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emphasized all  
behavior is  
communication, but  
that no two children  
arrive at those  
behaviors necessarily  
the same way. An

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added bonus is that this book has helped me realize the need to approach my children differently based on their personalities, and taught me that doing so really will result in happier kids, happier ME and a happier home.

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Handbook helps parents empower their kids to take control of their own happiness. Hurley provides parents with easy, actionable steps to help them understand what makes their kids tick and how to help them carve their own paths and cope with obstacles along the way.

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**Handbook: How to  
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Part 1 of The Happy Kid Handbook takes parents through a proactive approach to raising happy kids. Beginning with understanding the child's temperament and parenting each child as an individual and moving through various positive behaviors, Part 1 of the book is all about

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building the child's pro-  
social skills to raise  
happy kids.

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It seems like a no-brainer, right? But in the face of all the many parenting theories out there, happiness feels like it has become incidental. That's where The Happy Kid Handbook

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by child and adolescent  
psychotherapist and  
parenting expert Katie  
Hurley comes in. She  
shows parents how  
happiness is the key to  
raising confident,  
capable children.

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With all the parenting information out there and the constant pressure to be the "perfect" parent, it seems as if many parents have lost track of one very important piece of the parenting puzzle: raising happy kids.

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The Happy Kid Handbook: How to Raise Joyful Children in a Stressful World by Katie Hurley (2015, Paperback) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

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The Happy Kid Handbook (2015) explains the key components of a happy childhood that allows children to thrive as unique individuals. Whether your child is introverted or extroverted, these blinks will guide you through helping them understand stress, negative emotions, social relationships and the importance of finding calm in their

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lives.

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Hurley, LCSW**

The Happy Kid  
Handbook. With all the  
parenting information  
out there and the  
constant pressure to  
be the “perfect”  
parent, it seems as if  
many parents have lost  
track of one very  
important piece of the  
parenting puzzle:  
raising happy kids.

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Parenting today has gotten far too complicated. It's never been the easiest job in the world, but with all the "parenting advice" parents are met with at every corner, it's hard not to become bewildered.

## **The Happy Kid Handbook - Katie Hurley**

In The Happy Kid Handbook, child and adolescent



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psychotherapist and parenting expert, Katie Hurley reveals that cultivating happiness in children's lives is about parenting the individual, because not every child is the same, and not every child will respond to parenting the same way.

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brainer, right? But in the face of all the many parenting theories out there, happiness feels like it has become incidental. That's where The Happy Kid Handbook by child and adolescent psychotherapist and parenting expert Katie Hurley comes in. She shows parents how happiness is the key to raising confident, capable children.

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The Happy Kid  
Handbook is divided  
into two parts; Part I,

# Download Ebook The Happy Kid Handbook, How To "Raising Happy,"

focuses on building seven specific pro-social skills and Part II, "Lessons in Coping," looks at how to equip children to deal with the ups and downs of life.

## **The Happy Kid Handbook: A Book Review | Brain, Child Magazine**

Adults need seven to eight hours a night, preschool-age kids

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need 12-14 hours; school-age kids need 10-11 hours. Play in short bursts. Keep it short, don't control, let yourself have fun, follow your child's directions. Monitor your own happiness needs. Check your Top Three priority list on a weekly basis.

## **The Happy Kids Handbook: An Interview With Katie Hurley ...**

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In my book, *The Happy Kid Handbook: How to Raise Joyful Children in a Stressful World*, I encourage parents to step back and zoom out in an effort to explore a wide range of interests. When parents...

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But in the face of all the many parenting theories out there,

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happiness feels like it has become incidental. That's where The Happy Kid Handbook comes in. Katie Hurley shows parents how happiness is the key to raising confident, capable children.

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