

---

# Confidences De Parents Une Nouvelle Approche Psyc

---

Thank you utterly much for downloading **Confidences De Parents Une Nouvelle Approche Psyc**. Maybe you have knowledge that, people have look numerous times for their favorite books in the manner of this Confidences De Parents Une Nouvelle Approche Psyc, but stop going on in harmful downloads.

Rather than enjoying a fine PDF subsequently a cup of coffee in the afternoon, instead they juggled with some harmful virus inside their computer. **Confidences De Parents Une Nouvelle Approche Psyc** is friendly in our digital library an online permission to it is set as public therefore you can download it instantly. Our digital library saves in compound countries, allowing you to acquire the most less latency period to download any of our books considering this one. Merely said, the Confidences De Parents Une Nouvelle Approche Psyc is universally compatible in the manner of any devices to read.

*Confidences  
De Parents  
Une Nouvelle  
Approche  
Psyc*

Downloaded from  
[biblioteca.undar.edu.pe](http://biblioteca.undar.edu.pe)  
by guest

---

## MILA BRAIDEN

---

*Building Confidence in Your Child* Herald Press  
Risqué Halloween costumes for young girls. T-shirts that boast “Chick Magnet” for toddler boys. Sexy content on almost every television channel, as well as in movies and video games. Popular culture and technology inundate our boys and girls with an onslaught of graphic sexual messages at earlier ages than ever before. Without the emotional sophistication to understand what they are doing and seeing, kids are getting into increasing trouble emotionally and socially. Parents are left shaking their

heads, wondering: How did this happen? What can we do? Diane E. Levin, Ph.D., and Jean Kilbourne, Ed.D., internationally recognized experts in, respectively, early childhood development and the impact of the media on children and teens, offer parents essential, age-appropriate strategies to counter the assault. Filled with savvy suggestions, helpful sample dialogues, and poignant stories from families dealing with these issues, *So Sexy So Soon* provides parents with the information, skills, and confidence they need to discuss sensitive topics openly and effectively—so their kids can just be kids. *Nouvelle biographie universelle [afterw.] générale, publ. sous la*

*direction de m. le dr. Hoefler* Ballantine Books  
"The Self-Confidence Factor" provides parents and educators with the information necessary to arm their child with the greatest defense against bullying, CONFIDENCE! Different types of bullying & how to handle them are a crucial part of this book. \*Cyber-Bullying & what parents need to know. \*Ways to defuse physical situations. \*Effects of Bullying on those who are targeted. "The Self-Confidence Factor" includes ways to work with your children to best support, protect, and instill confidence in them. You will find basic self defense techniques used in martial arts training as well as self-defense

scenarios. There are discussion questions at the end of each chapter. These questions are designed to help you engage your child to achieve maximum benefit with this material. Praise for The Self-Confidence Factor: "With specific techniques for building mental resilience and physical strength, The Self-Confidence Factor is a wonderful tool for both parents and kids trying to deal with conflict in a productive way. This book provides the skills and discipline to handle any situation." Lisa Oz, Author and radio and television personality  
**The Self-Confidence Factor** Random House Australia  
J'aide mon enfant à se concentrer, L'Enfant de l'autre, Éloge des mères... Au fil de ses

ouvrages, Edwige Antier, dont la présence dans les médias est de plus en plus marquante, s'est imposée comme la référence dans le domaine des relations parents-enfant. Ce nouveau livre, *Confidences de parents*, se présente comme un jeu de questions-réponses, un dialogue entre les parents et la spécialiste, où sont abordés les grands thèmes de la vie de nos petits. Depuis une dizaine d'années, les connaissances sur le développement psychologique des enfants ont été révolutionnées de fond en comble. Ce sont les résultats de cette " nouvelle psychologie " qu'Edwige Antier met à la disposition de tous les parents. On

retrouve ici tous les ingrédients du succès des ouvrages précédents d'Edwige Antier. Une langue claire et accessible, une véritable empathie pour les préoccupations des parents, un souci de clarification et de déculpabilisation.

**Meditations for New Parents** Penguin

A small book to help parents recover their clarity and confidence. It focusses on how parents can manage themselves effectively rather than the common focus on understanding and managing the child. A timely book for parenting children of all ages.

