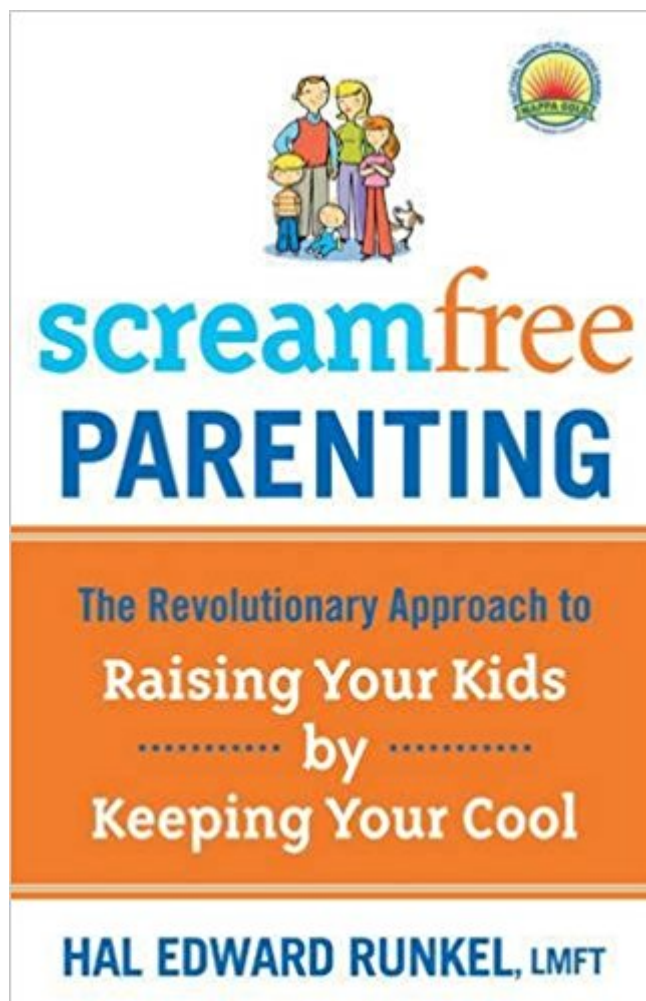


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# Screamfree Parenting



## Synopsis

You Can Start a Revolution in Your Family . . . TonightScreamFree Parenting is not just about lowering your voice. It's about learning to calm your emotional reactions and learning to focus on your own behavior more than your kids' behavior . . . for their benefit. Our biggest enemy as parents is not the TV, the Internet, or even drugs. Our biggest enemy is our own emotional reactivity. When we say we "lost it" with our kids, the "it" in that sentence is our own adulthood. And then we wonder why our kids have so little respect for us, why our kids seem to have all the power in the family. It's time to do it differently. And you can. You can start to create and enjoy the types of calm, mutually respectful, and loving relationships with your kids that you've always craved. You can begin to revolutionize your family, starting tonight. Parenting is not about kids, it's about parents. If you're not in control, then you cannot be in charge. What every kid really needs are parents who are able to keep their cool no matter what. Easier said than done? Not anymore, thanks to ScreamFree Parenting, the principle-based approach that's inspiring parents everywhere to truly revolutionize their family dynamics. Moving beyond the child-centered, technique-based approaches that ultimately fail, the ScreamFree way compels you to: focus on yourself, calm yourself down, and grow yourself up. By staying calm and connected with your kids, you begin to operate less out of your deepest fears and more out of your highest principles, revolutionizing your relationships in the process. ScreamFree Parenting is not just another parenting book. It's the first parenting book that maintains "from beginning to end" that parenting is NOT about kids . . . it's about parents. As parents pay more attention to controlling their own behavior instead of their kids' behavior, the result is stronger, more rewarding, and more fulfilling family relationships. For those of you reading who are parents, know parents, or have had parents, the notion that the greatest thing you can do for your children is to learn to focus on yourself may sound strange, even heretical. It's not. Here's why: we are the only ones we can control. We cannot control our kids "we cannot control the behavior of any other human being. And yet, so many "experts" keep giving us more tools ("techniques") to help us try to do just that. And, of course, the more we try to control, the more out of control our children become. "Don't make me come up there." "Don't make me pull this car over." "How many times do I have to tell you?" Even our language suggests that our kids have control over us. It's no wonder that we end up screaming. Or shutting down. Or simply giving up. And the charts, refrigerator magnets, family meetings, and other techniques in most typical parenting books just don't work. They end up making us feel more frustrated and more powerless in this whole parenting thing. This practical, effective guide for parents of all ages with kids of all ages introduces

proven principles for overcoming the anxieties and stresses of parenting and setting new patterns of connection and cooperation. Well-written in an engaging, conversational tone, the book is sensible, straightforward, and based on the experiences of hundreds of actual families. It will help all parents become calming authorities in their homes, bring peace to their families today, and give kids what they need to grow into caring, self-directed adults tomorrow.

