

Connection Parenting
Pam Leo

Date: 25/06/09

Connecting Parenting is a book about 'parenting through connection instead of coercion, through love instead of fear'. Traditional early childhood development books discuss the usual authoritarian, authoritative and passive styles of parenting. For most it is confusing to keep straight which of the two 'authorities' is a better way to parent and often when we give-in we worry that we are too passive. Pam Leo provides a new definition of parenting: 'promoting parenting practices that create and maintain a healthy, strong parent-child bond' and that is Connection Parenting.

Connection Parenting is a workbook designed to help parents understand and build connection with their children. Her wisdom is built upon her years as a mother, childcare provider, independent study, and teaching to meet the needs of children. She first discusses the importance of connecting with ourselves as parents, before then moving through the concepts of parenting with respect, listening to children's feelings, building children's self esteem and self worth, communication, decoding behaviour and connecting with our own needs as parents.

Using simple exercises and offering questions for parent reflection and journaling, this book can help parents decipher their own responses to their child's behaviour, as well as decode children's behaviour. Pam provides two practical tools from which to build deeper connections with our children: **Connection** – feeling of being loved and listened to; and **Reconnection** – re-establishing connection. With these two tools, parents can build deeper and more meaningful relationships with their children.

This book is short, very concise and written to follow the steps offered in Connection Parenting Workshops for parents. Connection Parenting is not only a philosophy about raising children, but a concrete tool from which to gauge parenting. Pam Leo's book is a wealth of knowledge for any parent at any stage of parenting.