*Nouvelle biographie générale depuis les temps les plus reculées jusqu'à nos jours, avec les renseignements*

*bibliographiques et l'indication des sources à consulter*  
Createspace  
Independent Publishing Platform  
A parenting guide to adolescence - a sensible and considerate resource for navigating your teen to adulthood, transforming a traditional time of strife into an opportunity for positive growth for both you and your child. For parents, nurturing their teens to become healthy, well-adjusted adults seems more challenging now than ever before. There are many pressures for kids to grow up faster than they should. Here, renowned adolescent medicine specialist Kenneth Ginsburg, M.D., and award-winning journalist

Susan FitzGerald offer parents a practical, thoughtful strategy for guiding children through all the turning points on the way to adulthood - the "whens" and "hows" of adolescence. Letting Go with Live and Confidence helps parents achieve five goals: Manage Their Own Emotions. Many parents are conflicted about their teens growing up. The desire to keep things the way they've always been may get in the way of wise parental decisions. This book addresses the emotional turmoil that surrounds letting go, and urges parents to care for themselves, so they can better care for their children. Reduce Conflict Around the Whens. It's the everyday "When can

l?" questions that trigger many struggles. Parents will learn to turn potential sources of conflict into opportunities for growth as they consider 18 scenarios, including When is my child ready to stay home alone? Get a cell phone? Manage money? Date? Drive? Minimize Anxiety Over the Hows. Certain subjects are tough to talk about and the stakes in these conversations are high. How in the world do you talk about sex? Drugs? Peer pressure? Parents will learn how to approach critical topics with honesty and clarity, increasing the chances that they'll actually be heard. Gain Confidence To Make the Right Decisions. Parents reading this book will be better

prepared to make decisions because they'll have a strategy to apply to each situation and gain new insight into their child's developmental needs. Understand That Nurturing Independence Is An Act of Love. The ultimate goal of parenting is to produce a well-adjusted adult. When teens understand that their parents support their independence, they're less likely to rebel. As importantly, when independence is not a battle, families can move toward lifelong interdependence. Letting Go with Live and Confidence is filled with the latest findings on successful parenting and is infused with Dr. Ginsburg's expert advice on how to build

resilience in teens. This comprehensive volume also contains stories from real parents from diverse backgrounds who have faced the challenges of raising teens. Empowering and groundbreaking, this book is a one-stop resource to parenting teens in the twenty-first century.

**Nouvelle biographie générale depuis les temps les plus reculés jusqu'à**

**1850-60** New Harbinger Publications "Playful Parenting" is every parent's answer to success with their kids. Built around the notion that play is at the heart of every child's life, this timely book speaks to parents, teachers, and other adults in children's lives about the importance of play, and how to access this

mysterious realm as a point of connection with children. As Lawrence J. Cohen points out, play is a child's way of exploring the world and helps kids communicate hard-to-express feelings, get close to people they care about, work through stressful situations, or just blow off steam. That's why playful parenting is so important and so successful in building strong, close bonds between parents and children. Through play, we join our kids in their world. We help them express and understand deep emotions, foster connection, aid the process of emotional healing -- and have a great time ourselves while we're at it. Anyone can be a

playful parent -- all it takes is a sense of adventure and a willingness to let down your guard and try something new. After identifying why it can be hard for adults to play, Dr. Cohen discusses how to get down on the floor and join children on their own terms. He covers games, activities, and playful interactions that parents can enjoy with children of all ages. "Playful Parenting" also includes chapters on how to use play to help children learn new skills, how to play through sibling rivalry, and how play can become a part of loving discipline. If there's o

Nouvelle biographie universelle depuis les temps les plus reculés jusqu'à nos jours, avec

les renseignements bibliographiques et l'indication des sources à consulter Fleming H. Revell Company

An illuminating resource to help parents foster a love of writing in their child's life--filled with writing prompts, engaging home learning activities, and more. New educational research reveals that writing is as fundamental to a child's development as reading. But though there are books that promote literacy, no book guides parents in helping their child cultivate a love of writing. In this book, Pam Allyn, a nationally recognized educator and literacy expert, reminds us that writing is not only a key skill but also an essential part of self-discovery



and critical to success later in life. Allyn offers the "the five keys" to help kids WRITE-Word Power, Ritual, Independence, Time, and Environment-along with fun, imaginative prompts to inspire and empower children to put their thoughts on the page. A groundbreaking blueprint for developing every child's abilities, *Your Child's Writing Life* teaches parents how to give a gift that will last a lifetime.

