities for growth, and believes in the power of effort and perseverance.

When we model a growth mindset and encourage our children to embrace challenges rather than avoid them, we instill resilience. They learn to view setbacks as valuable learning experiences and develop the confidence to keep trying, even when things get tough.

Strengthening Communication and Connection

In times of uncertainty, maintaining open and honest communication with our children becomes even more important. Creating a safe space where they feel comfortable expressing their fears, concerns, and questions is essential.

Active listening is a crucial skill that helps us understand our children's emotions and perspective. By truly listening to them without judgment, we validate their feelings and build trust, strengthening our bond with them.

As parents, it's also important to manage our own stress and fears effectively. When we address our own emotions and seek support when needed, we can approach our children's emotions with presence, empathy, and clarity.

Self-Care: The Key to Confident Parenting

During challenging times, self-care often takes a backseat as we focus on caring for our children. However, neglecting our own well-being can lead to burnout and decreased effectiveness as parents.

By prioritizing self-care, we become better equipped to parent confidently. Taking time for ourselves, engaging in activities that bring us joy, and practicing self-compassion are all essential components of maintaining our own mental and emotional well-being.

Remember, caring for yourself is not selfish – it's necessary. Just like the flight attendant instructs us to put on our own oxygen mask before assisting others, we must prioritize our own self-care in order to show up fully for our children.

Raising Resilient Children in Turbulent Times

Turbulent times require confident parenting – a parenting style focused on equipping our children with the skills, mindset, and emotional intelligence they need to navigate the uncertainties of the world.

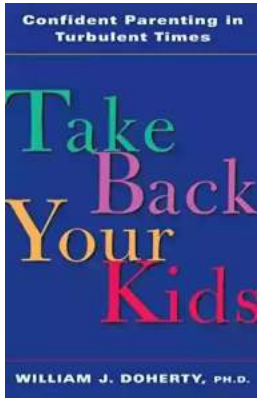
By embracing emotional intelligence, fostering a growth mindset, strengthening communication, and prioritizing self-care, we can raise resilient children who are well-prepared to face life's challenges head-on.

Confident parenting is not about having all the answers; it is about fostering a sense of security, trust, and love within our families. As parents, we have the power to navigate these turbulent times with grace and resilience, empowering our children to do the same.

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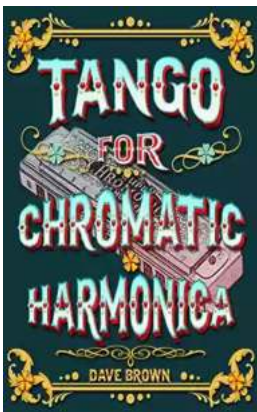
Childhood may be changing, but today's cable-ready, all-too-worldly kids are still just kids and should be treated that way. William J. Doherty does not want to recreate childhood as it was in simpler times, he merely wants to help parents adapt to the changes and create an even better future. Doherty's new book, *Take Back Your Kids*, offers a blueprint to do just that.

Too often, Doherty believes, parents merely provide services and opportunities for children, who in turn consider themselves "consumers of parental services." Hierarchy has diminished. Parents regularly make sacrifices in time and money they perceive to benefit their children. *Take Back Your Kids* shows occasionally saying no to a child's wish, denying a costly and time-consuming opportunity, allows for more meaningful family moments together at meals, church services and volunteer activities.

Take Back Your Kids gives parents a clear picture of what they should expect from themselves and their children. Doherty describes the skills necessary to be a confident parent--the importance of firm boundaries on behavior, an understanding of when to be flexible, and the courage to express constructive anger and endure the consequences. A good parent may be unpopular from time

to time, but children respect and appreciate the exercise of authority in the context of loving family relationships.

Doherty concedes that maintaining those relationships may be difficult amid modern media distractions and fractured families. *Take Back Your Kids* describes how to monitor media exposure in a culture of constant television and Internet-literate eight-year-olds. He explains why responsible fatherhood may be the most untapped resource in raising children. And he offers advice for co-parents, single parents and step-parents alike to transcend their individual situations and discover the path to loving, respectful and productive relationships with their children.



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