



New Rules for Positive Parenting: How to Help Your Kids Make Good Choices and Still Get the Laundry Done

Jerre Ader

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Parenting is a responsibility of epic proportions. As a parent, you'll have your child for a year when they are a baby, four years when they're a toddler, and preschooler, a child for five years, and then for eight years when they're a preteen and a teenager. Then you are mostly done with your job of parenting. How you do this job of parenting will have an impact on your child for the rest of their life.

But, don't despair! There are no perfect parents. We didn't have them, our parents didn't have them, and our children won't either. However, we can all be parents who are good enough.

In *New Rules for Positive Parenting*, author Jerre Ader reviews research on new brain science and attachment theory and what it tells us about raising secure children. She describes how beliefs and behavior patterns, or schemas, can be developed in childhood and stay with us and impact our thinking and behavior as adults. The way a person describes the childhood they had provides useful information about how their own child is likely to attach.

Your attachment style impacts 90 percent of your relationships. The attachment process occurs throughout the life span. This book gives you reparative strategies you can use – to re-parent yourself and in parenting your child. You will learn how you can develop acquired secure attachment and pass that secure attachment on to your child.

Parents who change can change their children.

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