

"Good Inside" by Dr. Becky Kennedy introduces a revolutionary parenting approach that prioritizes connecting with children over correcting them. Dr. Becky shares actionable strategies to help parents move from uncertainty to confidence, addressing specific scenarios like sibling rivalry, separation anxiety, and tantrums. Dr. Becky Kennedy, wildly popular parenting expert and creator of @drbeckyatgoodinside, shares her groundbreaking approach to raising kids and offers practical strategies for parenting in a way that feels good.

At a Glance:

1. Age Range:

The book provides advice for parents of children across various age ranges, from early childhood to adolescence.

2. Specific Issues Addressed:

The book addresses issues such as sibling rivalry, separation anxiety, tantrums, and other common challenges parents face in raising children.

3. Skills Developed:

"Good Inside" aims to help parents develop skills in connecting with their children, fostering emotional intelligence, and building a foundation for a lifetime of self-regulation, confidence, and resilience.

This book is available to borrow from Cragin Library or for purchase on Amazon.com