



Ready, Set, Breathe: Practicing Mindfulness with Your Children for Fewer Meltdowns and a More Peaceful Family

Carla Naumburg

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How can you prepare for and prevent your kids' inevitable meltdowns? *Ready, Set, Breathe* will show you *and* your child how to focus, calm down, and live in the present moment.

Being a parent is stressful, and when your child has a meltdown, it can be difficult to keep cool—let alone help your child to calm down. *Ready, Set, Breathe* offers real solutions to help you both deal with stress using everyday mindfulness games, activities, rituals, and habits. Designed for children ages 2-10 years old, this book is fun, engaging, and effective.

As any parent knows, children aren't always receptive to what you say. Parental advice is often ignored or perceived as intrusive; and trying to get your kid to calm down and breathe can turn into an unpleasant power struggle in which you feel powerless and frustrated; and your child can feel nagged or bullied. The good news is that it doesn't have to be this way. In this book, you'll learn to teach mindfulness to your child in the most enjoyable and realistic way possible. You'll also learn skills to help *yourself* stay calm when your child does act up—especially in public.

This is a must-read for all parents!

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Jo Daigneault:

The event that you get from Ready, Set, Breathe: Practicing Mindfulness with Your Children for Fewer Meltdowns and a More Peaceful Family is a more deep you excavating the information that hide in the words the more you get interested in reading it. It does not mean that this book is hard to be aware of but Ready, Set, Breathe: Practicing Mindfulness with Your Children for Fewer Meltdowns and a More Peaceful Family giving you excitement feeling of reading. The writer conveys their point in particular way that can be understood through anyone who read the item because the author of this reserve is well-known enough. This book also makes your vocabulary increase well. So it is easy to understand then can go along, both in printed or e-book style are available. We highly recommend you for having that Ready, Set, Breathe: Practicing Mindfulness with Your Children for Fewer Meltdowns and a More Peaceful Family instantly.

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Information is provisions for people to get better life, information presently can get by anyone from everywhere. The information can be a expertise or any news even a concern. What people must be consider whenever those information which is inside the former life are difficult to be find than now is taking seriously which one is appropriate to believe or which one the actual resource are convinced. If you receive the unstable resource then you understand it as your main information you will have huge disadvantage for you. All those possibilities will not happen throughout you if you take Ready, Set, Breathe: Practicing Mindfulness with Your Children for Fewer Meltdowns and a More Peaceful Family as the daily resource information.

Deborah Ayers:

The reason why? Because this Ready, Set, Breathe: Practicing Mindfulness with Your Children for Fewer Meltdowns and a More Peaceful Family is an unordinary book that the inside of the book waiting for you to snap this but latter it will shock you with the secret the item inside. Reading this book beside it was fantastic author who also write the book in such awesome way makes the content interior easier to understand, entertaining way but still convey the meaning fully. So , it is good for you for not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of benefits than the other book include such as help improving your ability and your critical thinking technique. So , still want to hold off having that book? If I were you I will go to the book store hurriedly.

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