## Book Information

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## Customer Reviews

“The book gives many principles for overcoming anxiety and to start a new path of connection with your kids. It includes thought-provoking questions at the end of each chapter.” —Parents

HAL EDWARD RUNKEL is a licensed marriage and family therapist, a relationship coach, and international speaker. He is founder and president of *ScreamFree Living, Inc.* dedicated to calming the world one relationship at a time. Hal's principles have already helped thousands of families revolutionize their relationships. He lives with his wife, Jenny, and their two children just outside Atlanta, Georgia.

I read it with a small group of Mom's at all different stages of motherhood from un-born to toddlers to teenagers to grown kids. Everyone had great insights in to how each topic applies to each age. Light hearted but some chapters were tough to read for emotions sake. Please read it for yourself. My husband and I are going to read it together now.

Good read. And gave some very good advice. A few of the stories are old school and some of the examples aren't fully explained. Would be great to hear if the kid kept climbing on the stairs and what was done besides hugs.

The idea seems very selfish; "focus on yourself first and your child second". However, it's more generous than it first appears. If I am able to focus on my needs, emotions and well being, I will be in a much better position, more optimistic, more energetic and less anxious than if I am totally child-centric. I have, as a father, become so consumed with how to "make my kids behave" that I have left myself out of the picture and lost control. (Once or twice) It's easy to say things like "YOU are making ME angry!" But really it is me allowing myself to get angry. *ScreamFree* really does an excellent job of making the case that we need to remain in control of ourselves and not give that control over to our children (at any age). I don't believe the author means that our children shouldn't be in the top priorities a person has, in fact, he says as much. But if we don't take care of ourselves first we can't remain healthy, balanced and in control (at least in control of ourselves). However, the book is a little unclear, at least in my opinion, on how best to keep the focus on ourselves and let our children make their mistakes without getting sucked into emotional traps. This, I believe, is especially the case in critical or embarrassing situations like in a library or church, and playing around hazards (like a lake or busy street). The younger the child the greater their need to have parents that will look out for them above any personal need we have at the time. Although, I will say that the story of a little 3 year old girl attempting to manipulate her father, so she wouldn't have to straighten up, or get ready for bed was very helpful. The instruction and illustration in this story was excellent. For the most part, this book is right on target. I think that it is probably best suited for older adolescent and teenage children because they've been through and learned most of the life threatening and socially acceptable behaviors. The book really dovetails nicely with the books from Adele Faber & Elaine Mazlish, not to mention the work of Dr. Haim Ginott.

Absolutely love this book! Has helped us tremendously! Some people struggle with gentle parenting and this book shows you a little about yourself and how to diffuse a situation and help your child.

A thought-provoking read, with real techniques and tips for effecting lasting change. A powerful message, well-expressed.

Without giving away too much, because the book works best if you read it from cover to cover in the order intended, Hal Edward Runkel is teaching us to be in control of ourselves, our own emotions, and the way we react or choose not to react to our children. By using real life experiences and some humorous little anecdotes as examples, Runkel shows how to unravel the anxiety in a situation and turn it around into one where you can keep your cool and (in most cases) get a satisfactory result. In this book, amongst other things, Runkel teaches us about being responsible to our children instead of for our children; putting ourselves before our children; and the art of judo parenting. A large amount of the information in the book is what we all should know deep down in our instincts but we've lost it to the stresses and packed schedules of everyday life. Obviously there isn't a manual with a solution to every difficult situation with a child, but the teachings in this book set you in the right direction to be able to deal with any situation parenting throws at you. This is a must read for any parent.

Gifted. Hopefully heeding all the great directives

I have a seven year old daughter that has been strong willed since the day she was born. I would get so frustrated and angry because I couldn't get her to listen or follow directions no matter what I did or didn't do. I tried everything so this book couldn't have come at a better time. I enjoyed the message and picked up several tips. The biggest tip was that we need to calm ourselves down in order to be a calm person for our children and not to take our children's behavior personally. Once I started observing our interactions, I realized that the more angry I would get, the more stubborn and rebellious she would get. It made me take a good hard look at my parenting style and has helped me stay focused. There have been a couple of occasions where I would stop myself, remember the lessons, try a new technique and was completely amazed at the outcome. I still use this as a parenting reference often.

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