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Nota di contenuto	Front matter -- Contents -- Series Foreword -- Acknowledgments -- 1 Hello Baby, Hello Stress: Introduction and Overview -- 2 Parenting Stress and the Parent -- 3 Parenting Stress and the Child -- 4 Parenting Behavior and the Parent-Child Relationship -- 5 Parent and Child Effects -- 6 Family, Culture, Community -- 7 Coping and Intervention -- Appendix: Selected Studies -- References -- Index
Sommario/riassunto	All parents experience stress as they attempt to meet the challenges of caring for their children. This comprehensive book examines the causes and consequences of parenting distress, drawing on a wide array of findings in current empirical research. Kirby Deater-Deckard explores normal and pathological parenting stress, the influences of parents on their children as well as children on their parents, and the effects of biological and environmental factors. Beginning with an overview of theories of stress and coping, Deater-Deckard goes on to describe how parenting stress is linked with problems in adult and child health (emotional problems, developmental disorders, illness); parental behaviors (warmth, harsh discipline); and factors outside the family (marital quality, work roles, cultural influences). The book

concludes with a useful review of coping strategies and interventions that have been demonstrated to alleviate parenting stress.
