

# The Complete Parenting Exchange Library

Practical Advice for Parents on the Joys & Challenges of Contemporary Families

by Karen Stephens

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2. Counseling: How to Select a Children's Mental Health Therapist
3. Counseling: When to Seek Professional Help for Children Experiencing Stress
4. Anger Management: Coaching Children in Self Control
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11. Strategies for Parenting Children with Difficult Temperament
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## Discipline, Guidance, Temperament

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3. Clear, Consistent Consequences Motivate Cooperative Behavior
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6. Strategies for Parenting Children with Difficult Temperament
7. Parenting Kids with Slow-to-Warm-Up Temperament
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18. Parenting Tips: Just follow the ABCs
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27. Whining: Responding When Pleading Children Grates on Your Nerves

## **Family Routines; Play and Leisure**

1. Routines: Start Mornings Off on the Right Foot
2. Self Help Skills and Chores Build Children's Identity and Confidence
3. Adequate Leisure-time is Essential for Children
4. Home Routines that Build Children's Literacy Skills
5. Block Play Activities for Home, Child Care, or School
6. Mind-Powered Toys: Batteries Not Required
7. There's More to Children's Block Play than Meets the Eye
8. 20 Ways to Encourage Children's Resourcefulness and Creativity
9. Humor: No Joke, It's a Learning Tool for Kids
10. Good Sleep and Bedtime Habits Nourish Kids
11. Bedtime Tips to Build Good Sleep Habits
12. Tips for Helping Kids Beat Bedtime Blues
13. Nightmares, Storms and Divided Families
14. Infant Crying, Preschoolers Getting Out of Bed, the Family Bed
15. Resuming Routines Helps Kids Rebound from the Holidays
16. Holiday Frenzy: Don't Let Stress Steal Your Spirit
17. Airplane Travel: Tips for Helping Children Enjoy It
18. Family Travel: Making It Child-Friendly
19. Procrastination: Responding When Children Delay Chores or Homework
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22. Back-to-School Transition: Helping Kids Make the Adjustment
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29. Money Matters: Learning the Value of A Dollar Starts Early
30. Sexual Curiosity in Preschoolers: Respond to Support Healthy Sexual Development and Values
31. Television and Technology: Select the Best, But Limit Children's Screen Time

## **Fears; Anxiety Related to Death, Tragedy, or War**

1. Fears Are a Normal Part of Children Growing Up
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3. Tips for Helping Kids Tangle With Developmental Fears
4. More Strategies to Help Kids Cope With Fear

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10. Help for Children Coping With Death: Resources Within Your Reach
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17. Stress Management for Children Promotes Good Mental Health
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## **Friendship, Social Skills, Manners, Diversity**

1. Empathy Paves the Way to Children's Friendship Skills
2. Social Skills Children Need to Make and Keep Friends
3. Ways to Nurture Children's Friendship Skills
4. Friendship Skills: Children's Books for Preschool to Age 8
5. Friendship Skills: Books for Children Ages 8 to 12
6. Parenting Kids with Slow-to-Warm-Up Temperament
7. Everyday Ways to Teach Children Manners and Social Skills
8. Help Kids by Role Modeling Respect for Diversity
9. Responding to Kids' Questions About Difference
10. Tips For Teaching Kids to Respect and Enjoy Diversity
11. Multicultural Resources for Kids' Global Learning
12. Encourage Children's Positive Attitude Toward Those With Special Needs
13. Teaching Children to Resolve Conflict Respectfully
14. That's a Great Idea! Teaching Kids to Problem Solve
15. 20 Ways to Encourage Children's Resourcefulness and Creativity

## **Health, Nutrition, Safety, Hospitalization, Preventing Abuse**

1. Active Play is Key to Kids' Lifelong Health and Fitness
2. Nutrition: Build Good Eating Habits to Side-Step Picky Eaters
3. Nutrient-filled Snacks Fuel Kids' Healthy Development
4. Parents Can Help Kids Stay One Step Ahead of Germs
5. Emergency & Routine Information to Leave for Babysitters
6. Diligent Car Seat Safety Can Keep Kids Alive
7. Prepare for Emergencies With Planning and First Aid Skills
8. Teach Fire Safety During the Preschool Years
9. Safety and Accident Prevention Starts At Home
10. Doctor Visits: Tips for Preparing Children
11. Hospital and Emergency Room Visits: Tips for Preparing Children
12. Child Life Specialists Help Hospitalized Kids
13. Good Dental Health Begins in Early Childhood
14. Good Sleep and Bedtime Habits Nourish Kids
15. Bedtime Tips to Build Good Sleep Habits
16. Child Abuse Breaks a Child's Brain As Well As Heart
17. For Children's Sake, Prevent and Confront Child Abuse
18. Specific Ways to Avoid Losing Your Cool With the Kids
19. Sunscreen, Water, and Shady Play Spaces Protect Children's Health
20. Obesity in Childhood: Reducing Your Child's Risk
21. Stress Management for Children Promotes Good Mental Health
22. Bedwetting: What, Why, and Helpful Ways to Respond

