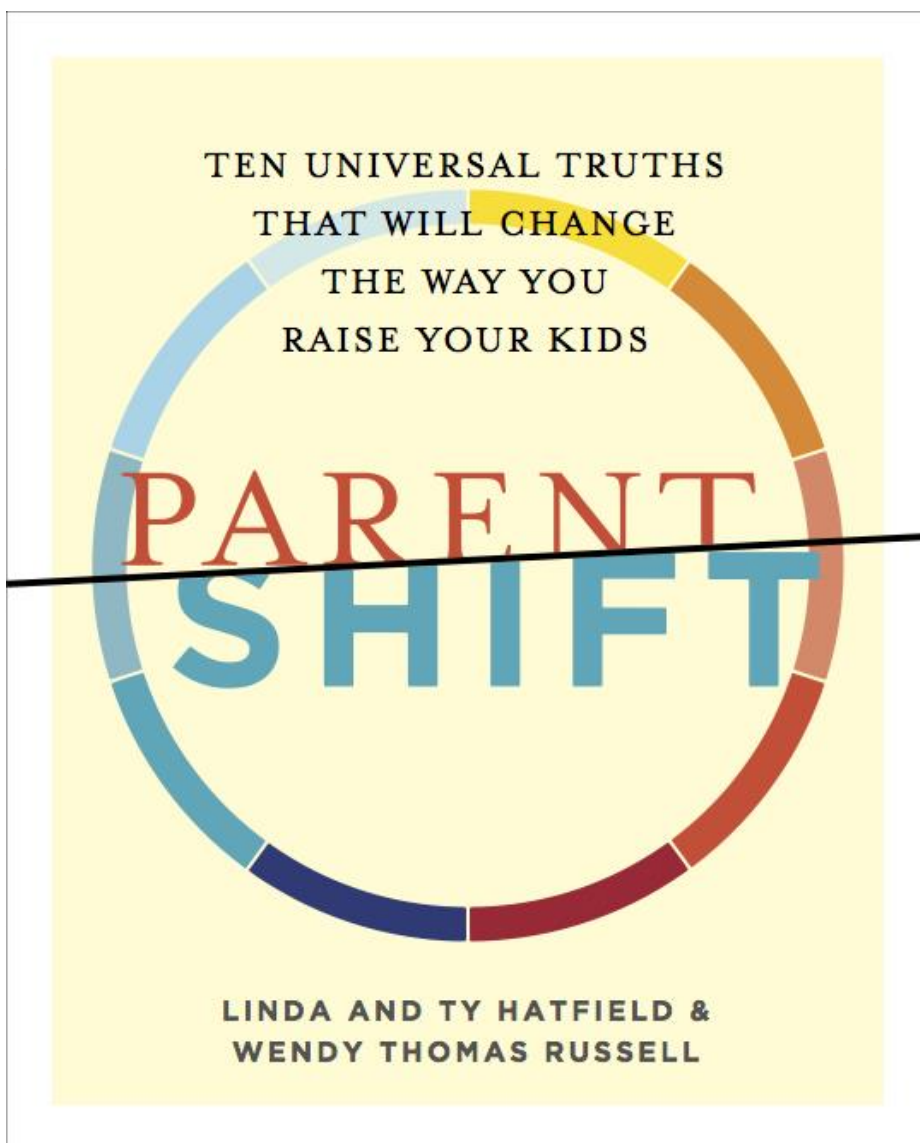


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PARENTSHIFT

Ten Universal Truths That Will Change the Way You Raise Your Kids



Authors

Linda and Ty Hatfield &
Wendy Thomas Russell

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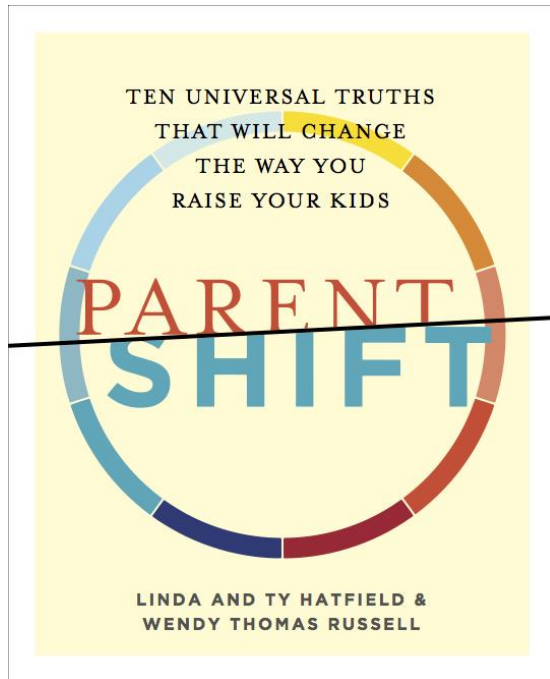
Contact/Publicity

