

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). Healthy attachment requires self-understanding, flexibility, and the willingness to make and learn from mistakes. This book shows parents they already have what it takes.

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