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3 Myths of Parenting  
Education* **Good vs.  
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## Habits - Hunter

\u0026 Carla [108]

The Connected Child

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*working from home,*

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reminds us that we  
have the ability to  
step off the merry-go-  
round of chaos and  
immerse ourselves in  
the present moment.  
Through realistic  
examples and down-

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The Present Moment,  
Naumburg shows us  
we have everything  
we need to respond to  
our children and  
ourselves with  
compassion and  
kindness.

Parenting in the  
Present Moment: How  
to Stay Focused on ...  
In Parenting in the  
Present Moment,

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Naumburg shares what truly matters in parenting—connecting with children in ways that are meaningful to them and you, staying grounded amidst the craziness of parenting, and staying present for whatever life throws your way. With reassuring, compassionate storytelling, she

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weaves the most current theories—about healthy relationships, compassionate self-care, and mindfulness—throughout vignettes of her own chaotic childhood and parental struggles.

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Present Moment on  
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reminds us that we

have the ability to

step off the merry-go-

round of chaos and

immerse ourselves in

the present moment.

Through realistic

examples and down-

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Naumburg shows us

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Naumburg,  
Ph.D ...

Parenting in the  
Present Moment will  
help each family find  
its own way. This  
generation of parents

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is overwhelmed with parenting advice; Carla Naumburg sets out to remind them that they have everything they need to raise healthy, happy children.

Mindful parenting is about paying attention to what is going on with your children and yourself without judging it or freaking



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out about it or thinking everyone, including yourself and your child, should be doing something differently.

Matters Carla

Parenting in the Present Moment :

How to Stay Focused on ...

Parenting in the Present Moment :

How To Spend Quality Time With

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Your Child. “Life gives you plenty of time to do whatever you want to do if you stay in the present moment.” – Deepak Chopra. As parents, we live busy lives, and now more than ever, it’s important to spend quality, uninterrupted time with your kids.

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Parenting in the

Present Moment :

How To Spend

Quality ...

Parenting in the

Present Moment is

one of the few

parenting books that

has truly made a

difference in my life.

Naumburg offers

realistic strategies for

coping when you are

overwhelmed. Her

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sense of humor and candor made me feel as though I am not alone with my challenges of raising two young children.

Parenting in the Present Moment: How to Stay Focused on ...  
In Parenting in the Present Moment, Naumburg shares what truly matters in

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parenting—connecting with children in ways that are meaningful to them and you, staying grounded amidst the craziness of parenting, and staying present for whatever life throws your way.

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“Presence” is the concept of being alert and focused on the current moment, rather than looking ahead to the future, or distracting yourself from the moment with other thoughts or activities. Being present with our children is a great way to meet their emotional needs. In

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This article, we offer tips for being more present as a parent.

In The Moment: Being a More Present Parent - Parenting Now

Present Moment Parenting uses many non-traditional ideas but when learned, even from old thought processes seem to

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bring positive results.

If we can change  
parenting ideas and

build the child to feel

accepted, needed,

loved, and

understood, then the

impact on the

community and the

world around us could

be astounding.

Present Moment

Parenting: The Guide

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The Present Life ...

Parenting in the  
moment. Connection  
first before

responding to  
behaviour Cycle  
diagram All with an  
attitude and

atmosphere of PACE.

This cycle

demonstrates some  
steps that can be  
helpful to take when  
parenting a child.

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Parenting in the  
moment - Kim S.  
Golding

In *Parenting in the Present Moment*, Naumburg shares what truly matters in parenting—connecting with children in ways that are meaningful to them and you, staying grounded amidst the craziness of

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parenting, and staying present for whatever life throws your way.

Stay Focused

Parenting in the Present Moment – Parallax Press

a state of active, open attention on the present... Instead of letting your life pass you by, mindfulness means living in the moment and

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awakening to  
experience. Like so  
many people, I've  
spent my entire life  
looking forward to  
something,  
scheduling things in  
for the future, that  
I've forgotten how to  
enjoy the here and  
now.

How to Be Present  
and Really Enjoy Kids

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- A Fine Parent

In Parenting in the  
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Stay Focused  
Naumburg

emphasizes that the  
practice of parenting  
is really hard work.

“It’s about immersing  
ourselves neck-deep  
into the mud and  
mess, the tears and  
confusion, the anxiety  
and frustration, as  
well as intense joy

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and love,” she writes.

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edict to be in the

present moment may

be a subtle way to

avoid uncomfortable

feelings. As soon as

an unpleasant

emotion arises, they

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May try to yank their  
attention back to...

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to Be in the Present  
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to Stay Focused on  
What Really Matters

Paperback – Oct. 14  
2014 by Carla

Naumburg (Author)

4.3 out of 5 stars 25

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Present Moment: How To  
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Matters Carla Naumburg,  
PhD, is a writer,  
speaker, and clinical  
social worker. She is  
the author of three  
parenting books: How  
to Stop Losing Your  
Sh\*t With Your Kids



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(Workman, 2019),

Ready, Set, Breathe:

Practicing

Mindfulness with Your

Children for Fewer

Meltdowns and a

More Peaceful Family

(New Harbinger,

2015), and Parenting

in the Present

Moment: How to Stay

Focused on What

Really Matters

(Parallax, 2014).

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Home - Carla  
Naumburg, PhD

Parenting is an ongoing journey that constantly challenges every parent.

Parenting in the Present Moment will help each family find its own way. This item is Non-Returnable.

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Carla Naumburg

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Naumburg shares

what truly matters in  
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