Lauren Diethelm,
Brown Paper Press
lauren@brownpaperpress.com
562.656.2771

BROWN PAPER PRESS

6475 EAST PACIFIC COAST HIGHWAY, LONG BEACH, CALIFORNIA 90814

WWW.BROWNPAPERPRESS.COM



PARENTSHIFT

Ten Universal Truths That Will Change the Way You Raise Your Kids

This extraordinary guidebook offers a refreshing new approach to raising confident, healthy, whole human beings, from toddler to teen. Groundbreaking in both its scope and methodology, *ParentShift* challenges some of our most popular disciplinary tools — including punishments, threats, bribery, and rewards — all of which, science has shown, sabotage long-term goals we have for our kids. Child development experts Linda and Ty Hatfield, along with award-winning journalist and author Wendy Thomas Russell, dismantle the pervasive myths that have given rise to these tactics and provide more than a dozen “toolkits” designed to help parents solve virtually *any* household challenge while strengthening the parent-child relationship and protecting each child’s self-esteem. Parents learn to:

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- **Set consistent limits and boundaries.**
- **Curtail power struggles and sibling rivalry.**
- **Move beyond timeouts, reward charts and other outdated tactics.**
- **Respond thoughtfully to outbursts and tantrums.**
- **Prepare children to meet life’s challenges.**
- **Ensure they become strong boundary-setters.**
- **Help prevent alcohol abuse, addiction, early sex, high-risk behavior and other disturbing trends among teens.**
- **Build open, trusting parent-child bonds that keep kids turning to parents, instead of peers, for guidance.**

Linda Hatfield is a former elementary school teacher, certified parenting instructor and family coach. Her husband, **Ty Hatfield**, is a retired police lieutenant who specializes in juvenile justice. In 1999, Linda and Ty teamed up to create Parenting from the Heart — an innovative, research-driven parenting program in Southern California. The couple lives in Huntington Beach, Calif., and has three grown daughters.

Wendy Thomas Russell, an award-winning journalist and online parenting columnist for the *PBS NewsHour*. She is the author of *Relax, It’s Just God: How and Why to Talk to Your Kids About Religion When You’re Not Religious*. A PBS-produced video featuring her controversial views on disciplinary timeouts has been viewed more than 6.5 million times. Russell lives in Long Beach, Calif., with her husband and daughter.

ABOUT THE AUTHORS

LINDA HATFIELD is a former elementary school teacher and has worked with parents and children for more than 35 years. She has a bachelor's degree in child development, a master's in psychology, and has researched the parenting field extensively. In 1999, she combined her education and experience raising three young daughters to start a parent-education course that later morphed into a curriculum known as Parenting From The Heart. Along with her husband, Ty, Linda has taught thousands of parents how to transform their family relationships through heartfelt communication and connection, rather than punishments and rewards. Linda can be reached at parentingfromtheheart.com.

TY HATFIELD is a retired police lieutenant for one of the largest cities in Southern California. He served in law enforcement for more than 40 years, including an extended assignment in charge of the youth services division, where he created numerous mentoring programs for inner-city children and was a regular speaker at schools regarding drug prevention, juvenile crime and parenting. Ty became a certified parenting instructor, gained his teaching credential, and eventually joined his wife, Linda, in creating Parenting from the Heart. The pair have been educating parents and training professionals for more than 20 years. Ty and Linda have three grown daughters and live in Huntington Beach, Calif.

WENDY THOMAS RUSSELL is an award-winning journalist, author, and editor. A native Midwesterner, Wendy has spent the bulk of her career in Southern California, writing and editing for newspapers, magazines, and other online and print publications. Her first book, *Relax, It's Just God: How and Why to Talk to Kids About Religion When You're Not Religious*, was released in 2015. She writes an occasional parenting column for the PBS *NewsHour* and runs an indie press in Long Beach, Calif., where she lives with her husband and daughter. Although she spends most of her time these days at brownpaperpress.com, you can track her down on social media @WendyRussell.



EARLY PRAISE

"An upbeat, modern guide with classic roots... *ParentShift* presents a thorough set of adaptable ideas. Here, thoughtful parenting comes down to being willing to grow and change right alongside children."

— *Foreword Reviews*

"*ParentShift* is aptly named. It is an encyclopedic exploration of the most effective methods for giving children the courage to realize their full potential."

— **ADELE FABER**, co-author of

How to Talk So Kids Will Listen & Listen So Kids Will Talk

"Helps parents develop the skills to move beyond punishment and rewards, sidestep power struggles, and strengthen the parent-child relationship... *ParentShift* works because it changes the way you SEE your child. It should be on every family's bookshelf."

