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## Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore (Paperback)

By Kent Hoffman, Glen Cooper, Bert Powell

Guilford Publications, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. /\* Style Definitions \*/ table.MsoNormalTable Today's parents are constantly pressured to be perfect. But in striving to do everything right, we risk missing what children really need for lifelong emotional security. Now the simple, powerful Circle of Security parenting strategies that Kent Hoffman, Glen Cooper, and Bert Powell have taught thousands of families are available in self-help form for the first time. Readers learn how to protect and nurture babies through teens while fostering their independence, and what emotional needs a child may be expressing with difficult behavior. Vivid stories and unique practical tools offer insight into how our own upbringing affects our parenting style (and what to do about it). This book puts the keys to healthy attachment within everyone's reach--self-understanding, flexibility, and the willingness to make and learn from mistakes. A parent reflects on Raising a Secure Child (video) Mental health professionals: See also the authors related intervention manual, Circle of Security Intervention: Enhancing Attachment in Early Parent-Child Relationships.



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