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# The Danish Way Of Parenting: What The Happiest People In The World Know About Raising Confident, Capable Kids



## Synopsis

Discover the parenting secrets of the happiest people in the world. What makes Denmark the happiest country in the world - and how do Danish parents raise happy, confident, successful kids year after year? This upbeat and practical guide reveals the six essential principles that have been working for parents in Denmark for decades: Play: essential for development and well-being Authenticity: fosters trust and an 'inner compass' Reframing: helps kids cope with setbacks and look on the bright side Empathy: allows us to act with kindness towards others No ultimatums: no power struggles or resentment Togetherness: a way to celebrate family time, on special occasions and every day A revealing and fresh take on parenting advice, *The Danish Way of Parenting* will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

## Book Information

Audible Audio Edition

Listening Length: 3 hours 30 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Hachette Audio UK

Audible.com Release Date: February 23, 2017

Whispersync for Voice: Ready

Language: English

ASIN: B01NBYU6DO

Best Sellers Rank: #143 in Books > Parenting & Relationships > Babysitting, Day Care & Child Care #2035 in Books > Audible Audiobooks > Health, Mind & Body > Family & Relationships #9527 in Books > Parenting & Relationships > Parenting

## Customer Reviews

An upfront confession: When we want to change something about ourselves, say our style of parenting, it's often very difficult to do with nothing more than desire. I've found, however, that if I can see the issue differently it often becomes much easier to operate differently, even when the circumstances are the same. *The Danish Way of Parenting* encourages us to take a long view in children's development, and this can allow us to see our role as parents in a new way. For example, the authors claim that in Denmark there is no such thing as the "Terrible Twos." Of course two-year-olds in Denmark are not some placid freaks of nature, but the Danes call this step in children's development the "Boundary Age," and don't see it as something to dread or get upset

about. In other words, while we in US tend to see a two-year old at a defiant, willful stage that we must deal with by establishing our authority, the Danes see this age as the time when children start growing and experimenting to find out about the world and their abilities. Part of that experimentation involves the child learning where his boundaries are. No one argues that the child should get his way through temper tantrums, but it's easier not to overreact to children's behavior if we don't frame it as a direct challenge to our authority, but instead see it as an attempt to find out where their boundaries are. Much of the Danish way to parent seems to depend more on both parents being more involved in hands on parenting than we usually see in the United States. And their culture seems to encourage more interaction with the extended family than ours does, with their socializing appearing to be more child centered than ours. Those sorts of conditions require a larger number of people being on the same page to support children, and may not be useful as a model here. But the general way Danes see children's development and their relationship to their children might shed a lot of light on child rearing practices we can, and perhaps should, change.

This was overall a really good parenting book--easy, quick read, and I loved--LOVED-- the first few chapters on teaching empathy, reframing, play and authenticity and should be read by every human being as a requirement for life, not just for parenting, but for looking at life in a different more positive and an understanding way. But I don't give a 5 star for a couple of reasons. First, some of the way that she writes is a little bit annoying at times. She keeps reminding the reader that they are the happiest people so everything they do must be right. I remember watching a documentary or something on the fact that Danes are the happiest people in the world, and when several Danes were told that by the interviewer, they responded first with surprise and then said that the reason was probably because they had low expectations. It is nonetheless a good read and this little bit was easy to skim over. The second reason I cannot give it 5 stars is that the chapter on no ultimatums sort of lost me. I wish I would have skipped it, actually, because it tainted how much I loved the rest of the book. She seems to assume that all children act rationally and can be reasoned with all the time and if you parent them with authority you will eventually resort to what she seems to consider the American thing to do i.e. to parent with "fear" and beat your children or scream at them. Balderdash, all. You can parent with authority and at the same time respect them, not beat your kids or make them fear you. Ultimately, it is worth the read and I will recommend it to friends. You might like the no ultimatums parenting--it might work for your parenting style and you might have extremely reasonable kids, or if you think it might annoy you and ruin the book for you, tear that chapter out and read a discipline book by Ray Guarendi.

I enjoy learning about parenting techniques, styles, and methods of other cultures. I think it helps to keep things in perspective and is definitely good for thought. I've now recommended this book to several people because I enjoyed it so much! I appreciate that the authors didn't spend half the book explaining their education and how you should follow their methods because they are the smartest, most experienced, and have more credentials than anyone else in the world offering parenting advice. I also felt that it was a nice, easy-to-read, high level, big-picture kind of book. There was no "if your child does that, you should do this" sort of instruction. I really liked that it was more about general concepts, like reframing, with relatable examples. I find myself recognizing and thinking about the various concepts and ideas in my everyday interactions with my son much more so than any other book I've read (I've read quite a few), and it doesn't really require any effort to make the little changes in language and perception that I've made. I guess you could say that the book really expanded my understanding. I highly recommend this book!

This is such an excellent book! I can't stop talking about it. And it's more than just a parenting book I think too! Great things that all people can apply! I wish everyone would read this book!

I enjoyed reading this book. The idea of "togetherness" wasn't new to me, but I did forget what it really means after 14 years of living in the US. I will try to incorporate it more in my family (and possibly work) life.

Very clear and concise ideas. In particular, I liked the chapter on empathy. This is very important for young children to develop. I would recommend this book to others.

So helpful! I may not do all the things they do in Denmark but there are many great ideas to glean from this book!

Very informative book. Excited to try the new methods with my family.

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