

# **gabor mate hold on to your kids**

Gabor Mate Hold On To Your Kids: Building Connection in a Distracted World

**gabor mate hold on to your kids** is more than just a phrase—it's a call to action for parents and caregivers in today's fast-paced, distraction-filled world. Dr. Gabor Maté, a renowned expert in addiction, trauma, and child development, emphasizes the critical importance of emotional connection between parents and children. His insights, particularly those shared in the context of the book *\*Hold On to Your Kids\** by Dr. Gordon Neufeld and Dr. Gabor Maté, challenge modern parenting paradigms and offer a compassionate roadmap to nurturing strong, healthy bonds with our children.

If you've ever felt overwhelmed by the challenges of parenting or worried about the influences pulling your kids away—whether it's peer pressure, technology, or social media—then digging into the philosophy behind *\*gabor mate hold on to your kids\** can be both eye-opening and transformative.

## **Why Connection Matters According to Gabor Maté**

At the heart of Gabor Maté's teaching is the idea that children's emotional well-being hinges on secure attachment. Attachment is the deep, emotional bond that forms between a child and their caregiver, shaping the child's future relationships and mental health. Maté argues that when this connection is strong, children feel safe, loved, and understood, which builds resilience and a solid sense of self.

But when connection breaks down—when children feel neglected, misunderstood, or disconnected—they become vulnerable to a range of difficulties, from behavioral problems to mental health challenges and even addiction later in life. Maté's work highlights that many of today's youth struggles can be traced back to this fundamental disruption in attachment.

## **The Peer Orientation Problem**

One of the central concepts Maté discusses in *\*Hold On to Your Kids\** is "peer orientation." This happens when children look to their peers for guidance, validation, and identity rather than to their parents. While peers naturally influence children, Maté warns that excessive peer orientation can undermine parental authority and the emotional security that comes from primary attachments.

Peer orientation is often intensified by modern societal factors, including:

- Prolonged school hours with minimal parental involvement
- The rise of social media and digital communication
- Parental busyness leading to emotional unavailability

When kids turn to peers instead of parents, they risk adopting behaviors and values that may not align with family or personal growth, increasing their chances of falling into harmful patterns.

# Gabor Maté's Approach to Rebuilding Connection

Maté's approach to "holding on" to your kids isn't about strict discipline or control—it's about fostering genuine connection through presence, empathy, and emotional attunement. He encourages parents to slow down and actively engage with their children's inner worlds.

## Listening Beyond Words

Children often communicate through behavior rather than direct speech. Maté stresses the importance of parents tuning into the emotional messages behind their child's actions. Instead of reacting with frustration or punishment, try to understand what your child might be feeling or needing. This empathetic listening builds trust and opens channels for deeper intimacy.

## Creating Safe Emotional Spaces

A safe emotional environment allows kids to express their fears, joys, and frustrations without fear of judgment. Maté advocates for parents to be emotionally available and validate their children's experiences. This doesn't mean agreeing with everything the child says but acknowledging their feelings as real and important.

## Prioritizing Time Together

In a world bustling with distractions, dedicating uninterrupted time to your kids is one of the most powerful tools to maintain connection. Whether it's sharing meals, playing, or simply talking, these moments strengthen attachment and remind children that they matter.

## Practical Tips Inspired by Gabor Maté and Hold On To Your Kids

Understanding the theory is one thing, but applying it daily can be challenging. Here are some actionable strategies inspired by Maté's insights that parents can incorporate:

1. **Be Present:** Put away phones and devices during quality time. Focus entirely on your child to show they have your full attention.
2. **Validate Emotions:** Use phrases like "I see you're upset, and that's okay" to normalize feelings instead of dismissing them.
3. **Set Boundaries with Compassion:** Rules are important, but enforce them with empathy rather than anger.

4. **Encourage Open Dialogue:** Make it clear that your child can talk about anything without fear of harsh judgment or punishment.
5. **Model Healthy Attachment:** Show your own vulnerability and express affection openly to teach children how to connect emotionally.

## The Role of Trauma in Parent-Child Relationships

Gabor Maté's expertise in trauma adds a vital layer to the conversation about holding on to your kids. Trauma—whether experienced in childhood or adulthood—can deeply influence how parents and children relate. Parents who have unresolved trauma may find it difficult to connect emotionally, leading to cycles of disconnection that can perpetuate across generations.

Maté encourages awareness and healing of parental trauma to break these cycles. When parents attend to their own emotional wounds, they become more capable of offering the secure attachment their children need. This holistic view highlights that parenting is not just about the child but also about the parent's journey toward emotional health.

