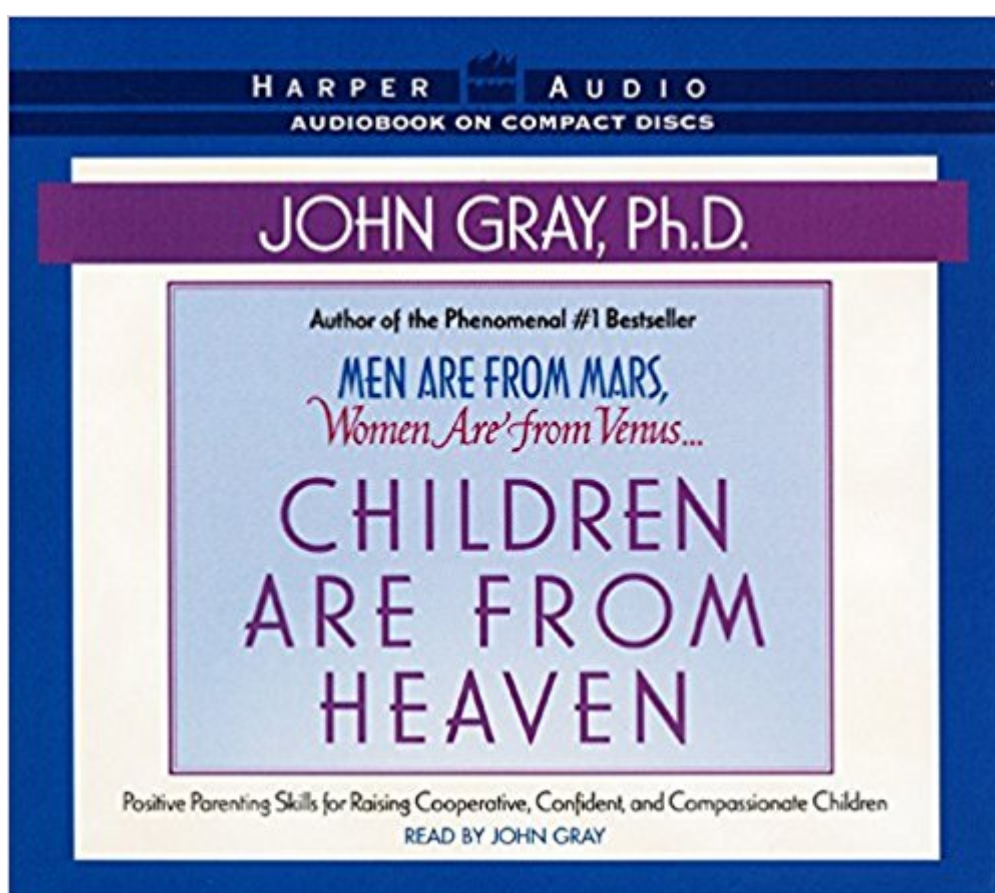


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# Children Are From Heaven: Positive Parenting Skills For Raising Cooperative, Confident, And Compassionate Children



## Synopsis

After years of experience leading communication workshops, and honing his own parenting skills, John Gray has created a brilliantly original and effective system that he calls positive parenting, for children of all ages; from birth through the teenage years. Completing the notion that Men are from Mars, Women are from Venus, he adds...and Children are from Heaven. Children Are From Heaven covers different skills of parenting to help improve communication, increase cooperation, and motivate your children. Central to this new approach are the five positive messages your children need to learn again and again. It's okay to be different. It's okay to make mistakes. It's okay to express negative emotions. It's okay to want more. It's okay to say no, but remember Mom and Dad are the bosses. When these messages are put into practice -- and John Gray shows you how -- your children will develop the necessary skills for successful living: forgiveness of others and themselves, sharing, delayed gratification, self-esteem, patience, persistence, respect for others and themselves, cooperation, compassion, confidence, and the ability to be happy. By applying the five messages and different skills of positive parenting, your children will receive what they need to become more cooperative, confident, and compassionate children.

## Book Information

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## Customer Reviews

Psychologist John Gray (he of Men Are from Mars... fame) cites a need to shift from "fear-based parenting" (a punitive and oppressive approach to child rearing) to "love-based parenting" (which accepts children's desires and negative emotions while still setting reasonable limits). With child and teen violence increasing, rampant low self-esteem, substance abuse, teen pregnancy, and attention

deficit disorder, he says, "the Western free world is experiencing a crisis in parenting. Almost all parents today are questioning both the old and the new ways of parenting. Nothing seems to be working." He suggests "Five Messages of Positive Parenting" that will facilitate such a shift: It's okay to be different. It's okay to make mistakes. It's okay to express negative emotions. It's okay to want more. It's okay to say no, but remember mom and dad are the bosses. Although his parenting philosophy is not necessarily revolutionary (think "positive discipline"), Gray manages to keep this parenting primer contemporary by weaving in specific challenges of new-millennium families--such as our tendency to be consumer-driven and overscheduled. "When parents learn what their children really need, they are less motivated to create money to acquire things and more motivated to create time to enjoy their family," Gray writes. "The greatest wealth for a parent today is time." --Gail Hudson --This text refers to an out of print or unavailable edition of this title.

