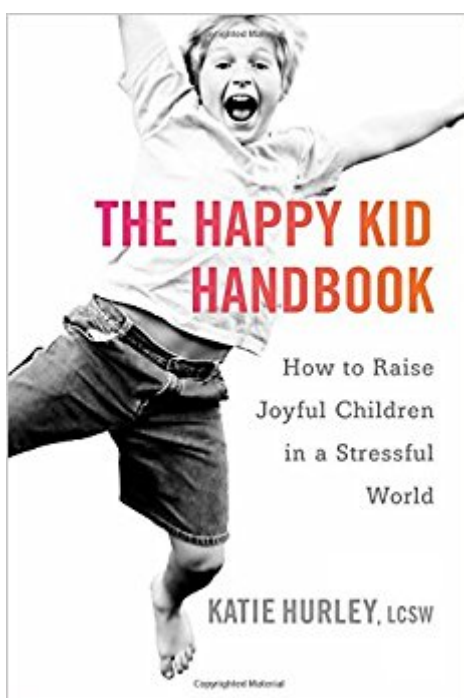


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The Happy Kid Handbook: How To Raise Joyful Children In A Stressful World



Synopsis

With all the parenting information out there and the constant pressure to be the "perfect" parent, it seems as if many parents have lost track of one very important piece of the parenting puzzle: raising happy kids. Parenting today has gotten far too complicated. It's never been the easiest job in the world, but with all the parenting advice parents are met with at every corner, it's hard not to become bewildered. It seems that in the past it was a good deal simpler. You made sure there was dinner on the table and the kids got to school on time and no one set anything on fire, and you called it a success. But today everybody has a different method for dealing with the madness--attachment parenting, free-range parenting, mindful parenting. And who is to say one is more right or better than another? How do you choose? The truth is that whatever drumbeat you march to, all parents would agree that we just want our kids to be happy. It seems like a no-brainer, right? But in the face of all the many parenting theories out there, happiness feels like it has become incidental. That's where *The Happy Kid Handbook* by child and adolescent psychotherapist and parenting expert Katie Hurley comes in. She shows parents how happiness is the key to raising confident, capable children. It's not about giving in every time your child wants something so they won't feel bad when you say no, or making sure that they're taking that art class, and the ballet class, and the soccer class (to help with their creativity and their coordination and all that excess energy). Happiness is about parenting the individual, because not every child is the same, and not every child will respond to parenting the same way. By exploring the differences among introverts, extroverts, and everything in between, this definitive guide to parenting offers parents the specific strategies they need to meet their child exactly where he or she needs to be met from a social-emotional perspective. A back-to-basics guide to parenting, *The Happy Kid Handbook* is a must-have for any parent hoping to be the best parent they can be.

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Customer Reviews

• This practical and highly workable handbook details a broad selection of delightfully creative strategies for helping kids learn from play, manage strong emotions constructively, learn to forgive and empathize, build assertiveness, and accept difference in themselves and others. . . . Highly recommended for people who seek a parenting orientation rather than a method but still want a substantial toolbox of specific activities to use in understanding and connecting with their children.

• Publishers Weekly • A clear and thoughtful approach to parenting your individual child. In a world full of stresses on parents and children, what a relief to read about parenting strategies that focus on my unique child, and on raising an empathetic, happy, and confident person. I would highly recommend this book for all the individual parents and their one-of-a-kind kids!

• Idina Menzel, Tony Award-winning actress and singer • The Happy Kid Handbook is a must-read for parents

who want joyful households without all the stress of "perfect" parenting." • Soleil Moon Frye, author of Happy Chaos and Let's Get This Party Started • Any mother of big kids will tell you that the exhausting days of infancy were a breeze! I love Katie's real-life approach to surviving our children's childhood, and being the best parents we can for them. Here's to happy kids. . . and sane parents!

• Jill Smokler, New York Times-bestselling author of Confessions of a Scary Mommy • We've all heard the popular saying, 'To know you is to love you,' but these words have never come to life quite the way they do in The Happy Kid Handbook. Katie Hurley has a profound understanding of how to tap into children's individual strengths, personality traits, and interests to better connect, communicate, and empower them. Katie shows parents how to guide their children to their fullest potential without sacrificing their inner peace and inherent joy.

• Rachel Macy Stafford, New York Times-bestselling author of Hands Free Mama • In a fun-to-read, conversational style, Katie Hurley brings her experience as a child psychotherapist and parent to bear in helping parents think clearly and calmly about their relationship with their child. The focus is right where it should be • on happiness. • Children differ greatly from one to another; the parent's task is to get to know the child and help the child be happy as the person that he or she is."

