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Nota di contenuto	Cover; Title; Copyright; Contents; Acknowledgments; Introduction; Assumptions about Good Parenting; Child Development Themes; Organization of The Educated Parent 2; ONE: Parenting 101; Foundational Parenting Skills; "Good Enough" Parenting; Parenting after Divorce/Separation; Helping Children to Adjust and Cope after Divorce; Visitation Do's and Don'ts; A List of Visitation Don'ts; Coping Strategies for Children; Supporting and Protecting Children; How Parents and Children Influence Each Other; TWO: Parenting Skills for the 21st Century; Helicopter Parents and Tiger Moms Wellness-Raising a Healthy Child in a Healthy HomePrevention Practices; Parent Advocacy for Health and Wellness; Parents' Roles in Developing Spirituality and the Search for Meaning in Life; Other Issues for 21st-Century Parents; THREE: Temperament, Attachment, and Parenting Style: The Developmental Triad; Why Temperament Is Important and How It Affects Your Ability to Parent; What Attachment Is and Why It Is Important; Attachment as a Predictor of How a Child Will

Turn Out; Parenting Style and Its Effects on Your Child's Behavior;
Parenting Style and Teens
FOUR: The Importance of an Organized Family Life and
DisciplineMarital Quality and Child Outcome; Issues Related to
Discipline Styles; Corporal Punishment-To Spank or Not to Spank; FIVE:
Parents as Teachers; Setting up Your Child to Succeed in School;
Parental Behavior and Educational Achievement; Related Issues for Your
Child's Education; Homeschooling; Parenting Advocacy in Support of
Education; SIX: Childhood Stress, Anxiety, and Behavioral Disorders;
Impacts of Stress on Your Child's Development; Impacts of Anxiety on
Your Child's Development
Other Mental Health Issues and Your Child's DevelopmentSEVEN:
Societal and Cultural Stressors in Your Child's Life; School as a Source
of Stress; Cultural and Media-Based Stressors: Television; Cultural and
Media-Based Stressors: The Internet; Cultural and Media-Based
Stressors: Video Games; Do Video Games or Internet Time Change Brain
Organization?; What Parents Can Do to Protect their Children from
Outside Stressors; EIGHT: Why Fathers Matter; Fatherhood-Definitions,
Roles, and History; Some Contemporary Perspectives on Fathering;
Research on the Effects of Father Influence
Postdivorce Fathering IssuesNINE: How Daycare Affects Your Child;
Daycare Done Right; The Debate about Daycare; Attachment Supports
at Home; Health Issues; A Brief Review of Research on Daycare Effects;
Some Conclusions; Afterword: Some Conclusions and Final Thoughts on
Parenting Today; Chapter References, Sources, and Resources; Index; A;
B; C; D; E; F; G; H; I; J; K; L; M; N; O; P; Q; R; S; T; V; W; Y; Z

Sommario/riassunto

Filled with relevant, expert, and practical child-rearing information, this invaluable guide also helps parents understand and utilize parenting resources ranging from scientific research to Internet sites to popular press output.