Letting Go with Love and Confidence

Createspace  
Independent Pub  
"A wise and realistic program for instilling genuine self-esteem in children." —Kirkus Reviews, starred review  
Help your child cultivate real, lasting confidence! In Kid

Confidence, a licensed clinical psychologist and parenting expert offers practical, evidence-based parenting strategies to help kids foster satisfying relationships, develop competence, and make choices that fit who they are and want to become. As parents, it's heartbreaking to hear children say negative things about themselves. But as children grow older and begin thinking about the world in more complex ways, they also become more self-critical. Alarmingly, studies show that self-esteem, for many children, takes a sharp drop starting around age eight, and this decline continues into the early teen years. So, how can you turn the tide on this

upsetting trend and help your child build genuine self-esteem? With this guide, you'll learn that self-esteem isn't about telling kids they're "special." It's about helping them embrace the freedom that comes with a quiet ego—a way of being in the world that isn't preoccupied with self-judgment, and instead embraces a compassionate view of oneself and others that allows for both present awareness and personal growth. When kids are less focused on evaluating and comparing themselves with others, they are freer to empathize with others, embrace learning, and connect with the values that are bigger than themselves. You'll also discover how your child's fundamental

needs for connection, competence, and choice are essential for real self-esteem. Connection involves building meaningful and satisfying relationships that create a sense of belonging. Competence means building tangible skills. And choice is about being able to make decisions, figure out what matters, and choose to act in ways that are consistent with personal values. When children are able to fulfill these three basic needs, the question of "Am I good enough?" is less likely to come up. If your child is suffering from low self-esteem, you need a nuanced parenting approach. Let this book guide you as you help your child create unshakeable

confidence and lasting well-being.

**Nouvelle biographie générale depuis les temps les plus reculés jusqu'à nos jours avec les renseignements bibliographiques et l'indication des sources à consulter publiée par MM.**

**Firmin Didot frères**

North Atlantic Books

Parents have heard that play is a child's work—but play is not for kids only. As psychologist Lawrence J. Cohen, Ph.D., demonstrates in this delightful new book, play can be the basis for an innovative and rewarding approach to parenting. From eliciting a giggle during baby's first game of peek-a-boo to cracking jokes with a teenager while hanging out at the mall, Playful

Parenting is a complete guide to using play to raise strong, confident children. Have you ever stepped back to watch what really goes on when your children play? As Dr. Cohen points out, play is children's complex and fluid way of exploring the world, communicating hard-to-express feelings, getting close to those they care about, working through stressful situations, and simply blowing off steam. That's why "playful parenting" is so important and so successful in building strong, close bonds between parents and children. Through play we join our kids in their world. We help them express and understand deep emotions, foster connection, aid the

process of emotional healing--and have a great time ourselves while we're at it. Anyone can be a playful parent--all it takes is a sense of adventure and a willingness to let down your guard and try something new. After identifying why it can be hard for adults to play, Dr. Cohen discusses how to get down on the floor and join children on their own terms. He covers games, activities, and playful interactions that parents can enjoy with children of all ages, whether it's gazing deep into a baby's eyes, playing chase with a toddler, fantasy play with a grade schooler, or reducing a totally cool teenager to helpless laughter. Playful Parenting also includes

illuminating chapters on how to use play to build a child's confidence and self-esteem, how to play through sibling rivalry, and how play can become a part of loving discipline. Written with love and humor, brimming with good advice and revealing anecdotes, and grounded in the latest research, *Playful Parenting* will make you laugh even as it makes you wise in the ways of being a happy, effective, enthusiastic parent.

#### The Adopted Teen

#### Workbook Family

#### Systems Practice

An important story for young readers about being courageous and self-confident, even when you're scared. Self-confidence is something many children—and

adults—struggle with. Many of us are afraid to try new things, ask questions when we're confused, and say no when everyone else wants us to say yes. When children believe in themselves, they're more likely to stand up to bullies and peer pressure, their outlook on life is brighter, they are happier overall. In *I Can Be Brave*, young readers will meet a group of kids who have figured out a few things they like doing and, after some trial-and-error and overcoming their fears, are very proud of their individual accomplishments. Jumping off the diving board might be scary at first, but successfully completing a dive is something to be proud of! Building a tree

house can be fun, even if you don't love being so far off the ground. Sometimes children may need a little boost of confidence or help from those around them to keep at it. Parents and friends can be encouraging by saying things like: "Do you believe you can do it?" "You can do it!" and "Let's try again!" Sometimes, as the children in *I Can Be Brave* learn, when they don't have enough confidence to do something alone—like go down a giant slide—they can muster the courage to do it anyway with a close friend at their side. *I Can Be Brave* encourages young readers to invest time in new activities, believe in themselves, accept encouragement from others, voice their

insecurities, and ask for help when they need it.