## **Health, Nutrition, Safety, Hospitalization, Preventing Abuse (continued)**

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25. Sexual Curiosity in Preschoolers: Respond to Support Healthy Sexual Development and Values
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27. Computer Use and Internet Safety for Preschoolers
28. Winter Auto Travel Safety and Emergence Response Tips

## **Learning, Brain Development, Literacy, and Creativity**

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2. Beyond Brain Basics: Boosting Children's Learning Potential
3. Intelligence: IQ is Just One Measure of Smarts
4. 20 Ways to Encourage Children's Resourcefulness and Creativity
5. Brain Power: Music Builds It One Tune At a Time
6. Language Is a Powerful Influence on Children's Development
7. Early Experiences Lay Foundation for Language Growth
8. Emotional Attachments Motivate Children's Language Mastery
9. Detect Speech and Language Problems, the Earlier the Better
10. Creative Ways to Lead Kids to Reading and Writing
11. Home Routines that Build Children's Literacy Skills
12. Humor: No Joke, It's A Learning Tool for Kids
13. That's a Great Idea! Teaching Kids to Problem Solve
14. Child Abuse Breaks a Child's Brain As Well As Heart
15. Homework-Friendly Homes Help Children Learn
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18. Curiosity and Wonder: Cue Into Children's Inborn Motivation to Learn
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20. Mind-Powered Play: Engaging Alternatives to Battery-Operated Toys
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23. Toy Safety and Selection: Choose Developmentally Appropriate Toys for Safer Play
24. Computer Use and Internet Safety for Preschoolers

## **Nature Connections and Pets**

1. Nature Connections for Kids in Cities and Suburbs
2. Bird Watching Helps Children Become Nature-wise
3. Butterfly Garden Activities Stir Children's Sense of Wonder
4. Children Reap a Bushel of Benefits from Outdoor Gardening
5. Gardening with Children: Green Thumbs Grow Inside, Too!
6. Children Honor Mother Nature When Exploring Spring
7. Snow Activities Let Children Explore the Wonders of Weather
8. Creative Ways for Kids to Enjoy Snow Play
9. Fall Offers Families a Variety of Sensory, Seasonal Fun
10. Camping Brings Children Closer to Nature and Family
11. Family Pets Help Children Develop Positive Traits, Values
12. Teach Kids Caring and Safe Ways with Pets
13. Ways to Help Children Cope When a Family Pet Dies
14. Curiosity and Wonder: Cue Into Children's Inborn Motivation to Learn

## **Parenting: On Being a Mom, Dad, or Grandparent**

1. Parents Take On a Daunting, But Rewarding Job Description
2. Successful Parenting Isn't for the Faint of Heart
3. Parenting Offers Daily Surprises — Spread the Word!
4. Tips for Sending Kids to Early Childhood Programs and School Ready to Learn
5. Life in the Stands: Putting in Time for the Kids

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7. Step-Parents: There's More to Parenting Than Bloodlines
8. Dads: It's the Little Things That Last a Lifetime
9. Admirable Dads: It's More Than Bringing Home the Bacon
10. A Father's Example Shows How to Be a Great Parent
11. What Makes a Grandparent? From the Mouths of Babes
12. Grandparents: The Bridge Between Generations
13. Grandparents Are Not All Created Equal
14. Family Life: Kids Need Parent Generalists, Not Specialists
15. Parenting Lesson: Children Teach Us to Relish the Present
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17. Parents are Powerful Role Models for Children
18. Help Kids by Role Modeling Respect for Diversity
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23. Family Communication: 42 Discussion Starters to Keep You In Touch

## Toddler & Twos Developmental Issues

1. Two Year Olds: In Search of Identity and Independence
2. Living With Two Year Olds: Tips for Survival
3. Dealing with Separation Teaches Valuable Lessons
4. More Tips for Coping With Separation Anxiety: Part 2
5. Persistent Separation Problems Pose Tough Choices
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7. Good Child Care: Tips for Toddlers and Twos
8. Language Is a Powerful Influence on Children's Development
9. Early Experiences Lay Foundation for Language Growth
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13. Ditchin' Diapers: Tips on Beginning Toilet Training
14. Toilet Training: Tips for Motivating Children
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20. Whining: Responding When Pleading Children Grate on Your Nerves



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