

How to Raise a Happy Child

(and be happy too)



Heather Criswell, Kid Whisperer

Taryn Voget, Cofounder of the Everyday Genius Institute



Contents

PREFACE	xi
INTRODUCTION	xv
PART 1: DECIDE WHO YOU ARE AS A PARENT	1
Chapter 1: How Do You Define “Success” As a Parent?	7
Chapter 2: What Are Your Goals for Yourself and Desires for Your Child? ..	17
Chapter 3: As a Parent, What Are You Really Responsible For?	31
Chapter 4: What Is Your Definition of Happiness?	51
PART 2: DISCOVER THE 5 INGREDIENTS FOR PARENTING SUCCESS	65
Chapter 5: Choose the Energy You Bring to Every Situation.....	69
Chapter 6: Honor Your Feelings First and Then Your Child’s.....	95
Chapter 7: Focus on What You <i>Do</i> Want	135
Chapter 8: Honor Every Choice Your Child Makes.....	179
Chapter 9: Remind Your Child of Their Greatness ... Always.....	221

PART 3: PUT HAPPINESS INTO ACTION	259
Chapter 10: Put It All Together	267
PART 4: FEEL LIKE A PARENTING PRO WITH THESE PROVEN SCRIPTS	287
Scenario 1: “Mom, he won’t ...” — <i>Fights between Siblings or Friends</i>	293
Scenario 2: “You’re not the boss of me!” — <i>Bossiness and Disrespect</i>	297
Scenario 3: “If I do ..., then I get ...” — <i>Rewards</i>	301
Scenario 4: “I’m not tired.” — <i>Bedtime</i>	304
Scenario 5: “I don’t want to do it!” — <i>Homework</i>	307
Scenario 6: “But <i>you</i> didn’t say please.” — <i>Manners</i>	310
Scenario 7: “Why do I have to ...?” — <i>Sharing</i>	313
Scenario 8: “I don’t want the veggies!” — <i>Mealtime</i>	316
Scenario 9: “I never get to play.” — <i>Team Sports</i>	319
Scenario 10: “I’m scared of the monsters.” — <i>Bedtime Fears</i>	323
Scenario 11: “I hate you!” — <i>Back Talking</i>	326
Scenario 12: “I got a D on my report card.” — <i>Grades</i>	330
Scenario 13: “Whatever!” — <i>Pouting</i>	333
Scenario 14: “Is Santa real?” — <i>Lying</i>	337
Scenario 15: “You’re an asshole.” — <i>Swearing</i>	341
Scenario 16: “Meltdown on Aisle 7.” — <i>Public Temper Tantrums</i>	344
Scenario 17: “Uh oh ...” — <i>Potty Training</i>	348
Scenario 18: “I’m <i>not</i> sorry!” — <i>Apologies</i>	351
Scenario 19: “I am <i>not</i> ...!” — <i>Labels</i>	354
Scenario 20: “Can I have a sticker for ...?” — <i>Reward/Chore Charts</i>	357
Scenario 21: “She said that I’m not her friend!” — <i>Friendship</i>	360
Scenario 22: “He said that I’m fat and ugly!” — <i>Hurt Feelings</i>	363

PART 5: CLOSING THOUGHTS.....367

ENDNOTES.....375

MEET THE AUTHORS379