### Playful Parenting

Penguin

How to raise confident, resilient kids! Kids need strong, confident leadership ... from their parents. That's quite a challenge these days, as they grow up at the speed of light and parents are unsure of their place in the lives of their children. And today's kids live with pressures that previous generations didn't have to face. They grow up with fewer siblings, which mean parents focus their attention more sharply on them. No wonder so many children today are anxious and risk-averse. But it doesn't have to be this way! In this easy-to-read, no-nonsense book, renowned parenting

educator Michael Grose shows us how to be confident family leaders, able to develop real character and resilience in our kids - the keys to their future success in this ever-changing world. In this book you'll find: \* Simple ways to achieve great family communication, even when you're busy \* Easy ways to help kids cope when life throws them curveballs \* Why building a strong food culture keeps your family stay strong \* The secrets to working from the same page as your partner \* How to get cooperation from your kids without tears, fears or bribery \* Why you must develop independence in your kids from an early age Thriving! is the new roadmap for parents of children aged three to

twelve years of age. With clarity, wisdom and insight, Michael sets out a series of ideas and practical, common-sense strategies that will enable our kids to flourish.

The New Hide Or Seek  
Sourcebooks, Inc.  
Everything You Need to Know to Survive and Thrive as a New Elementary School Teacher This is the book that I wish had existed when I was training to become a new teacher and taking over my first classroom. There was SO much to learn! And so much conflicting advice... it drove me crazy to think that I couldn't find the most-critical information in one place. Well, I've taken care of that for you! In Achieving Classroom Confidence,

I explain: Things they will never tell you in college about the way the education system really works. How to act as a new teacher so children want to learn from you. The fundamentals of getting children to behave. The basics of setting up your room effectively without spending too much time or money. How to schedule, plan and deliver your lessons. And a thousand other details I wish someone had told me so I didn't have to learn them all the hard way! Shortcut Your Success by Learning from My Experience And from my mistakes! This is the book for first-time teachers starting new jobs and pre-service teachers who are just beginning their education journeys.

The "new teacher" phase is a time of intense learning - a critical time for laying a foundation that will ensure you thrive in this profession rather than burning out and leaving. I want you to stay, because you are desperately needed by children, but you have to know what you are getting yourself into. In short, if you have made a commitment to becoming not just a teacher, but an awesome, life-changing teacher... This the book for you. Betsy Weigle Classroom Caboodle Table of Contents PART 1: Teaching Reality vs. Teaching Romance Teaching in the Education "System" What Makes a Good Teacher? Your First Classroom Experiences PART 2:

Building a Community of Learners Taking Center Stage Creating Teacher/Student Relationships Managing Your Classroom All About Expectations All About Consequences Caring for Vulnerable Children PART 3: Classroom Setup and Organization Effectively Organizing Your Classroom Managing Student Desks All About Supplies Your Classroom Library Decorating Your Room PART 4: High-Impact Teaching Planning Lessons Creating Lessons Delivering Lessons Assessing and Reflecting Setting up Subs for Success PART 5: From Zero to Awesome in Record Time Supercharging Your Experience Making School



ConnectionsPartnering  
with ParentsParents  
and DisciplineTeacher  
Observations and  
AssessmentsFalling  
Down and Getting  
UpYour Adventure  
Begins

*Trauma-Proofing Your  
Kids* Fair Winds Press

A practical guide to  
help parents and  
teachers raise self-  
confident, healthy  
children.

**So Sexy So Soon**

Baker Books

The ultimate guide to  
unlocking your child's  
potential and nurturing  
their growth in today's  
fast-paced world Kelly  
Rippon, mother of  
Olympic medalist  
Adam Rippon,  
empowers parents with  
the essential tools and  
strategies to raise  
resilient, confident, and  
successful children.