— **LAURA MARKHAM**, author of *Happy Parent, Peaceful Kids*

"A must-read for parents, caregivers and grandparents. The authors give practical, down-to-earth options for the everyday issues, conflicts, and roadblocks that we all experience, while helping our children become responsible, resilient, resourceful, compassionate human beings who know how to think—not just what to think."

— **BARBARA COLOROSO**, author of *The Kids Are Worth It!*

"The authors provide parents an incredibly powerful and clear system to shift their way of being from gut reaction to intelligent response, and from getting compliance in the moment to ensuring children unfold into high self-esteem, self-reliant, loving, and thriving adults."

— **NAOMI ALDORT**, author of *Raising Our Children, Raising Ourselves*

"You owe it to yourself to learn from these masters. *ParentShift* is one of the most comprehensive and time-tested parenting books around. If you have only one parenting book in your library, this should be the one."

— **VICKIE FALCONE**, author of *Buddha Never Raised Kids & Jesus Didn't Drive Carpool*

"*ParentShift* provides a refreshingly direct entry point for parents who are looking for actionable steps Brilliant!"

— **VANESSA LAPOINTE**, author of *Discipline Without Damage*

"Written with empathy and good humor... Here are some of the best tools available to help you build the best possible, mutually respectful, and loving, life-long relationships with your kids."

— **JANE BLUESTEIN**, author of *The Parent's Little Book of Lists*

TALKING POINTS

1. Last year, while *ParentShift* was still being written, Wendy appeared in a Facebook video co-produced by the PBS *NewsHour* called “Let Me Explain: Timeouts.” Her message was simple: Don’t do them. Six months later, the video went viral — being viewed by 6.5 million people around the world. Although it was shared on Facebook more than 75,000 times, and celebrated widely for its progressive stand, thousands of commenters voiced outrage. Why did the video, and its message, strike such a nerve? What does this say about where we are as a “parenting” society?
2. What’s so harmful about timeouts? Aren’t they a better choice than spanking?
3. What’s the difference between no-punishment parenting and permissive parenting?
4. What you call “punishment,” many parents call “consequences.” How do children learn that actions have consequences if parents don’t step in and issue them once in a while?
5. How do you get particularly defiant kids to cooperate without threatening or punishing them, or bating them with bribery or rewards?
6. You say in the book that a shift in our parenting paradigm is vital in the age of #MeToo. Can you explain why?
7. You say high self-esteem is the most valuable thing a child (or adult) can possess. But doesn’t “too much” self-esteem leads to narcissism?
8. You write that punishments and rewards lower children’s self-esteem and damage the parent-child relationship. How so? And how is this cause for alarm?
9. Why should parents change their ways if their ways already work?
10. What are the ten universal truths? And why are they the basis of this book?
11. What is the ParentShift Solutions Process? How do parents use it?
12. Your book is subtitled, “Ten Universal Truths That Will Change the Way You Raise Your Kids.” That’s a strong statement. How can you be so sure?

Q&A WITH THE AUTHORS

What's the difference between no-punishment parenting and permissive parenting?

Permissive parenting (AKA “giving in”) is just as problematic as a controlling parenting style (AKA “giving orders.”) The model we condone, a model we call *heart-centered*, is something else entirely. Heart-centered parenting relies heavily on setting and enforcing firm, fair and reasonable limits. We just do it in a way that doesn't fracture the relationship or lower the child's self-esteem. Not too put too fine a point on this, but lives have been ruined over this assumption that broken limits must be met with punishment. Broken limits must be met head-on — just not through punishments or rewards.

What's so harmful about timeouts? Aren't they a better choice than spanking?

No question, timeouts are way better than spanking. But that isn't saying much. Like all punishments, punitive timeouts — that is, *forced isolation of a child for a period of time in reaction to unacceptable behavior* — sabotage our long-term goals. They dismiss the child's emotional needs; they ignore what's going on under the surface; they fail to teach positive lessons. In addition, timeouts push kids into fight-or-flight mode; lower self-esteem; damage the parent-child relationship; model “revenge” behavior; and cause more and bigger problems down the line. So, yeah, better than spanking. But not good.

What you call “punishment,” many parents call “consequences.” How do children learn that actions have consequences if parents don't step in and issue them once in a while?

“Consequences” are punishments in sheep's clothing. Yes, a consequence might be “logical” — going over the allotted screen time means losing screen-time privileges, for example — but it's still punitive. Children learn that actions have consequences by suffering *natural consequences*. Natural consequences occur without parental interference. A kid forgets her homework and gets a bad grade, or says something mean and loses a friend. Ironically, parents often actively prevent their children from bearing the natural consequences of their actions, choosing instead to shelter, rescue and helicopter. (“You forgot your homework? That's fine. I'll just bring it to you!”) When we prevent our kids from feeling “natural” pain, we rob them of important opportunities to change, grow and problem-solve.

