

What is Aware Parenting?

Aware Parenting is a philosophy of child rearing based on current research in child development. It questions traditional assumptions about children and proposes a new approach that can significantly improve relationships within a family. Parents who follow this approach raise children who are cooperative, nonviolent, compassionate, and competent.

The Aware Parenting Institute is an international organization with certified instructors in many countries. It has no political or religious affiliation.

The three aspects of Aware Parenting:

- Attachment-style parenting
- Non-punitive discipline
- Helping children heal from stress and trauma



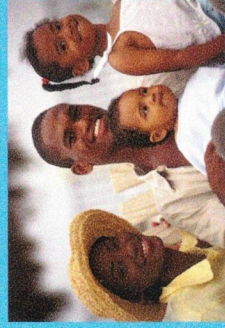
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The Aware Parenting Institute

Transforming families
around the world

www.awareparenting.com



"I love Aletha Solter's work because she has such a profound understanding of three things: the parent-child connection, children's emotional lives, and the power of play. Attachment Play brings this understanding to a new level."

Lawrence Cohen, Ph.D. (Author of Playful Parenting)

"By the end of the workshop in Johannesburg I made an internal commitment to never spank my sons again. For the first time, I could understand that such authoritarian methods are actually disrespectful and harmful to children."

Workshop attendee, South Africa

"The Aware Baby is chock full of reliable information and practical advice on a wide range of child rearing issues from how to deal with infant crying to discipline and toilet training. The style is clear, concise and vivid. It is a pleasure to read, and I recommend it most highly."

Thomas R. Verny, M.D. (Psychiatrist and author of The Secret Life of the Unborn Child)

"In her book, Cooperative and Connected, Aletha Solter has given parents a magnificent guide to foster self-assured and compassionate children. This book stands out, providing a deceptively simple set of principles that will ensure the greatest gift you can give to your kids and even to our future society."

Peter A. Levine, Ph.D. (Author of Trauma-Proofing Your Kids)

"In this developmentally accurate and humanely sensitive guide [Tears and Tantrums], parents will learn to respond to their children's crying with love, caring and attunement."

Thomas Armstrong, Ph.D. (Psychologist and author)

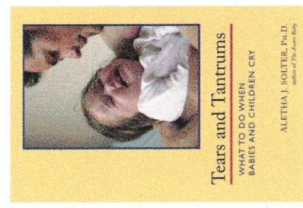


The Aware Baby (birth to 2 1/2 years)

This ground-breaking book has contributed to a revolution in parenting around the world. Based on attachment theory, it explains how to lay the foundation for an emotionally healthy child.

Cooperative and Connected (2 to 8 years)

This sequel to The Aware Baby includes chapters on crying and tantrums, fears, learning, play, non-punitive discipline, sibling rivalry, and eating issues.



Tears and Tantrums (birth to 8 years)

This book explains the function of crying and how to respond in ways that help children feel loved and secure and that lead to improvements in sleep and behavior. Note: This is not a "cry-it-out" approach.



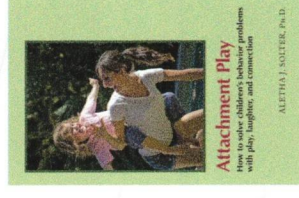
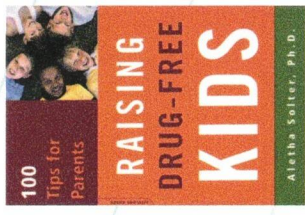
Aletha Solter, Ph.D.

Founder and Director of the Aware Parenting Institute

Aletha Solter is a Swiss-American developmental psychologist who is recognized internationally as an expert on attachment, trauma, and non-punitive discipline. She studied with Dr. Jean Piaget at the University of Geneva, Switzerland, where she earned a Master's degree in human biology. She earned her Ph.D. in psychology at the University of California, Santa Barbara. Her books have been translated into many languages.

Raising Drug-Free Kids (birth to 25 years)

A summary of the Aware Parenting approach in 100 easy-to-read tips, organized by age. Each tip plays an important role in helping children grow up without the desire for drugs.



Attachment Play (birth to 12 years)

How to solve children's behavior problems with play, laughter, and connection while strengthening the parent/child bond.



Raising Joyful Lifelong Learners (birth to 12 years)

For parents and teachers, this book describes teaching approaches that support children's natural learning processes (in school or at home).

Healing Your Traumatized Child (birth to 12 years)

This book explains how parents can support their children's natural healing processes to help them recover from traumatic experiences.

