



Raising Our Children, Raising Ourselves: Transforming parent-child relationships from reaction and struggle to freedom, power and joy

By Naomi Aldort

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Every parent would happily give up ever scolding, punishing or threatening if she only knew how to ensure that her toddler/child/teen would thrive and act responsibly without such painful measures. Raising Our Children, Raising Ourselves is the answer to this universal wish. It is not about gentle ways to control a child, but about a way of being and of understanding a child so she/he can be the best of herself, not because she fears you or seeks your approval but because she wants to, of her own free will. Aldort's guidance takes the struggle out of parenting. The book is full of real life stories, often leaving the reader moved to tears or laughter and relieved to discover that there is a kinder way. The SALVE communication formula has been praised for providing a hybrid of The Work of Byron Katie and Nonviolent Communication. It gives parents the tools to move beyond their initial unproductive reaction, to a response that is connecting and empowering to the child and to themselves.

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Editorial Review

Review

Naomi Aldort is an eloquent proponent of the simple idea that children need love and validation, rather than control and behavior modification. The result is the disappearance of power struggles and the emergence of closeness and cooperation. Aldort teaches parents how to listen effectively when children express strong feelings, and how to recover their ability to love, validate and offer comfort to their children when they, themselves, are upset.

-Nappa Awards

About the Author

Naomi Aldort is the author of *Raising Our Children, Raising Ourselves*, sold in thirteen languages. Her advice columns are published in progressive parenting magazines worldwide. Aldort offers guidance by phone/Skype internationally regarding all ages, babies through teens: attachment parenting; natural learning; peaceful and powerful parent-child relationships, self-realization, marriage and more. Products, phone sessions and free newsletter: www.authenticparent.com

Users Review

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