

# Positive Parenting Essential Rebecca Eanes

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### **Positive Parenting Essential Rebecca Eanes**

True family connection is possible—and this essential guide shows us how. Popular parenting blogger Rebecca Eanes believes that parenting advice should be about more than just getting kids to behave. Struggling to maintain a meaningful connection with her two little ones and frustrated by the lack of emotionally aware books for parents, she began to share her own insights with readers online.

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“Rebecca Eanes has a deep understanding of what can hold mothers and fathers back from being the parents they want to be. Positive Parenting provides concrete tools to grow the self-discipline, connection, empathy, and techniques that will help parents (and their kids!) be their best.”

### **Positive Parenting: An Essential Guide (The Positive ...**

Rebecca Eanes is a bestselling author, the creator of positive-parents.org, and a contributing editor to Creative Child Magazine. Her books include The Newbie's Guide to Positive Parenting and Positive Parenting in Action, coauthored with Laura Ling. Callie Beaulieu has been an actress for several decades.

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REBECCA EANES is the founder of Positive-Parents.org, creator of Positive Parenting: Toddlers and Beyond, and a contributing editor to Creative Child magazine. Table of Contents Foreword Dr. Laura Markham xi

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understanding of what can hold mothers and fathers back from being the parents they want to be. Positive Parenting provides concrete tools to grow the self-discipline, connection, empathy, and techniques that will help parents (and their kids!) be their best.”

### **Positive Parenting by Rebecca Eanes: 9780143109228 ...**

When the milk is splattered all over the floor and those little eyes are looking at you for your reaction, remember what really matters. It takes 5 minutes to clean up spilled milk; it takes much longer to clean up a broken spirit.”. — Rebecca Eanes, *The Newbie's Guide to Positive Parenting*.

### **Rebecca Eanes (Author of Positive Parenting)**

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## **Positive Parenting: An Essential Guide: Eanes, Rebecca ...**

1 July 2019 Rebecca Eanes Self-awareness is an important part of parenting. I believe that knowing, understanding, and accepting ourselves is key to being thriving mothers.

## **Rebecca Eanes**

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understanding of what can hold mothers and fathers back from being the parents they want to be. Positive Parenting provides concrete tools to grow the self-discipline, connection, empathy, and techniques that will help parents (and their kids!) be their best."--Andrea Nair, M.A., CCC Psychotherapist, parenting educator.

### **Positive Parenting: An Essential Guide: Amazon.co.uk ...**

Rebecca Eanes is the creator of [www.positive-parents.org](http://www.positive-parents.org) and author of *The Newbie's Guide to Positive Parenting*. In her new book, *Positive Parenting: An Essential Guide*, Rebecca shares her hard-won insights on giving up the conventional parenting paradigm to reconnect heart to heart with her children. Because parenting is about so much more than discipline, Rebecca hits on important topics less spoken about, making this more than a parenting book.

### **Rebecca Eanes - The Gottman**

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