How do you get particularly defiant kids to cooperate without threatening or punishing them, or bating them with bribery or rewards?

It may not seem like it, but all kids *want* to cooperate. They can't do that if their basic emotional needs aren't being met. All behavior — even the really frustrating behavior

that makes us want to uncork the Rosé at 3 p.m. — is communication. So the first step is to diagnose the *real reason* beneath the behavior. The book shows how to do that. Second, we want to make sure that what we're asking is fair and reasonable. (Going to bed on time and wearing a bike helmet — both reasonable. Asking toddlers to sit quietly during a symphony performance — unreasonable.) Third, and this is another skillset detailed in the book, we must hold our limits *without being jerks about it*. That's the part that takes the most practice — because, unfortunately, it has rarely been modeled to us.

Why should parents change their ways if their ways already work?

In our experience, parents seek out parenting advice because something is *not* working. Even so, though, it's important to remember that techniques that “work” for a mom may not “work” for her kid. In fact, “But it works!” is usually just a way of saying, “I got my agenda met.” And when you look at how often parents railroad over their children's feelings and needs in order to get what they want in the moment, it's impossible not to see the big picture: That parents are sacrificing their own long-term goals in favor of meeting their short-term agendas.

What makes your book stand out?

So many things, actually. One important difference, though, is the structure. Each chapter represents one of ten “universal truths” — that is, principles that apply to all children, regardless of culture, race, religion or socioeconomic status. The ten universal truths create a standard by which we can judge virtually any parenting decision. If the decision acknowledges and honors all ten of the truths, we're good to go. If not, we've got work to do. Also, the ParentShift Solutions Process — that's something you won't find anywhere else.

What are the ten universal truths?

1. All children have emotional needs.
2. All children have innate, neurological responses to stress.
3. All children must express their feelings.
4. All children go through developmental stages.
5. All children are born with unique temperaments.
6. All children model their primary caregivers.
7. All children need opportunities to solve their own problems.
8. All children need caregivers who honor personal boundaries.
9. All children need age-appropriate limits on their behavior.
10. All children move through and between four levels of discouragement in response to unmet needs.

What is the ParentShift Solutions Process?

We happen to be the kind of people who learns how to do things and then promptly forgets everything we've just learned. Instead of making people (like us!) read and re-read this book, we wanted to build in a process by which parents can remember and apply the new tools they've been given in virtually any situation. The ParentShift Solutions Process is a logical, step-by-step process, based on the ten universal truths. Faced with any sort of challenge — be it a tantrumming toddler, an argumentative nine-year-old or a vengeful teen, the process helps parents detect the “real” issue underneath the behavior and easily locate the tools they need.

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You say high self-esteem is the most valuable thing a child (or adult) can possess. But doesn't "too much" self-esteem lead to narcissism?

Self-esteem is like health; you can't have too much of it. Over the last decade, self-esteem has been conflated with narcissism, but, in reality, the opposite is true. Narcissism is a direct result of low self-esteem; it is a mask worn by people who do not feel good about themselves. Narcissists and braggarts must invent these fraudulent exteriors to protect themselves from being truly seen. Sure, it may look as though narcissists love themselves "too much." But if they truly loved themselves and felt comfortable in their own skin, they would have nothing to prove. Narcissism is loud and obnoxious; self-esteem is quiet and composed.

You say in the book that a shift in our parenting paradigm is vital in the age of #MeToo. Can you explain why?

Whether we're talking about the story of Larry Nassar, the sports doctor who molested hundreds of female gymnasts over a period of years, or the much-too-frequent harassment and rape of college girls, the #MeToo movement offers compelling proof that even the most skilled, loving and well-intentioned parents are failing to keep their daughters from being victimized *and/or* their sons from doing the victimizing. That's not to say that all abuse is preventable — it's certainly not! — but we mustn't ignore the fact that parents do have a responsibility to teach kids to set boundaries and to respect the boundaries of others. But we can't do that unless we're *respecting the boundaries of our children*. Punishing kids, threatening them with emotional pain or discomfort, manipulating them with rewards or bribes, praising them for doing what they're told— you can see pretty clearly how a pattern of this behavior may translate into blind obedience. When parents consistently dissuade their kids from standing up to them, children learn it's not safe to stand up to people they love or admire. (And, someday, the people our kids love or admire may not have our kids' best interest at heart.) It's a dangerous "short game" that parents are playing, and most of us don't know we're playing it.

ABOUT THE PUBLISHER

Founded in 2014, Brown Paper Press is an independent publishing company based in one of the most ethnically diverse cities in the United States — Long Beach, California. Its mission is to engage readers on topics of contemporary culture through quality writing and thoughtful design. Brown Paper Press champions authors with new perspectives, strong voices and original ideas that just might change the world. For more information, visit brownpaperpress.com.