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Healthy Parenting: How Your Upbringing Influences the Way You Raise Your Children, and What You Can Do to Make It Better for Them

Janet G. Woititz

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If you grew up in a troubled or dysfunctional family and suffered through a parent's problems with chronic illness, addiction, emotional upheaval, or loss, you probably know what you don't want for your kids. But you may lack the tools and experiences to create the nurturing home you do want: a place where your children's physical and emotional needs are consistently met and where your children feel safe, valued, and loved.

In Healthy Parenting, Janet Woititz, a leading therapist, contrasts what happens in a healthy family with what happens in an unhealthy family to show just how your own upbringing influences the way you raise your children, and what you can do to make their upbringing better for them. For example:
-- In a healthy family the child is always loved even if the child's behavior is unacceptable. In an unhealthy family not only is the behavior criticized but the child is shamed as well.
-- In a healthy family the parent is teacher and guide. In an unhealthy family the child brings himself up the best he can.
-- In a healthy family there is structure, and reasonable limits are set. In an unhealthy family there is chaos or extreme rigidity.

As both therapist and parent, Janet Woititz can give you the guidance you missed in your childhood and help you avoid the mistakes your parents made.

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