## Recognizing Signs of Disconnection

Sometimes, disconnection is subtle. Signs might include:

- Your child withdrawing or avoiding communication
- Increased conflict or defiance
- Difficulty expressing feelings
- A preference for peer company over family time

Noticing these signs early allows parents to intervene with patience and renewed effort to rebuild the connection.

## Why Gabor Maté Hold On To Your Kids Resonates Today

In an era dominated by technology, social fragmentation, and rising mental health concerns among youth, the message of \*gabor mate hold on to your kids\* feels more urgent than ever. Parents seeking to protect their children from external influences that might lead to disconnection and distress find Maté's approach refreshing and hopeful.

This philosophy doesn't promise perfection but invites parents into a more mindful, compassionate form of caregiving. It reminds us that beyond schedules, rules, and achievements, what children need most is to feel deeply known and loved by their primary caregivers.

Whether you're facing the challenges of toddler tantrums or navigating the complexities of teenage years, embracing Gabor Maté's wisdom can help transform your relationship with your children into one that is resilient, nurturing, and enduring.

Holding on to your kids through connection is not about clinging or controlling—it's about creating a lasting bond that withstands life's inevitable changes and challenges. It's a gift that keeps on giving, shaping not only your child's future but the very fabric of your family's emotional health.

## **Frequently Asked Questions**

### **What is the main message of Gabor Maté's book 'Hold On to Your Kids'?**

The main message of 'Hold On to Your Kids' is that children need strong, nurturing connections with their parents and caregivers to develop healthily, and that peer orientation can undermine this essential parent-child bond.

### **How does Gabor Maté explain the concept of 'peer orientation' in 'Hold On to Your Kids'?**

Gabor Maté explains 'peer orientation' as the tendency of children to look to their peers for guidance and values instead of their parents, which can lead to a weakening of parental influence and challenges in child development.

### **What are some strategies suggested by Gabor Maté in 'Hold On to Your Kids' to strengthen parent-child relationships?**

Strategies include fostering open communication, spending quality time together, setting consistent boundaries with empathy, and creating a home environment where children feel safe and valued to counteract peer pressure.

### **Why does Gabor Maté believe that parental attachment is crucial for a child's development?**

Maté believes parental attachment is crucial because it provides children with security, emotional regulation, and models for healthy relationships, which are foundational for their psychological and social well-being.

### **How has 'Hold On to Your Kids' influenced modern parenting approaches?**

'Hold On to Your Kids' has influenced modern parenting by encouraging caregivers to prioritize emotional connection over control, to be more attuned to their children's needs, and to resist societal pressures that lead to peer-dominated influences.

# Additional Resources

**\*\*Gabor Maté and "Hold On to Your Kids": An Analytical Review\*\***

**gabor mate hold on to your kids** represents a confluence of two significant voices in contemporary discussions on parenting, child development, and emotional health. While Gabor Maté is renowned for his profound insights into trauma, addiction, and attachment, "Hold On to Your Kids," co-authored by Gordon Neufeld and Gabor Maté, addresses the critical role of parental attachment in a world increasingly dominated by peer influence. This article delves into the core concepts of the book, examines Gabor Maté's contributions, and explores why their messages resonate deeply in modern parenting discourse.

## Understanding the Core Premise of "Hold On to Your Kids"

"Hold On to Your Kids" argues that the primary attachment children form should be with their parents rather than peers. Neufeld and Maté suggest that when children become overly influenced by peers, it can lead to issues such as increased behavioral problems, diminished respect for authority, and emotional insecurity. Fundamentally, the book emphasizes the importance of parental presence and emotional connection as the foundation for healthy child development.

Gabor Maté's role as a co-author is particularly significant given his expertise in trauma and attachment theory. His professional background as a physician specializing in addiction and mental health brings a unique perspective to the conversation about how early relational experiences shape psychological outcomes.

## The Shift from Parental to Peer Attachment

One of the central themes explored by Maté and Neufeld is the societal shift in attachment dynamics. Historically, children's primary attachment was to their parents, providing a secure base for emotional development and social learning. However, in contemporary society, factors such as media influence, fragmented family structures, and busy parental lifestyles have contributed to children gravitating more towards their peers for guidance and affirmation.

This shift is not without consequences. According to the authors, peer orientation can lead to increased susceptibility to negative peer pressure, identity confusion, and a lack of internalized moral compass. Maté's clinical observations support these claims, noting that children who lack strong parental attachment are more prone to anxiety, depression, and addictive behaviors in adolescence and adulthood.

## Gabor Maté's Unique Contribution to the Book's Message

Gabor Maté's extensive work on trauma and addiction enriches "Hold On to Your Kids" by framing attachment not merely as a parenting strategy but as a fundamental human need tied to emotional and neurological health. Maté's research underscores how early relational trauma or neglect can disrupt a child's brain development, leading to challenges in emotional regulation and interpersonal relationships.

