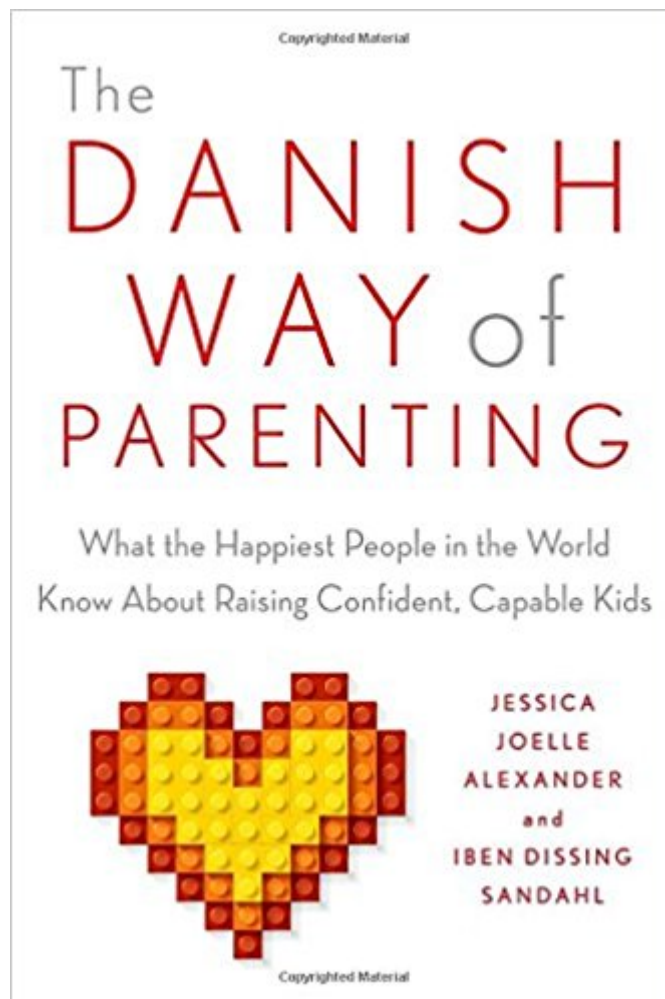


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The Danish Way Of Parenting: What The Happiest People In The World Know About Raising Confident, Capable Kids



Synopsis

Discover the parenting secrets of the happiest people in the world What makes Denmark the happiest country in the world--and how do Danish parents raise happy, confident, succesful kids, year after year? This upbeat and practical guide reveals the habits of the happiest families on earth. With illuminating examples and simple yet powerful advice, the authors present six essential principles, which spell out P-A-R-E-N-T: Play is essential for development and well-being. Authenticity fosters trust and an "inner compass." Reframing helps kids cope with setbacks and look on the bright side. Empathy allows us to act with kindness towards others. No ultimatums means no power struggles, lines in the sand, or resentment. Togetherness is a way to celebrate family time, on special occasions and every day. The Danes call this hygge--and it's a simple yet meaningful way to foster a close bond. A revealing and fresh take on cross-cultural parenting advice, The Danish Way of Parenting will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

Book Information

Paperback: 208 pages

Publisher: TarcherPerigee; 1 edition (August 9, 2016)

Language: English

ISBN-10: 014311171X

ISBN-13: 978-0143111719

Product Dimensions: 5.4 x 0.6 x 8.3 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (67 customer reviews)

Best Sellers Rank: #2,180 in Books (See Top 100 in Books) #3 in Â Books > Parenting & Relationships > Parenting > School-Age Children #9 in Â Books > Parenting & Relationships > Family Relationships > Motherhood #22 in Â Books > Politics & Social Sciences > Women's Studies

Customer Reviews

This was overall a really good parenting book--easy, quick read, and I loved--LOVED-- the first few chapters on teaching empathy, reframing, play and authenticity and should be read by every human being as a requirement for life, not just for parenting, but for looking at life in a different more positive and an understanding way. But I don't give a 5 star for a couple of reasons. First, some of the way that she writes is a little bit annoying at times. She keeps reminding the reader that they are

the happiest people so everything they do must be right. I remember watching a documentary or something on the fact that Danes are the happiest people in the world, and when several Danes were told that by the interviewer, they responded first with surprise and then said that the reason was probably because they had low expectations. It is nonetheless a good read and this little bit was easy to skim over. The second reason I cannot give it 5 stars is that the chapter on no ultimatums sort of lost me. I wish I would have skipped it, actually, because it tainted how much I loved the rest of the book. She seems to assume that all children act rationally and can be reasoned with all the time and if you parent them with authority you will eventually resort to what she seems to consider the American thing to do i.e. to parent with "fear" and beat your children or scream at them. Balderdash, all. You can parent with authority and at the same time respect them, not beat your kids or make them fear you. Ultimately, it is worth the read and I will recommend it to friends. You might like the no ultimatums parenting--it might work for your parenting style and you might have extremely reasonable kids, or if you think it might annoy you and ruin the book for you, tear that chapter out and read a discipline book by Ray Guarendi.

I should start off by saying I agree with a lot of what the author has written and will definitely use many of the suggestions offered in the book. I think my biggest disappointment is that there wasn't much in the way of solid research and data to support much of what is written. Given the book's focus on something very difficult to measure - are your kids the happiest they can be? - it is understandable there isn't a ton of data on this subject. For me the lingering doubt about this book is due entirely to it relying almost exclusively on anecdotal stories, typically from one person. That's fine to drive home a point but I think the topic is incredibly important and as such I hope there will be other attempts by either the author or academics to provide a much more in-depth view of how the Danish education system does such a good job to the point where it seems like bullying and other social problems in school are non-existent.

I've heard a few of the concepts before and already incorporate them, such as allowing plenty of free play and creativity. I was looking for tips on fostering more empathy and I think I have found that and much more. I'm looking forward to implementing The Danish Way and encouraging my husband to read the book too!

This book gives an alternative way to parenting, stressing nurturing the complete child with play. I've had so many interesting discussions with friends and family on the concepts raised in this book. I

would highly recommend it to anyone with children or around children. It's a quick, easy and extremely enjoyable read!

This book is an invaluable tool for parents raising children in the world today-no matter what part of that world that may be. As an educator of young children, mother of four and grandparent to eight, I found the concepts easy to understand, relatable and on point. The authors focus on time (and scientifically) tested Danish parenting skills which are consistent with today's focus (even in this country!) on mindfulness, resiliency training, and empathy. I find many parents today looking for alternative ways to raise empathetic, independent, resilient, caring children in a world where we see so much excess, overindulgence, and self entitlement. The Danish Way of Parenting provides just such an alternative in a step by step, easy to understand parenting guide. I highly recommend this book to parents, grandparents, educators and anyone else who lives or works with children.

Reading this book has opened my eyes to many of the things I'm doing wrong as a parent and to many of the things that fostered happiness and contentment throughout my childhood. I have a deep sense in my soul that many of these tenets do make for happier people. I look forward to putting these into practice.

This book helped me to put into words some of my most important parenting struggles (i.e. Parental anger, discipline lining up with core values,etc) and, more importantly, gives practical suggestions for how to improve in those areas.

It was an interesting book. I liked the perspective presented and it definitely made me think. It's very short. There was quite a lot of repetition, probably to fill pages. I still recommend it because I think it's good to have a different way to interpret your child's behavior.

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