• Peter Gray, Research Professor of Psychology at Boston College and author of Free to Learn: Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and Better Students for Life • Compassionate, smart, and practical advice for raising your unique child. Big

ideas "backed by clinical wisdom and research" and step-by-step guidance on how to apply them." Heather Turgeon, co-author of *The Happy Sleeper* "With an emphasis on taking back childhood and reducing stress for the whole family, *The Happy Kid Handbook* helps parents empower their kids to take control of their own happiness. Katie provides parents with easy, actionable steps to help them understand what makes their kids tick and how to help them carve their own paths and cope with obstacles along the way." Amy McCready, Founder of Positive Parenting Solutions and author of *The Me, Me, Me Epidemic: A Step-by-Step Guide to Raising Capable, Grateful Kids in an Over-Entitled World* "Looking at parenting from the child's point-of-view changes the game and helps parents to become learning partners with their children rather than engineers of their future. Katie Hurley is a professional who knows and understands children, parents, families. . . and generally what it means to be human." Rick Ackerly, author of *The Genius In Every Child: Encouraging Character, Curiosity and Creativity in Children*

Katie Hurley, LCSW, is a child and adolescent psychotherapist, parenting expert, and writer. Katie earned her BA in psychology in and women's studies from Boston College and her MSW from the University of Pennsylvania. Katie has extensive training in Play Therapy. She worked for The Help Group, a large non-profit in Los Angeles, for seven years as a school-based therapist and a clinical director. Katie also launched her private practice, co-facilitated social skills groups, and taught parenting classes during that time. She currently practices psychotherapy in the South Bay area of Los Angeles and is a freelance writer for many online parenting publications. Her work can be found on EverydayFamily, Momtastic, mom.me, Yahoo Parenting and The Huffington Post. Katie writes for the parenting blog Practical Parenting. She splits her time between Los Angeles and the Connecticut coast with her rock and roll husband and their two happy children.

This book's title says everything: It is truly a handbook I refer to constantly. Katie's wisdom, logic and reassurances -- plus her gentle, kind sense of humor -- make me feel like I don't just have a book but rather a lifelong resource who understands what I'm going through as a parent and can calmly walk me through the rough spots. As mom to three children under six, I constantly second-guess myself or see new "behaviors" arise unexpectedly. *The Happy Kid Handbook* has emphasized all behavior is communication, but that no two children arrive at those behaviors necessarily the same way. An added bonus is that this book has helped me realize the need to approach my children differently based on their personalities, and taught me that doing so really will

result in happier kids, happier ME and a happier home. At the heart of the book is the brilliant concept that for us each to be happy, we must understand what happy really means (again, for each of us) and how we can get there. HKH is broken into easy-to-read chapters that give simple explanations and useful practice tactics to help us in turn help our children understand emotions, both by responding healthfully and even learning to prevent what may have become predictable unhappy outcomes. I can't imagine this is the last we'll hear from Katie because this information is just so critical to effective, successful parenting. If every parent could read this book, the world would be a kinder, gentler, happier, better place. Sound dramatic? Read it for yourself and tell me otherwise. I also highly recommend this as mandatory reading for all educators, beginning with pre-K.

I have been an educator for over 40 years - until 2014 as Director of Summit View Schools. The thing educators and parents know for certain: no two kids are alike and no two days are alike! Katie gives clear explanations and advice for a variety of behaviors and issues. She gives not just one option - but many choices. It is apparent Katie is not only a talented professional, but a warm and loving parent.

As an early childhood teacher educator, my hope for prospective teachers is that they treat the children in their classrooms as individuals. Understanding each child's unique strengths and personality helps parents/educators know how to address challenging situations. The Happy Kid Handbook is a wealth of strategies used to motivate and understand children using each child's emotional, social, cognitive, and physical strengths. Katie gives parents and educators alike a blueprint for fostering resilient, happy, and productive children and for taking back childhood.

An easy read with a welcoming voice that combines both Hurley's professional background as a psychotherapist and as a mother. Terrific handbook giving parents a logical how-to in raising empathetic, independent, less stressed kids of today. I found so many wonderful tips that I can easily implement right away in helping and interacting with my children (age 9 and 6).

Katie Hurley's "Happy Kid Handbook" has had a dramatic impact on how my wife and I view every single aspect of parenting. We were slowly but surely falling victim to the traps of over-scheduling our daughter, and we felt as though the three of us were prisoners of our own calendar creations. Thanks to the thoughtful advice in Katie's book, we are on a completely different path, and we firmly

believe all of our lives will be much better for it. Thank you, Katie, for this handbook!

I knew I would love this book from the title alone, but there is a LOT of great parenting here! One of the most difficult things about parenting is that all kids are NOT alike. While one of your little ones might be outgoing and extroverted, the other might be quiet and sensitive to noise. Learning how to help your little ones navigate the world and live a happy life is the most important part of parenting, but where do you begin? The Happy Kid Handbook! And if you don't think you need a parenting book, you NEED this one So insightful, whether your kids are toddlers or teens.

As a mom of five children, I have read many parenting books in my search to find balance and happiness for five very different children. The Happy Kid provides such a practical positive outlook with real life tools we all can use! Encouraging us to be present and playful and let kids be kids can be such a challenge, yet once we try, it brings so much joy to them and to us ! Great read!

As a mother of 3, and an elementary school counselor, I loved it!!! It's easy to read, no psycho-babble, simple back to the basics recommendations. Play!! Tune in!! Listen to your kids!! There was not a chapter that wasn't helpful in some way. I can't wait to recommend this to parents of my students. SUCH a good read!!

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