



Nurture My Heart: Igniting the Greatness of Every Child

Catherine Stafford

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Nurture My Heart is a fun, rhyming read for parents and children that also teaches parents and caregivers how to ignite a child's greatness from Day 1, no matter how challenging the child. It is a perfect gift for new parents and caregivers, teachers and counselors of children from newborn to 8 years old. Nurture My Heart is the first children's book based on Howard Glasser's Nurtured Heart Approach, and is written as an accompaniment to "All Children Flourishing: Igniting the Greatness of Our Children." More children than ever are being categorized as intense, challenging or difficult, and at ever younger ages. They are labeled "too energetic," "too distracted," "too compulsive" or simply "too much" for parents, caregivers and teachers to manage. Sometimes they are told that they will not be able to learn how to manage themselves; and perhaps are referred for a formal diagnosis and medication, often with long-term unintended consequences. Nurture My Heart is full of colorful images illustrating children and parents in everyday settings with text that shows parents and caregivers how to start with success and stay with success for every child. It is an approach proven to pull even the most intense, difficult and challenging children from negativity to positivity, and it empowers parents to ignite the greatness in every child. Conventional parenting relies on a cultural tendency to spend most of our time and energy trying to fix a child's behavior by explaining what he or she is doing wrong. So a child is spoken to and recognized more frequently and more enthusiastically when not behaving. This builds a negative self image - a child who feels bad inside and knows only what he or she is not. This book, and the approach upon which it is based, reverses that unintended outcome. It shows parents how to enjoy and reflect in exquisite detail everything that is right and good and unique in their children. Adults master skills to build within a child all of the values and character qualities that create a healthy self image and a good life: Inner Wealth. Author and illustrator Catherine Stafford is a licensed clinical social worker and a mother of four who specializes in helping parents, caregivers, teachers and counselors of challenging children and those diagnosed with disorders such as ADHD and autism to experience success. In addition to the beautifully illustrated story, the book includes eight pages of instructions on the Nurtured Heart Approach™: "Building Inner Wealth in our Children," "The Three Stands of the Approach," "Four Recognition Techniques to Ignite Greatness," "Reset: The New Time-Out," "Critical Concepts of the Nurtured Heart Approach™," "Tips for Success," and "Shine the Light of Greatness: Words to Build Your Greatness Vocabulary." Nurture My Heart demonstrates how simple it is to start with success and forever maintain a positive, strong relationship with your unique and amazing child.

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