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relationship while encouraging progress towards the 7 essentials of happy, healthy teens: Secure attachment to parents; Self-control; Academic success; Social thriving

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teenager is a challenge for any parent, even the most patient and wisest among us. Parenting adolescents ...

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Wise-minded parenting : 7 essentials for raising ...

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chapters : Wise-Minded parenting concepts DBT dialectic of change Authoritative parenting style

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The 7 essentials of happy, healthy teens: Secure attachment to parents; Self-control; Academic success; Social thriving; Emotional flourishing; Strong character; Physical health .

Parenting from your wise mind. Raising a happy child is a challenge for any parent, even the most patient and wisest among us. From new baby mysteries to toddler tantrums to the challenging tween and teen years, parenting requires all sorts of skills that most of us don't naturally possess. Dr.

Books | Laura S. Kastner Ph.D.

Introducing Laura Kastner's latest book: "Getting to Calm - The Early Years" The latest in Dr. Kastner's celebrated parenting series, Getting to Calm, The Early Years is the first book for

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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.

Laura S. Kastner Ph.D.

Wise-Minded Parenting: 7 Essentials Raising Successful Tweens & Teens, presented by Laura Kastner, Ph.D.

Wise-Minded Parenting on Vimeo

Wise-Minded Parenting 7 Essentials for Raising Successful Tweens and Teens Thursday, December -5 at 7 PM Mercer Island High School PAC - 9100 SE 42nd St For parents with kids in grades 6-12 What can parents do with children whose brains, bodies and social worlds are under constant

7 Essentials for Raising Successful Tweens and Teens

Dr. Laura Kastner, author of Wise Minded Parenting: 7 Essentials

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for Raising Successful Tweens + Teens, has this acronym: W.A.I.T, which stands for “Why Am I Talking?” When you have a reluctant teen, and you are heading in to a “talk,” WAIT, and think: What’s my goal in talking about this?

Parents, Stop Talking So Much. Just Stop.

Wise-Minded Parenting: 7 Essentials for Raising Successful Tweens and Teens. What can parents do with children whose brains, bodies and social worlds are under constant construction? How can parents feel effective raising teens? Laura Kastner weaves 50 years of parenting research into her clinical experience to answer these questions.

Laura Kastner - Mercer Island Parent Edge

Dr. Kastner's lecture on her book, Wise Minded Parenting - 7 Essentials for Raising Successful Tweens + Teens, at Stevenson High School, February 3, 2016. This lecture is full of tested

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advice for ...

Dr. Laura Kastner, Wise Minded Parenting, February 3, 2016

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Clinical Professor, Department of Psychology and Department of Psychiatry and Behavioral Sciences, University of Washington; Author, Getting to Calm: Cool-Headed Strategies for Parenting Tweens + Teens - Updated and Expanded (2018), Wise Minded Parenting: 7 Essentials for Raising Successful Tweens + Teens (2013), and The Launching Years ...

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