His holistic approach integrates neuroscience, psychology, and social observation, highlighting that holding on to your kids is not about control but about fostering a secure, empathetic connection that promotes resilience. Maté often stresses that understanding and compassion are essential tools for parents navigating the complexities of their children's emotional worlds.

## **Attachment Theory in Practice**

Attachment theory serves as the backbone of the book's recommendations. It posits that children need a safe and reliable emotional bond with their caregivers to develop a stable sense of self. Maté's insights extend this theory by discussing how disruptions in attachment can lead to what he describes as "attachment wounds," which may manifest as behavioral problems or emotional disturbances later in life.

For example, a child who feels disconnected from parental figures might seek approval and belonging from peer groups, even if those groups promote harmful behaviors. Maté emphasizes the need for parents to recognize and respond to these attachment needs proactively, rather than simply enforcing discipline or rules without emotional engagement.

## **Practical Implications for Modern Parenting**

The integration of Gabor Maté's expertise and Neufeld's developmental psychology provides a comprehensive framework for parents seeking to strengthen their relationships with their children. The book encourages parents to:

- Prioritize quality time and emotional availability over material provisions.
- Recognize signs of peer orientation and intervene gently but firmly.
- Foster environments that encourage open communication and emotional expression.
- Understand the developmental needs of children at different ages and stages.
- Practice patience and empathy when addressing challenging behaviors.

These strategies align with Maté's broader philosophy that healing and growth stem from connection rather than punishment or detachment.

# Comparing "Hold On to Your Kids" with Other Parenting Paradigms

In the landscape of parenting literature, "Hold On to Your Kids" stands out by focusing explicitly on attachment as a counterbalance to the dominant cultural trends that often undermine parental influence. Unlike authoritarian models that prioritize obedience or permissive ones that emphasize freedom, this book advocates for an authoritative yet empathetic approach.

When compared to other attachment-based books, such as those by Dr. Daniel Siegel or Dr. Allan Schore, Maté and Neufeld's work is distinctive for its pointed critique of peer culture's impact on children. While other experts acknowledge attachment's importance, "Hold On to Your Kids" specifically warns about the societal forces that threaten it.

## The Role of Societal and Cultural Factors

Gabor Maté and Neufeld also contextualize their message within broader societal changes. The rise of digital technology, social media, and increasingly fragmented family units have altered how children experience relationships. These changes can exacerbate peer orientation by providing children with immediate but often superficial social validation outside the family.

Maté's clinical experience illustrates that these societal pressures may contribute to rising rates of mental health issues among youth, including anxiety disorders, depression, and addiction. His work suggests that repairing the parent-child attachment bond is a vital step toward mitigating these trends.

## Challenges and Criticisms

While "Hold On to Your Kids" has been praised for its insightful analysis and compassionate approach, it is not without criticism. Some argue that the book oversimplifies complex social dynamics by placing too much responsibility on parents without adequately addressing systemic issues such as economic hardship, educational disparities, and cultural variations in parenting.

Moreover, critics point out that while peer relationships can be problematic in some contexts, they are also essential for social development and learning independence. Balancing parental attachment with healthy peer interaction remains a nuanced challenge that the book touches on but may not fully resolve.

## Why "Gabor Maté Hold On to Your Kids" Remains Relevant

In an era where parenting is increasingly influenced by digital distractions, fast-paced lifestyles, and shifting social norms, the combined insights of Gabor Maté and Gordon Neufeld offer a timely reminder of the foundational role attachment plays in child development. Their work encourages a

return to empathy, presence, and emotional attunement—qualities that research consistently links with positive developmental outcomes.

For professionals in psychology, education, and social work, as well as parents themselves, the principles outlined in "Hold On to Your Kids" serve as a guide for nurturing resilience and emotional health in children. Maté's emphasis on understanding trauma and emotional wounds adds depth to the conversation, highlighting the long-term benefits of secure attachment beyond childhood.

As parenting challenges evolve, the dialogue initiated by Gabor Maté and his co-author remains a critical resource for those committed to fostering strong, healthy families.

