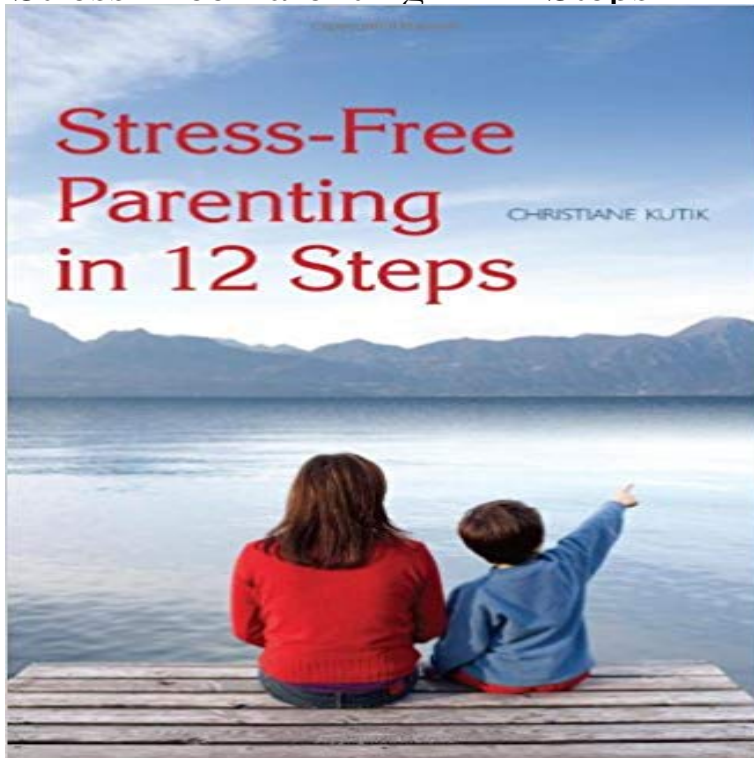


Stress-Free Parenting in 12 Steps



When a child is born, parents feel on top of the world, but stress and exhaustion frequently take over before long and fray parents nerves. In this concise, practical book, Christiane Kutik highlights twelve simple steps for bringing a measure of peace, composure, and enjoyment back to daily family life. She bases her approach on providing a solid underlying structure for family life, which includes clear roles and rules, rhythmic routine, and mutual respect. She goes on to show how the family can grow together by incorporating enjoyable rituals, responsiveness to the children, offering the support they need, and making space for children to develop their capacities. Christiane Kutik also discusses ways to introduce moments of calm and spiritual connection into everyday life and stresses the importance of parents making time for themselves to reflect on life and relax. This book is written specifically for parents with little time and energy. It is brief, easy to absorb, and simple to implement, offering a valuable step-by-step guide to quickly improve family life.

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