"All children are born innocent and good," asserts Gray, author of *Men Are from Mars, Women Are from Venus*. Getting them to cooperate is merely a matter of arousing their natural desire to please their parents, without breaking their fragile will in the process. Five skills of positive parenting induce cooperation, supported by their five underlying messages, one of which is the author's mantra: "It's o.k. to say no, but remember Mom and Dad are the bosses." In a synthesis of old-fashioned authoritarianism and modern psychological sensitivity ("soft love"), parents are urged to view a child's resistance as natural and healthy, and to listen, empathize and finally assert their authority firmly and unemotionally. If this approach sounds unrealistic, it certainly feels right in the context of Gray's penetrating (and often historically minded) psychological explanations. In the hypnotic style of a therapist, Gray gradually replaces parental advice with empathy, and an emphasis on obedience with an emphasis on cooperation, supplying a new repertoire of one-liners and age-, gender- and temperament-specific suggestions along the way. While placing the entire responsibility for children's behavior on their parents' shoulders, this book essentially simplifies the business of parenting in order to enable children to grow into their strongest, most responsible selves. (Oct.) Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I raised my children in the 1980-1990 time period. At that time, the general rule was "logical consequences" in which you punished your children's misbehavior by taking away privileges related to the incident. For my son this did not work at all and he only withdrew and misbehaved even more. You can only take away and discipline so much before it begins to backfire on

you. Children Are From Heaven sets forth an easy strategy focused on getting your children to willingly cooperate with you without threats of heavy handed discipline such as yelling, spanking and take-aways. Asking, empathasizing, rewarding, directing or providing time out for children to come back under your control are the main techniques taught in the book. The author provides details on why these techniques work as well as examples of how to implement the strategies in various situations. Any time I see or talk with parents having a difficult time with their children, I highly encourage them to buy this book - and READ IT cover to cover. I now utilize the techniques with my young grandchildren and I could not be happier with the results. I just wish this book had been available back when my children were young as it would have saved my wife and I years of grief and discouragement during our child rearing years.

OMG Had I read this book or listened to this CD years ago my daughters life would've been so so much better. I took two parenting courses and read many books. This book gave me answers I had no idea existed. If you know a parent or are one PLEASE do yourself the biggest favor of your life and get this!!!!!!!!!!!!!!!!!!!!!!

Great book. Has helped a lot with raising my kids. Other parents are always asking for my secret on having such great kids. I keep buying these books when they go on sale for 50 cents so I can give them out when the subject comes up! The techniques in this book are even useful when communicating with adults!

John Gray hit another book out of the park. This book is a must read for any parent who wants to have the tools to raise a confident child. As I was reading this book I kept flashing back to certain scenarios John brings up in this book that have popped up in my life and what techniques could have been used to handle them more effectively. It is easy to forget the mindset you had as a kid and how you think and John Gray teaches you how to work with your children based on their level of development at a particular age or based on one of their four temperaments. John will point out at what age children are able to understand logic or use abstract thought and what techniques to use until then. Ask your kid about some of the suggestions in this book and they will agree with you how one of these approaches would have been more effective than some of the ones you may have resorted to over the years.

I'm halfway through this book and have already received great advice on how to treat my 3 boys in

various situations. They have 3 very different personalities, and I definitely see ways I can improve my parenting with them by following most of the guidelines in my book. I have realized that spanking is not the way, and it only makes my youngest madder. Positive re-inforcement is much more helpful. I gave the book 4 stars because I don't agree with everything the author says - like he doesn't believe that children under the age of 9 need choices - I find giving them choices gives them improved self esteem and a sense of control over their lives. That being said, there are some great ideas in this book I intend to put to use.

I've read a few parenting books trying to deal with a rebellious teenager....trying to understand....and trying to improve our communication and family life. I really found this book helpful. A lot of good information... it helps give parents different ways of looking at things and gives you insight on how your child might be feeling.

Wanted to read this book for very long time. Finally I got my chance. Recommend to everybody who has children and keep this book always close by, because it's like a manual

I love Mr. Gray's ideas they are easy to follow and make a lot of sense. I have 2 kids with disability (one with a learning disability the other with Asperger's/autism). It worked for both of them. I would recommend reading this book for every parent, I wish they would have given me this book when I had my first child.

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