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**gabor mate hold on to your kids:** Hold on to Your Kids Gabor Maté, Gordon Neufeld, 2019-01-03 'Maté's book will make you examine your behaviour in a new light' Guardian 'Bold, wise and deeply moral. [Maté] is a healer to be cherished' Naomi Klein, author of No Logo and The Shock Doctrine Children take their lead from their friends: being 'cool' matters more than anything else. Shaping values, identity and codes of behaviour, peer groups are often far more influential than parents. But this situation is far from natural, and it can be dangerous - it undermines family cohesion, interferes with healthy development, and fosters a hostile and sexualized youth culture. Children end up becoming conformist, anxious and alienated. In Hold on to Your Kids, acclaimed physician and bestselling author Gabor Maté joins forces with Gordon Neufeld, a psychologist with a reputation for penetrating to the heart of complex parenting. Together they pinpoint the causes of this breakdown and offer practical advice on how to 'reattach' to sons and daughters, establish the hierarchy at home, make children feel safe and understood, and earn back your children's loyalty and love. This updated edition also addresses the unprecedented parenting challenges posed by the rise of digital devices and social media. By helping to reawaken our instincts, Maté and Neufeld empower parents to be what nature intended: a true source of contact, security and warmth for their children.

**gabor mate hold on to your kids: Summary of Gordon Neufeld & Gabor Maté's Hold On to Your Kids** Everest Media,, 2022-05-28T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 The modern parent struggles to raise children who are not as respectful and disciplined as they were when they were children. Many parents feel as though they are not making any progress with their children, and they are growing more and more frustrated. #2 The gap between children and adults has never been bigger. We struggle to live up to our image of what parenting should be like, and we feel as if we are failing at the task. We are also afraid that the world has become less safe for our children, and we are powerless to protect them. #3 The state of affairs is ironic, given that more is known about child development than ever before and that we have more access to courses and books on childrearing than any previous generation of parents. #4 The secret of parenting is not in what a parent does, but rather who the parent is to a child. When a child seeks contact and closeness with us, we become empowered as a nurturer, a comforter, a guide, a model, a teacher, or a coach.

**gabor mate hold on to your kids: Hold On to Your Kids** Gordon Neufeld, Gabor Maté, MD, 2006-08-15 International authority on child development Gordon Neufeld, Ph.D., joins forces with New York Times bestselling author Gabor Maté, M.D., to tackle one of the most disturbing trends of our time: Children today looking to their peers for direction—their values, identity, and codes of behavior. This “peer orientation” undermines family cohesion, interferes with healthy development, and fosters a hostile and sexualized youth culture. Children end up becoming overly conformist, desensitized, and alienated, and being “cool” matters more to them than anything else. Hold On to Your Kids explains the causes of this crucial breakdown of parental influence—and demonstrates ways to “reattach” to sons and daughters, establish the proper hierarchy in the home, make kids feel safe and understood, and earn back your children’s loyalty and love. This updated edition also specifically addresses the unprecedented parenting challenges posed by the rise of digital devices and social media. By helping to reawaken instincts innate to us all, Neufeld and Maté will empower parents to be what nature intended: a true source of contact, security, and warmth for their children.

**gabor mate hold on to your kids: Das gewachsene Nest** Darcia Narvaez, Gay A. Bradshaw, 2024-09-16 Den Wegen der Natur zu folgen ist notwendig, um von Gewalt, Trauma und Krankheit zu Wohlbefinden, Frieden und Widerstandsfähigkeit zu gelangen. Millionen von Jahren lang folgten Wölfe, Wale, Menschen und andere Tiere demselben bewährten Rezept für die Aufzucht der Nachkommen und die Schaffung gesunder, widerstandsfähiger Gemeinschaften. Doch vor etwa 10.000 Jahren brach eine Gruppe von Menschen mit den Wegen der Natur und begab sich auf jenen traumatisierenden Pfad, der zu den heutigen globalen Krisen geführt hat. Dieses Buch verbindet Wissenschaft mit den Erfahrungen und Erkenntnissen unserer tierischen Verwandten und ist ein wichtiger Leitfaden, um die Menschheit wieder in Einklang mit den natürlichen Wegen des Wohlbefindens und der Ganzheit zu bringen. Wir sehen, wie Elefanten Gemeinschaften bilden und sich in der Kinderbetreuung aufteilen, wie Wölfe einen inneren moralischen Kompass entwickeln, wie Bären den Geist, den Körper und das Gehirn ihrer Kinder pflegen, und vieles mehr. Das gewachsene Nest zeigt, wie unsere Spezies heilen, wiederaufleben, sich erneuern und eine blühende Gegenwart und Zukunft für den gesamten Planeten schaffen kann.