Drawing on her  
personal experiences

as a parent, Rippon  
provides actionable  
insights that will  
transform your  
approach to parenting.  
With *Parent Up*, you  
will discover how to  
cultivate a supportive  
environment that  
fosters your child's  
development,  
unleashes their unique  
talents, and  
encourages them to  
reach new heights,  
including: *Empowering  
Communication: Learn  
effective  
communication  
techniques to build  
strong parent-child  
bonds, promote  
healthy dialogue, and  
encourage open  
expression of thoughts  
and feelings. Growth  
Mindset: Discover how  
to foster a growth  
mindset in your child,  
helping them embrace  
challenges, persevere  
in the face of*

obstacles, and develop a lifelong love of learning. Resilience and Emotional Intelligence: Equip your child with the emotional tools they need to navigate life's ups and downs, build resilience, and develop empathy and self-awareness. Goal Setting and Motivation: Uncover strategies to help your child set meaningful goals, stay motivated, and develop a strong work ethic, preparing them for future success. Nurturing Individuality: Learn how to celebrate and cultivate your child's unique strengths and passions, empowering them to pursue their dreams and become their best selves. Building Strong Family Connections: Explore techniques to create a

harmonious and loving family environment, strengthening bonds and promoting positive relationships between siblings and parents. Kelly Rippon's expertise, combined with the power of her insights and actionable advice, will guide you on your journey to becoming the best parent you can be. Foreword by Olympic medalist Adam Rippon. Praise for Parent Up: "Parent Up is exactly the book parents need in our rapidly changing world. It reminds today's teachers, parents, and caregivers that leadership requires empathy, and the better we understand others, the better we understand ourselves." —Michele Borba, EdD, author of *Unselfie: Why Empathetic Kids*

Succeed in Our All-About-Me World "Parent Up gives parents the confidence to raise our children in a way that works for our families, and inspires resilience and self-sufficiency in our kids." —Lindsay Powers, author of *You Can't F\*ck Up Your Kids: A Judgment-Free Guide to Stress-Free Parenting* "Kelly shares relatable personal experiences in *Parent Up* that show us sometimes the difficult path leads to the best parenting. Not always protecting our kids, but allowing them to own the consequences of their actions, helps them learn to be confident, empathetic, accountable, and ultimately empowered to live their best lives. It's no wonder her oldest son, Adam,

achieved his Olympic dream and is a beloved sports figure." —Kristi Yamaguchi, Olympic champion and New York Times bestselling author "This book is a total joy! Kelly Rippon is a remarkable mother of six remarkable children whose achievements are only surpassed by their integrity and goodness of heart. Her book offers a wealth of advice for raising successful and compassionate children. Warm, witty, and wise, Kelly Rippon is a gift to all parents!" —Priscilla Gilman, author of *The Anti-Romantic Child: A Story of Unexpected Joy* *Nouvelle biographie générale* Revell This book will help you... Become a better parent by teaching you the tools I use every

day with great success to help children.. In the next 30 days, you are going to see your child's confidence soar with my easy to implement techniques. You are going to feel so much joy watching your child grow and develop that you will be upset that you had not done this sooner. Don't be! These techniques have been reserved for my clients only so you did not know that you did know this stuff. This book will fix that. Your child is going to enjoy all the benefits of having confidence and see all kinds of doors open to them. When your child has a good level of confidence, they will: Be very likeable and have plenty of friends Be able and willing to face new challenges Be

willing to take on roles of leadership Be happier in their daily life Take pride in their accomplishments Work harder to earn the things they want And so much more....!!!! Sound like a dream come true? Well, let's get started and in just 30 short days you will see what I have seen hundreds of times with the children I work with in my program.  
How to Double Your Child's Confidence  
 Robert Laffont  
 Human memory, like other biological systems, has been subject to natural selection over the course of evolution. However, cognitive systems do not fossilize, which means that current researchers must infer evolutionary influences on human memory

from current human behavior rather than from fossils or artifacts. Examining the potential for cognition as adaptation has often been ignored by cognitive psychology. Recently, a number of researchers have identified variables that affect human memory that may reflect these ancestral influences. These include survival processing, future-oriented processing, spatial memory, cheater detection, face memory and a variety of social influences on memory. The current volume grew out of discussion at the symposium on survival processing at the SARMAC conference in June 2011, in New York City. The goal of this volume will be to present the best

theoretical and empirical work on the adaptive nature of memory. It features the most current work of a number of cognitive psychologists, developmental psychologists, comparative psychologists and cognitive neuroscientists, who have focused on this issue. This is important because much this work is necessarily interdisciplinary and is therefore spread out across a range of journals and conferences.

