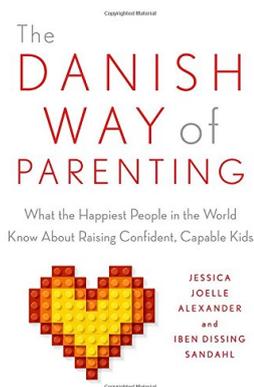


# [PDF] The Danish Way Of Parenting: What The Happiest People In The World Know About Raising Confident, Capable Kids

Jessica Joelle Alexander, Iben Sandahl - pdf download free book

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**Books Details:**

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## **Description:**

### **From free play to cozy together time, 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, successful kids, year after year? This upbeat and practical book presents 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 toward 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 fun, cozy way to foster closeness. Preparing meals together, playing favorite games, and sharing other family traditions are all *hygge*. (Cell phones, bickering, and complaining are not!)

With illuminating examples and simple yet powerful advice, *The Danish Way of Parenting* will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

**\*\*As seen on Yahoo, Salon, MindBodyGreen, Parents, and more\*\***

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