**gabor mate hold on to your kids: Substance Abuse** Sheri Mabry Bestor, 2013-07-11 There are a variety of reasons young people turn to drugs, and the impact of such behavior can often be devastating. Whether alcohol, marijuana, ecstasy, or the latest drug of choice, substance abuse among teens continues to be a concern. This disorder affects so many people in one way or another, not only the addicted individual but also his or her family members and friends. In Substance Abuse: The Ultimate Teen Guide, Sheri Mabry Bestor looks at the various reasons why young people experiment with drugs and alcohol—and the consequences of doing so. Written to help young adults and those close to them understand substance abuse disorder, this book is full of important and practical information from various experts. In addition to facts, statistics, and advice, this book also provides insights from real people—teen addicts and others—who have been affected by substance abuse. Topics covered in this book include: exposure to alcohol and drugs reasons people experiment with addictive substances physical and emotional aspects of addiction treatment options relapses recovery The chapters in this book take readers through the process of substance use to substance abuse, from curiosity and experimentation to full-blown addiction and recovery. The chapters feature not only true life stories, but also contain information about how substance abuse affects the body and brain. Appendixes include a list of resources, including web sites, books, and movies that teens will find useful. Designed to give teens the tools for understanding this disorder from various perspectives, this book is a valuable resource for anyone affected by substance abuse.

**gabor mate hold on to your kids: Summary of Hold on to Your Kids** Darren Smith, 2023 Children take their lead from their friends: being 'cool' matters more than anything else. Shaping values, identity and codes of behaviour, peer groups are often far more influential than parents. But this situation is far from natural, and it can be dangerous - it undermines family cohesion, interferes

with healthy development, and fosters a hostile and sexualized youth culture. Children end up becoming conformist, anxious and alienated. In *Hold on to Your Kids*, acclaimed physician and bestselling author Gabor Maté joins forces with Gordon Neufeld, a psychologist with a reputation for penetrating to the heart of complex parenting. Together they pinpoint the causes of this breakdown and offer practical advice on how to 'reattach' to sons and daughters, establish the hierarchy at home, make children feel safe and understood, and earn back your children's loyalty and love. This updated edition also addresses the unprecedented parenting challenges posed by the rise of digital devices and social media. By helping to reawaken our instincts, Maté and Neufeld empower parents to be what nature intended: a true source of contact, security and warmth for their children.

DISCLAIMER: The contents of this book is never to supplant the original book but rather to help readers figure out a smart read. This summary has been approximately created nailing down the fundamental central issues, and realities, and summed up subtleties to assist developing comprehension you might interpret the book. Have a pleasant read!

**gabor mate hold on to your kids: *The Joy of Slow*** Leslie M. Martino, 2024-08-13 A parent's guide to cultivating an unhurried lifestyle and education that help their children thrive In a culture that prizes productivity, efficiency, and success, it's easy to feel as though we're constantly falling short and to lose sight of joy. The homeschool community is not exempt from this pressure, but longtime educator Leslie Martino shows parents how to slow down to recapture the delight and depth that are hallmarks of meaningful learning. In *The Joy of Slow*, she offers practical guidance on: creating daily rhythms that celebrate the ordinary and make space for spontaneity supporting children as they explore personal interests and engage in self-directed learning tracking students' progress in ways that might be overlooked by traditional assessments prioritizing connection with other people and the natural world While parents of young children are more likely to embrace a slow childhood that nurtures wonder and imagination, panic often sets in as kids grow older, and parents worry about preparing them for the world beyond school. These fears are exacerbated by learning challenges, unspoken competition among peers, and standardized assessments. *The Joy of Slow* offers a much-needed reset, inspiring parents to prioritize the needs of each individual child and to help them find renewed freedom and passion.

**gabor mate hold on to your kids: *Trauma Through a Child's Eyes*** Peter A. Levine, Ph.D., Maggie Kline, 2010-05-18 What parents, educators, and health professionals can do to recognize, prevent, and heal childhood trauma, from infancy through adolescence—by the author of *Waking the Tiger* Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents like auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit—often resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hands-on activities, *Trauma Through a Child's Eyes* gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma. "Trauma Through A Child's Eyes . . . creates its own mold in a way that everyone concerned with the health and happiness of children will be grateful for." —Gabor Maté, MD, author of *Hold On to Your Kids*

**gabor mate hold on to your kids: *Parenting Without Power Struggles*** Susan Stiffelman, 2012-03-15 Every parent knows the unrelenting fervour of a four-year-old's tantrum, an eight-year-old's insistence on talking back, or a moody pre-teen's newfound hobby of brooding in anger. And every parent has asked the simple question: how can I avoid meltdowns and create more peace at home? While most parenting strategies are designed to coerce your kids to change, *Parenting Without Power Struggles* does something innovative, and focuses on where parents actually have real control: within themselves. When parents learn to keep their cool and parent from a strong and durable connection, they become able to help their children navigate the challenging moments of growing up. Family therapist Susan Stiffelman has shown thousands of parents how to be the confident 'captain of the ship' in their children's lives. Based on her successful practice and

packed with real-life stories, Susan shares proven strategies and clear insights to motivate kids to cooperate and connect, making *Parenting Without PowerStruggles* an extraordinary guidebook for transforming your day-to-day parenting life.

