

Tears Heal: How to Truly Listen to Our Children

In this groundbreaking book, author and psychotherapist Laura Markham shows parents how to listen to their children in a way that heals their tears, builds their resilience, and creates a strong and loving connection.



Tears Heal: How to listen to our children by B. F. Skinner

★★★★★ 5 out of 5

Language : English
File size : 989 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 288 pages



When children cry, it's easy to get frustrated or overwhelmed. We may try to ignore their tears, distract them, or even punish them. But Markham shows us that tears are actually a valuable gift. They are a way for children to express their emotions, process their experiences, and heal their wounds.

Markham provides concrete tools and strategies for parents to use when their children are crying. She teaches us how to:

- Create a safe and supportive space for children to express their emotions

- Listen without judgment or criticism
- Validate children's feelings, even if we don't agree with them
- Help children to understand and process their emotions
- Set limits and boundaries while still being compassionate

Markham's approach is based on the latest research on child development and attachment. She shows us that when we listen to our children with empathy and compassion, we are helping them to develop into healthy, resilient, and loving adults.

Tears Heal is an essential book for any parent who wants to create a strong and loving relationship with their child. It is a book that will change the way you parent, and the way you see your child.

Praise for Tears Heal

"Tears Heal is a must-read for any parent who wants to create a strong and loving relationship with their child. Laura Markham provides concrete tools and strategies for listening to our children in a way that heals their tears, builds their resilience, and creates a lifelong bond."

- Daniel J. Siegel, MD, author of *The Whole-Brain Child*

"Tears Heal is a groundbreaking book that will change the way you parent. Laura Markham shows us how to listen to our children with empathy and compassion, and how to help them to heal their tears and build their resilience."

- Alfie Kohn, author of *Unconditional Parenting*

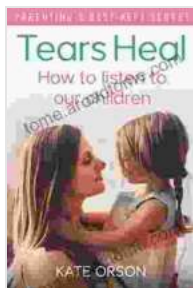
"Tears Heal is a beautifully written and deeply moving book. Laura Markham provides a roadmap for parents to help their children navigate the challenges of childhood with love, compassion, and understanding."

- Janet Lansbury, author of *Elevating Child Care*

About the Author

Laura Markham is a clinical psychologist and the founder of Aha! Parenting. She is the author of several books on parenting, including *Peaceful Parent, Happy Kids* and *The Peaceful Parent, Happy Siblings*. Markham has been featured in numerous media outlets, including *The New York Times*, *The Washington Post*, and *The Today Show*.

Free Download your copy of *Tears Heal* today!



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