



## **By Mary Sheedy Kurcinka - Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, Energetic (3.2.1998)**

*By Mary Sheedy Kurcinka*

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The spirited child-often called "difficult" or "strong-willed"-possesses traits we value in adults yet find challenging in children. Research shows that spirited kids are wired to be "more"-by temperament, they are more intense, sensitive, perceptive, persistent, and uncomfortable with change than the average child. In this revised edition of the award-winning classic, voted one of the top twenty books for parents, Kurcinka provides vivid examples and a refreshingly positive viewpoint. Raising Your Spirited Child will help you: understand your child's- and your own-temperamental traits discover the power of positive-rather than negative-labels cope with the tantrums and power struggles when they do occur plan for success with a simple four-step program develop strategies for handling mealtimes, sibling rivalry, bedtimes, holidays, and school, among other situations

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