**gabor mate hold on to your kids:** *Parenting* Brett Ullman, 2020-07-31 After more than two decades and over two thousand presentations, my interactions with parents reveal that although most want to learn and parent their best, they feel ill-equipped. Kids don't come with manuals. The goal of this book is to equip and empower you as a parent, grandparent, or youth leader to help kids navigate all aspects of life in the current culture. How do we sift through the unending philosophies on parenting and be intentional in how we choose what's best for our family? The number of voices is overwhelming. This book distills the essential elements of parenting so you can apply them in your own home. It approaches parenting from a Christian perspective and is filled with practical advice that is applicable to everyone. As we explore the foundations of parenting, we will look at: Parenting. What are the stages of parenting? What is the current state of parenting? What is the purpose of parenting? Parenting styles. What are they and which ones should I be using? What might I need to alter about my current parenting style? Progression of parenting. What are the skills our children need to learn? Time. What does quality time and being present with my kids look like? Communication. How can I gain better communication skills so that I can more effectively connect with my kids? Discipline. How do I effectively discipline my children? Family discipleship. Why is our worldview important, and how we can raise kids with a Christian worldview? Mental Health. How do we address issues like anxiety, panic attacks, and depression? Engaging the Culture. How do we empower our kids to engage the culture around us without compromising their faith? Media. How can we help our kids navigate technology? Sexuality. How do we direct our kids towards healthy sexuality? Pornography. What is the prevalence of pornography and how do we address its impact on our kids? Dating. How do we best avoid pitfalls in dating? Finances and education. How can we help our children make sound financial and education choices? Drugs and alcohol. What tools are available to assist in drug-proofing our kids? Loneliness. How do we prevent disconnection in our kids and help them to create community?

**gabor mate hold on to your kids: Attached at the Heart** Barbara Nicholson, Lysa Parker, 2013-08-06 Trust me. This is the only baby book you'll ever need! It's amazing, heartwarming, and completely user-friendly. Just add your heart! --Christiane Northrup, MD, author of *Mother-Daughter Wisdom*, *The Wisdom of Menopause*, and *Women's Bodies, Women's Wisdom* *Attached at the Heart* offers readers practical parenting advice for the modern age. In its most basic form, attachment parenting is instinctive. A crying baby is comforted and kept close to parents for protection. If hungry, he or she is breastfed. And while it is understood that there is no such thing as perfect parenting, research suggests that there is a strong correlation between a heightened sense of respect, empathy, and affection in those children raised the attachment parenting way. In this controversial book, readers will gain much needed insight into childrearing while learning to trust the intuitive knowledge of their child, ultimately building a strong foundation that will strengthen the parent-child bond. Using the Eight Principles of Parenting, readers will learn: How to prepare for baby before birth Why breastfeeding is a must for busy moms When to start feeding solid food How to respond to temper tantrums Sleeping safety guidelines and the benefits of cosleeping Tips for short separation How to practice positive discipline and its rewards Tips for finding and maintaining balance The benefits of using a baby sling and implementing infant massage Tips on dealing with criticism from those opposed or unfamiliar with AP style The dangers surrounding traditional discipline styles of parenting Contrary to popular belief, attachment parenting has been practiced in one form or another since recorded history. Over the years, it had been slowly replaced by a more detached parenting style—a style that is now believed by experts to be a lead contributing factor to suicide, depression, and violence. The concept of attachment parenting—a term originally coined by parenting experts William and Martha Sears—has increasingly been validated by research in many fields of study, such as child development, psychology, and neuroscience. Also known as conscious parenting, natural parenting, compassionate parenting, or empathic parenting, its goal is

to stimulate optimal child development. While many attachment-parenting recommendations likely counter popular societal beliefs, authors Barbara Nicholson and Lysa Parker are quick to point out that the benefits outweigh the backlash of criticism that advocates of detached parenting may impose.