**Thriving!** Simon and Schuster Understand the different types of upsets and traumas your child may experience—and learn how to teach them how to be resilient,

confident, and even joyful. The number of anxious, depressed, hyperactive and withdrawn children is staggering—and still growing! Millions have experienced bullying, violence (real or in the media), abuse or sexual molestation. Many other kids have been traumatized from more “ordinary” ordeals such as terrifying medical procedures, accidents, loss and divorce. *Trauma-Proofing Your Kids* sends a lifeline to parents who wonder how they can help their worried and troubled children now. It offers simple but powerful tools to keep children safe from danger and to help them “bounce back” after feeling scared and overwhelmed. No longer will kids have to

be passive prey to predators or the innocent victims of life’s circumstances. In addition to arming parents with priceless protective strategies, best-selling authors Dr. Peter A. Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them. *Trauma-Proofing Your Kids* is a treasure trove of simple-to-follow “stress-busting,” boundary-setting, sensory/motor-awareness activities that counteract trauma’s effect on a child’s body, mind and spirit. Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development, this

ground-breaking book  
simplifies an often  
mystifying and  
complex subject,  
empowering parents to  
raise truly confident  
and joyful kids despite  
stressful and turbulent  
times.

**Confidences de  
parents**

Bethany  
House Publishers  
On vous dit que vous  
rendez votre bébé  
autonome, mais il  
s'accroche à vos  
bras... Ou, au  
contraire, que vous  
êtes trop fusionnelle,  
mais vous n'avez pas  
le cœur à le laisser  
dans d'autres mains...  
Rôle du père, sommeil,  
problèmes de garde,  
phobies scolaires...  
Que d'interrogations,  
que de cris du cœur  
avez-vous besoin de  
partager... Et que de  
contradictions entre les  
discours des "  
professionnels " et le

ressenti des parents  
d'aujourd'hui. On  
ignore trop la  
particularité de  
l'intelligence du tout-  
petit, qui s'ouvre au  
monde par ses sens et  
non rationnellement.  
Sa mère et son père  
sont les plus sensibles  
à ses besoins, ce sont  
eux qui lui donnent la  
perception de lui-  
même. À trop l'oublier,  
on contrecarre leurs  
élans, on les  
culpabilise. Une  
nouvelle approche  
psychologique du  
développement de  
l'enfant et de ses  
relations est  
indispensable pour lui  
permettre de retrouver  
confiance en ses  
parents, de  
s'épanouir... Edwige  
Antier répond sur son  
site et, avec ce livre, à  
toutes vos confidences.  
Confident Parenting  
Ballantine Books

This collection of prayerful meditations, inspiring quotes, and guiding scriptures helps new parents explore what happens when unsuspecting adults have their first baby—a child who proceeds to revolutionize their total outlook on the world. Authors Gerald and Sara Wenger Shenk look at how children draw security from their parents, how love is passed from generation to generation, and how God is part of this sacred work. Intended for both parents, *Meditations for New Parents* portrays how God is an ever watchful and loving parent, giving new mothers and fathers the confidence and strength to carry on. While the covers have

been updated, the interior content purposely retains the original language and beautiful sentiments of the original authors. This series will appeal especially to traditional parents with a strong faith background who endeavor to raise their families in positive ways.

**Nouvelle biographie générale depuis les temps les plus reculés jusqu'à nos jours avec les renseignements bibliographiques et l'indication des sources à consulter**

New Harbinger Publications  
No Better Mom for the Job is for any mom who has ever felt inadequate--who loves her kids fiercely but sometimes thinks another mom would do a better job in her



shoes. Becky Keife knows the ups and downs of motherhood. And she has learned along the way and from other mamas that it doesn't work to try to do more or be better. Confidence comes from leaning on the One who made you a mother. Through these pages, you will discover how to - exchange negative internal dialogue for joyful gratitude - identify and celebrate

your one-of-a-kind mom strengths - establish boundaries that set you and your child up for success - recognize evidence of God's work in your life and growth in your kids - and much more Filled with encouraging stories and practical, biblical wisdom, each chapter also includes one simple action step and a powerful prayer, all to help you see yourself as exactly the mom your child needs.