



The Joy of Parenting: An Acceptance and Commitment Therapy Guide to Effective Parenting in the Early Years

Lisa Coyne, Amy Murrell

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Parents are supposed to be at their best when their children are at their worst. The only problem is that parents are people, too, and are susceptible to knee-jerk reactions, anger, and fears that make perfect parenting nearly impossible. But it is possible to keep your long-term parenting goals in mind, give yourself credit for what you're doing right, and most importantly, enjoy the rewards and joy of raising a child.

The Joy of Parenting is a compassionate guide for parents who sometimes feel overwhelmed—that is, all parents. The acceptance and commitment therapy (ACT) skills in this book will help you develop the flexibility and mindfulness to help your child make critical transitions and gracefully move past the bumps along the way.

This guide offers practical skills-based exercises to help you:

- Handle tantrums and defiance with grace
- Refocus on big-picture values when you feel overwhelmed
- Act compassionately toward yourself when you make mistakes
- Adjust your parenting as your child works through typical developmental transitions

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