**gabor mate hold on to your kids:** *Brain-Changing Strategies to Trauma-Proof Our Schools* Maggie Kline, 2020-11-03 Stop trauma in its tracks, address disruptive behaviors, and create a safe and nurturing school environment with a neuroscience-based approach in your classroom. Here we are given a gift that will keep on giving for generations to come.—Daniel J. Siegel, MD, New York Times best-selling co-author of *The Whole-Brain Child* and *Parenting from the Inside Out* More than 32 million children in the US suffer from trauma symptoms. Some have had adverse childhood experiences (ACEs), like neglect, abuse, violence, and loss, or have experienced distress from medical trauma and social injustice. Toxic traumatic stress shapes the structure and function of both brain and body, which can lead to anxiety, hyperactivity, aggression, shutting down, and acting out—emotions and behaviors that hinder learning and create classroom chaos. Maggie Kline, a family therapist, trauma specialist, school psychologist, and former teacher, gives you whole-brain, heart-centered tools to identify and reverse trauma-driven behaviors so students feel supported and safe. Her unique roadmap will empower you to facilitate positive school-wide outcomes as you learn: How trauma alters kids' brains causing cognitive, emotional, and behavioral challenges Evidence-based somatic, relational, and mindfulness interventions to rewire reactivity How to manage Pre-K-12 classrooms to promote empathy, cooperation, and belonging Social equity practices so kids from all backgrounds feel safe, valued, and joyful Concrete steps to restore resilience following natural and man-made catastrophes

**gabor mate hold on to your kids:** *Come On Home* Jessica Smartt, 2025-09-23 Family doesn't have to be perfect to be strong. We all have our own ideas of what a "strong family" is—but too often, the picture in our minds seems desperately far from our real lives. We long to build a home that our children want to come back to, a healthy environment where they can make mistakes and try again. We long for a place of unconditional love, a foundation to launch them into this crazy world without feeling lost or untethered. But how? And what if you feel like it's too late? Beloved author of *Memory Making Mom* Jessica Smartt is right there with you in the trenches of parenting and family life. She has great news: a strong family culture has nothing to do with flawless behavior, a Pinterest-perfect home, or continual harmony. In *Come on Home*, Jessica will equip parents to create the family they long for, with the people in their actual homes. It's never too late to build a strong family. Based on statistics, jam-packed with concrete examples, and infused with Jessica's trademark down-to-earth humor, *Come on Home* will help you discover: thirteen foundational characteristics like prayer, friendship, and loyalty for a close-knit family, or what a family needs to grow strong interviews with different kinds of strong families from all backgrounds and circumstances new patterns of discipline that hold boundaries without sacrificing connection practical, doable ideas to build strong relationships between family members, raising siblings who look out for one another, are good friends, and create lasting bonds principles for moving beyond unhealthy familial cycles to give your kids a new legacy While building a family will feel hard at times, it will be worth it. It's never too late to give our children a soft place to land, a foundation of faithfulness and grace.

**gabor mate hold on to your kids:** *Caring for Kids from Hard Places* Jayne E. Schooler, David L. Schooler, Th.D., 2024-05-07 Why doesn't he act his age? Why does she behave so impulsively? Why does he have meltdowns so often? There is always meaning behind behavior in all of us. It might be a behavioral reaction from something as simple as hunger or exhaustion. Or something far more serious - a triggered reaction to a traumatic, frightening experience. Children who have experienced early childhood neglect or trauma are often greatly impacted in developmental ways. Children in foster care or who are given up for adoption often deal with these kinds of negative early experiences and it can be difficult to know how to help. People who teach—either in school or children's ministry often see these youngsters' behavior as confusing and don't understand why. In

Caring for Kids from Hard Places, Jayne and David Schooler discuss the reasons behind why children and teens sometimes exhibit potentially disruptive behavior. Together, they offer practical strategies on training, equipping and resourcing staff and volunteers to provide a responsive environment for children with behavioral challenges. Caring for Kids from Hard Places includes: Insights on how to understand adverse childhood experiences (ACEs) Principles for creating a trauma-informed environment Strategies for facilitating healing Tips on how to create a sensory-smart classroom Discover how to better love children from difficult backgrounds and pave their way for a better life.

**gabor mate hold on to your kids:** Parenting Holly Taylor Coolman, 2024-01-23 Books on parenting abound, with many suggesting that specific strategies will produce desired results. Gifted theologian Holly Taylor Coolman offers something different: a theologically and biblically rich commentary on the theme of raising children. As a mother of five who is known for approaching parenting in a theological way, Coolman is often asked for advice. In this book, she explores parenting as a complex and beautiful vocation in which mothers and fathers themselves are made and unmade, offered troubling sorts of gifts, and drawn deeper into connection not only with their children but also with God, others, and themselves. Coolman describes child-rearing as a vocation to which parents are called that requires them to develop the skills of apprenticeship and invitation. She also locates raising children firmly within the context of the church. This book will appeal to Christian parents, especially adoptive and foster parents, as well as pastors, church leaders, and students.

**gabor mate hold on to your kids:** *The Womanly Art of Breastfeeding* Diane Wiessinger, Diana West, Teresa Pitman, 2010 This eighth edition of La Leche League's bestselling guide to breastfeeding has been retooled, refocused and updated for today's mothers and lifestyles. Working mothers, stay-at-home mums, single mums and mothers of multiples will all benefit from the book's range of nursing advice, stories, and information. With all-new photos and illustrations.

