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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Cover-Page; Half-Title; Title; Copyright; Contents; Preface: Parenting requires substance and underpinning; The Rules of Smart Parenting; Rule 1: When you feel your child or adolescent is "difficult," before reacting out of anger or disappointment, go back to the source of your love!; Rule 2: When confronted with violence-show no fear. Meet and defuse it by projecting a controlled presence!; Rule 3: If you feel the need to impose sanctions or punishment, first perform a "culpability" check. Keep the level of punishment low in relation to the damages suffered! Rule 4: Live by the values you want your child to be committed to in life!Rule 5: Don't just give an adequate response, have quid pro quo exchanges!; Rule 6: Always look for the impression behind the expression!; Rule 7: Surprise with an unexpected reaction!; Rule 8: Respond with levelheadedness and always be consequential!; Rule 9: Create emotions if they have grown cold!; Rule 10: Direct your parenting measures at the behavior, not at the person!; Rule 11: Practice consistency in child rearing!; Rule 12: Exercise your "parental presence"-the key to effective parenting! Rule 13: Put your parenting practices under the "macroscope" and

discover what is preventing your children from doing their homework! Rule 14: Control your child's exposure time to television and other media!; Rule 15: Don't get forced into buying something just to avoid embarrassment!; Rule 16: If you are frustrated, take time alone with your parenting principles and see the reflection in the mirror!; Rule 17: Never forget: It is not your child's behavior, but rather your interpretation of that behavior

Rule 18: Practice the art of active listening! Ask questions that require thinking-not interrogations that support predetermined conclusions!

Rule 19: Always address every level of the child rearing problem!; Rule 20: Use the BARE essentials: Bonding, Active involvement, Respect for boundaries, and Education!; Rule 21: Make your child the center of attention from time to time! Love is vital!; Rule 22: Improve the hidden influences in your child's learning environment!; Rule 23: Give your children some space: A little distance can bring you even closer!

Rule 24: Teach your child self-discipline by looking beyond your own fears and idealistic views! Rule 25: Avoid going down the "dead ends" of child rearing!; Rule 26: Practice 2-way conversations!; Rule 27: Escape from the self-expectations and enjoy the diversity of the world!; Rule 28: Provide encouragement, avoid disciplining!; Rule 29: Avoid overreaction or apologize for it!; Epilogue: The way out of the parenting doldrums; References

#### Sommario/riassunto

The 29 Rules for Smart Parenting are intended to help the reader to become more effective as parents and teachers. On this basis, any advice to establish a friendly relationship with your children misses the fundamental point in the parenting challenge: the responsibility felt and lived. This provides a feeling of security that is far different from feeling accepted in a friendly relationship. Children feel in this elevated awareness that something is expected of them, but at the same time, also know they are on "safe ground" to experiment, to try, and to fail. Such parenting builds trust and