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Getting to Calm, The Early Years: Cool-headed Strategies for Raising Caring, Happy, and Independent 3-7 Year Olds

Laura Kastner

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With such a dizzying array of parenting theories, tactics, and fads out there, how can any parent know which advice to follow? Help is here for parents who want to find a practical path that produces exceptional results: strong family bonds, calmer interactions, and healthy, happy kids who are set up for future success.

The latest in Dr. Kastner's celebrated parenting series, *Getting to Calm, The Early Years* is the first book for parents of children ages 3–7 that analyzes popular parenting approaches in light of fifty years of parenting research and current evidence-based treatment models. Offering clear, step-by-step descriptions of proven and effective techniques, this book guides parents as they help their children build competencies while coping with some of the most common and painful problems of the early years, including:

- Sleepless nights
- Clinginess
- Tantrums
- Whining
- Power struggles
- Lying
- Defiance

Through vivid family vignettes, Kastner illustrates the common traps and travails of parenting young kids, showing us what has been proven to work (and what certainly has not), with an emphasis on positive parenting and wise-minded decision making. This accessible, insightful, and ultimately enjoyable book offers tremendous support, powerful skills, and plentiful encouragement for anyone who is parenting a child through the early years.

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