**gabor mate hold on to your kids:** **Faithful Presence** David E. Fitch, 2016-12-01 How can the church engage the world, not by judgment nor accommodation but by becoming the good news in our culture? Offering seven distinct spiritual practices, David Fitch helps you re-envision church, what you do in the name of church, and the way you lead a church. Reimagine the church as the living embodiment of Christ, reflecting God's faithful presence to a desperate world.

**gabor mate hold on to your kids:** **La Leche League 2-Book Bundle** La Leche League International, 2012-07-09 Dedicated to supporting nursing and expectant mothers, the internationally respected La Leche League has set the standard for educating and empowering women in the natural art of breastfeeding for generations. Now this two-volume eBook bundle provides a comprehensive one-stop guide for all your nourishing needs, from pregnancy to breastfeeding through weaning and beyond. **THE WOMANLY ART OF BREASTFEEDING** From pregnancy to weaning, the one book every nursing mother needs by her side This classic bestselling guide has been recently retooled, reorganized, and updated for today's mothers and lifestyles. Working mothers, stay-at-home moms, single mom, and mother's of multiples will all benefit from the range of nursing advice stories and information—from preparation during pregnancy to the world of weaning, from nursing positions to expressing and storing your milk. **The Womanly Art of Breastfeeding** provides answers to the most-asked questions—and to questions you didn't even know you had. There is no better beginning for your baby than this ultimate support resource. **FEED YOURSELF, FEED YOUR FAMILY** Good Nutrition and Healthy Cooking for New Moms and Growing Families Featuring more than seventy-five easy-to-make and delicious recipes, sanity-saving, mom-tested advice, and vital information about your nutritional needs when pregnant, nursing, or weaning, **Feed Yourself, Feed Your Family** helps you set your family on a course for a lifetime of healthy eating. You'll find tips on stocking your fridge and pantry for simple meals in minutes, fun ways to get children involved in the kitchen, info for safely shedding pounds while breastfeeding, and candid, affirming stories from mothers just like you.

**gabor mate hold on to your kids:** How Consumer Culture Controls Our Kids Jennifer Hill, 2015-11-02 This gripping book considers the history, techniques, and goals of child-targeted

consumer campaigns and examines children's changing perceptions of what commodities they need to be valued and value themselves. In this critique of America's consumption-based society, author Jennifer Hill chronicles the impact of consumer culture on children—from the evolution of childhood play to a child's self-perception as a consumer to the consequences of this generation's repeated media exposure to violence. Hill proposes that corporations, eager to tap into a multibillion-dollar market, use the power of advertising and the media to mold children's thoughts and behaviors. The book features vignettes with teenagers explaining, in their own words, how advertising determines their needs, wants, and self-esteem. An in-depth analysis of this research reveals the influence of media on a young person's desire to conform, shows how broadcasted depictions of beauty distort the identities of children and teens, and uncovers corporate agendas for manipulating behavior in the younger generation. The work concludes with the position that corporations are shaping children to be efficient consumers but, in return, are harming their developing young minds and physical well-being.

**gabor mate hold on to your kids:** *Take Back Your Family* Jefferson Bethke, 2021-09-07 New York Times bestselling author Jefferson Bethke delivers a powerful critique of the Western notion of the nuclear family and calls us to a sweeping new paradigm that brings not only longed-for stability but also radical blessings to the world. The West's multi-century experiment with the nuclear family has failed. Its toxic hyper-individualism has left us with an unprecedented number of broken homes and rampant confusion over what a family is supposed to be. Jefferson Bethke delivers the solution we've been seeking: a plan for taking back our families from the modern myth that has derailed us and a vision for returning to the life-giving, biblical model of multi-generational teams. In *Take Back Your Family*, Bethke uncovers the historic events that led to our obsession with the nuclear family, then exposes the devastating effects of our current me culture. Now, writing from the visceral perspective of a father with three young children, he shares the values and strategies he and his family lean on in their quest to live as a community bonded by a shared mission, committed to mutually growing and thriving together. By returning to God's original design for families on earth, he says, we can participate in the kingdom work that restores and fulfills our innermost desires for connection, contentment, and meaning.

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**„The Savant“: Cast, Handlung und Start der neuen Thriller-Serie** 4 days ago Für Thriller- und Krimi-Fans gibt es bald einen Leckerbissen im Stream zu sehen. Denn „The Savant“ ist eine Serie um eine gewiefte FBI-Agentin. Jedoch wurde der Start

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