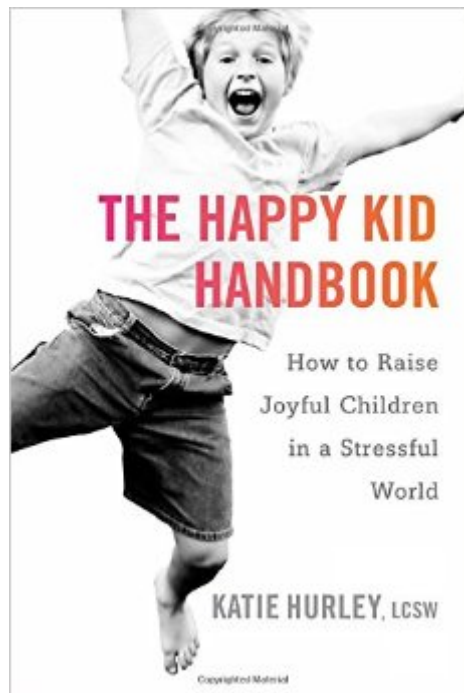


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# The Happy Kid Handbook: How To Raise Joyful Children In A Stressful World



## 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.

## Book Information

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## Customer Reviews

Parenting books usually make me a little nervous and cause more than a few eye rolls, since most tend to tout that they have the answer, the magical ONE WAY to parent that will lead to a happy home. I can't even do the exact same thing for all of my own children and have it work for them, so I'm skeptical of any author who claims their way is the magical solution. That's what's different about *The Happy Kid Handbook: How to Raise Joyful Children in a Stressful World* by Katie Hurley. She won me early on by saying "One-size-fits-all parenting simply doesn't exist in this world" and that you have to adapt for each child, that you can't parent every child the same. So instead of laying out some formula that wouldn't work across the board, *The Happy Kid Handbook* says that if we do want to raise happy kids, we have to parent the kids we have. Katie talks about the different needs of our kids, whether they are introverted or extroverted or somewhere in between, along with ideas to help each. Being an introvert and having one introverted child, reading her suggestions for introverted kids was a reaffirmation of what I'm doing, while reading her points about the extroverted child (which I also have) helped me to see the easy things I could do to meet his needs as well. *The Happy Kid Handbook* covers topics like helping your children understand emotion, embracing differences, and the importance of unstructured, child-directed play. There are suggestions for activities you can do with your child throughout, and there's a variety of them: some will work better with kids who are more verbally expressive, some for artistic, some for the physically inclined. Again, it's not one-size-fits-all, instead it's practical suggestions that you can easily tailor to fit your own family.

This was a very basic prescriptive book written by someone who is primarily addressing pre-K children. The book is written from the perspective of a person with a psychologist background. If I had known it was written by a therapist I would not have purchased it. (I know a social worker is not a therapist but the perspective here is the same). Basically, each chapter is here is a problem and here is how I fixed it. It says nothing about setting up a good basis for conversations with your child, about building bridges and trust or any of the things which make good kids great. This is a great book for someone who lives in California and thinks that you can prescribe everything (even raising your kids). Although well written, I would have returned it if it were a digital book. Save your

money and read articles online ( the book is that kind of wrting-skimming the surface but not reaching deeper).

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.

There's no shortage of parenting books, but THE HAPPY KID HANDBOOK combines all of the essentials: well-researched advice that's actually translated into actual, real-life scenarios and suggestions, presented in easily digestible segments (and bullet points!) that make you really think and inspire you to find your own inner kid. Childhood is all too short. The HANDBOOK is a good reminder and inspiration to put down your phone and to-do lists and really have fun with your kids while recognizing them as individuals. What really comes through in every page is how much Katie truly loves kids and how clear her mission is to help all of us build better and happier families, one day at a time. This is a book you'll go back to over and over again. So buy one for you-but don't give it away to a friend, because you're going to want it nearby to reread it! This is a must-have for parents of kids of all ages.

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!

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