



A PARENT'S GUIDE TO INTIMACY AND HEALTHY RELATIONSHIPS

SARAH MEST

Sarah West

Walking the Talk, 2015 Every parent wonders if they are doing the right thing with their children Having the talk is no different Where do you start What do you say Maybe it s not so much about our talk but our walk In this Christian parenting guide Walking the Talk debunks the myth that the conversation on faith relationships and intimacy only focuses on our children Whatever the age of your children you will walk away equipped to tackle topics on body image puberty relationships and faith all while being encouraged and challenged to look at your own personal relationships faith and views on intimacy Through humor and transparent dialogue Walking the Talk reminds parents how important their role lived out by example can be in guiding their children in making healthy choices Thought provoking and engaging this book will prepare and expand your understanding of the pivotal role you play in the lives of your children After all your example lived out speaks louder to your child than any words you could ever say Walking the Talk Sarah West, 2016-06-19 Every parent wonders if they are doing the right thing with their children Having the talk is no different Where do you start What do you say Maybe it s not so much about our talk but our walk In this Christian parenting guide Walking the Talk debunks the myth that the conversation on faith relationships and intimacy only focus on our children From your youngest to oldest child you will walk away equipped to tackle topics on body image puberty relationships and faith all while being encouraged and challenged to look at your personal relationships your faith and your views on intimacy Through humor and transparent dialogue Walking the Talk reminds parents how important their role lived out by example can be in guiding their children in making healthy choices Thought provoking and engaging this book will prepare and expand your understanding of the important role you play in the lives of your children After all your example lived out speaks louder to your child than any words you could ever Life's Journey: A Guide to Effective Parenting and Healthy Relationships Vikas Gupta, 2024-12-24 This book is a say comprehensive guide that covers various aspects of relationships and parenting across different stages of life It begins with an exploration of the significance roles and dynamics of relationships followed by detailed discussions on parenting including strategies challenges and the impact of technology The document further complies of various short stories that delves into the importance of gratitude health fitness nutrition and the management of obesity in children It also addresses moral and ethical values the impact of screen time financial literacy and the importance of spirituality and coping with peer pressure in parenting Additionally it explores adolescence building healthy relationships and the unique bonds between generations The document concludes with insights into navigating early middle and late adulthood Each section is meticulously detailed short illustrative stories offering practical advice activities and reflections to foster healthy relationships and personal growth at every life stage Single Parent's Guide to Love, Dating, and Relationships Shae Cooke, 2011-02-01 With a heart to see people encountering the love and power of Jesus single parent and former foster child Shae Cooke shares her heart humor and GodOCOs love message to a worldwide audience A co author and ghostwriter she has contributed to more than 40 books in both secular and non secular markets and works closely with international ministry and marketplace leaders entertainers writers and publishers to inspire people into the supernatural reality of relationship with God The Conscious Parent's Guide to Positive Discipline Jennifer Costa, 2016-01-01 Help your child learn self discipline cooperation and responsibility When a child misbehaves the situation can quickly escalate into an uphill battle of yelling tears and resistance on both sides But what if you could avoid all that Conscious parenting is about being present with your child and taking the time to understand the reasons and motivations behind behaviors This relationship centered approached means that you respect your child's point of view as you both learn how to create a mutually beneficially set of behavioral rules By practicing this mindful method you can support your child emotionally and help nurture important social development Parent coach Jennifer Costa teaches you how to Communicate openly with your child about proper behavior Build a supportive home environment Determine your child s behavioral triggers Learn strategies that will help your child feel calm Teach your child long term coping skills Discipline your child without embracing anger With The Conscious Parent's Guide to Positive Discipline you will learn to create a calm and mindful atmosphere for the whole family while helping your child feel competent successful and healthy A Parent's Guide to Talking about Porn Axis, 2019-01-01 Pornography is a threat for everyone no matter our age But we must especially be aware of how our teens exposure to porn This guide will answer these questions you may have When will my teens encounter porn How to people rationalize porn What is our culture telling men and women What is porn telling men and women How does porn impact men and women who watch it What can I do to help my teens not fall prey to porn How to teens hide porn Parent Guides are your one stop shop for biblical guidance on teen culture trends and struggles In 15 pages or fewer each guide tackles issues your teens are facing right now things like doubts the latest apps and video games mental health technological pitfalls and more Using Scripture as their backbone these Parent Guides offer compassionate insight to teens world thoughts and feelings as well as discussion questions and practical advice for impactful discipleship A Parent's Guide to Raising Grieving Children Phyllis R. Silverman, Madelyn Kelly, 2009 When children lose someone they love life is never the same In this sympathetic book the authors advocate an open honest approach suggesting that our instinctive desire to protect children from the reality of death may be more harmful than helpful A Parent's Guide to Intuitive Eating Yami Cazorla-Lancaster, 2019-09-17 Learn techniques and tips to raising children who eat well and have an overall healthy relationship with food Breaking down intuitive eating in a way that s easy to understand and even easier to implement this book shows you how to help your children develop a positive relationship with food It offers a system that builds healthy habits and better mindsets that will last a lifetime Through the techniques and tips in this book you ll discover how to eliminate stress anxiety and food battles and instead enjoy feeding your confident eater Written by a board certified pediatrician and mom this book will set your family up for success when it comes to making decisions in the kitchen grocery store and restaurant The actionable advice in A Parent s Guide to Intuitive

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