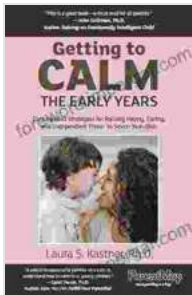


Getting to Calm: The Early Years

Are you a parent who is struggling to calm your child? Do you feel like you've tried everything, but nothing seems to work?



Getting To Calm, The Early Years: Cool-headed Strategies for Raising Caring, Happy, and Independent Three- to Seven-Year-Olds by Emma Couples

★★★★☆ 4.2 out of 5

Language	: English
File size	: 3803 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 330 pages
Lending	: Enabled



If so, you're not alone. Calming a child can be a difficult task, especially when they are young. But there is hope. In her new book, *Getting to Calm: The Early Years*, Dr. Laura Markham shares her research-backed methods for calming children of all ages.

What is "Getting to Calm"?

Getting to Calm is a comprehensive guide to calming children. It is based on the latest research on child development and emotional regulation. Markham explains the science behind why children get upset and how to help them calm down in a healthy way.

The book is divided into three parts:

1. **The Science of Calm:** This section explains the science behind why children get upset and how to help them calm down.
2. **The Art of Calm:** This section provides practical tips and strategies for calming children of all ages.
3. **The Journey to Calm:** This section offers support and guidance for parents who are struggling to stay calm themselves.

What are the benefits of "Getting to Calm"?

Getting to Calm has many benefits for children and parents alike. For children, the book can help to:

- Reduce stress and anxiety
- Improve emotional regulation
- Increase self-awareness
- Develop coping skills
- Build resilience

For parents, *Getting to Calm* can help to:

- Understand their child's behavior
- Develop effective parenting strategies
- Stay calm and centered in the face of challenging behavior
- Build a stronger relationship with their child

Who is Dr. Laura Markham?

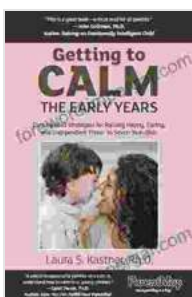
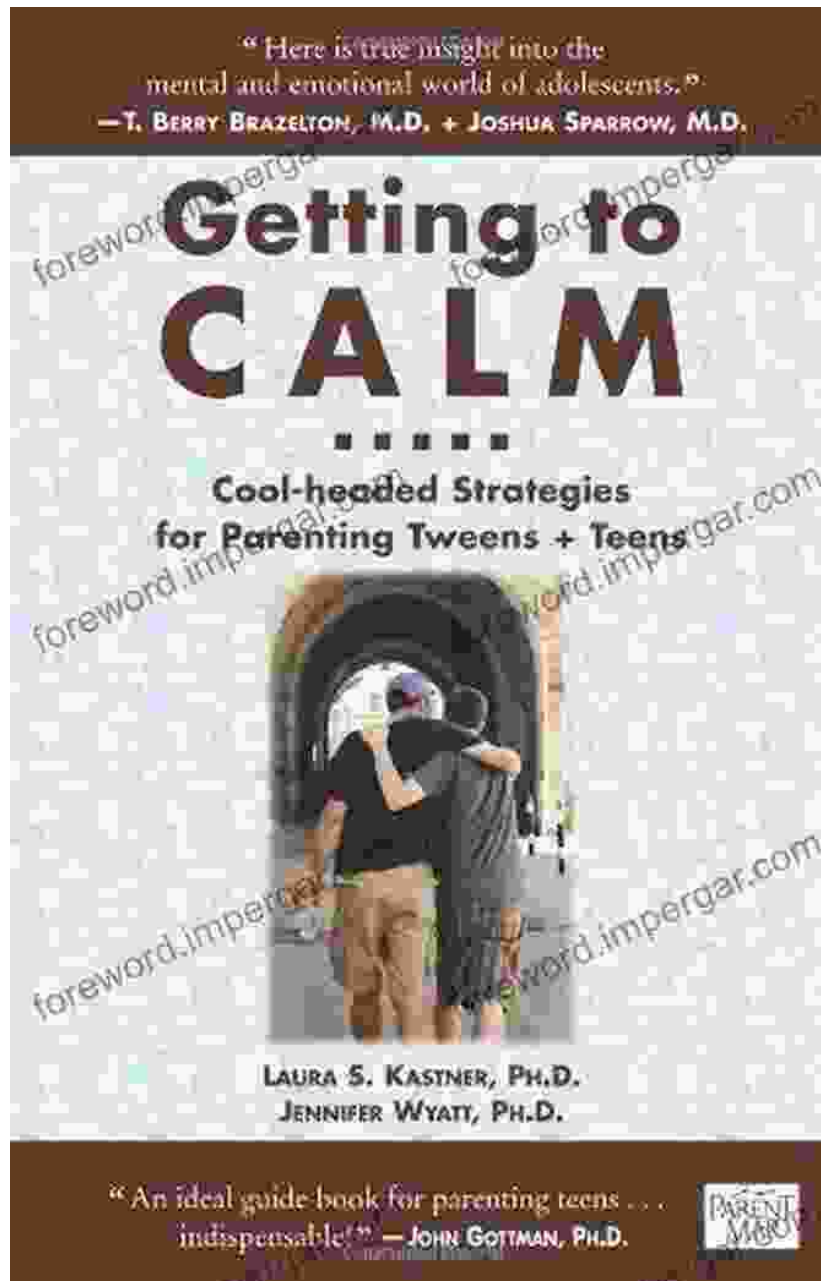
Dr. Laura Markham is a clinical psychologist and parenting expert. She is the author of seven books on parenting, including the bestselling *Peaceful Parent, Happy Kids*. Markham's work has been featured in major publications such as The New York Times, The Washington Post, and Parents magazine.

Markham is a sought-after speaker and workshop leader. She has spoken to audiences around the world on topics such as mindful parenting, emotional regulation, and child development.

How can I get "Getting to Calm"?

Getting to Calm: The Early Years is available in bookstores and online. You can also Free Download the book from the author's website at <https://www.ahaparenting.com/getting-to-calm-book>.

If you are struggling to calm your child, I highly recommend reading *Getting to Calm*. This book will give you the tools and strategies you need to help your child regulate their emotions and live a happier, more peaceful life.



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