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**Interview on BBC World News**  
**Part 2: The Danish Way of Parenting** ~~Danish Way of Parenting: what the happiest people in the world know about raising kids~~

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**"The Danish Way of Parenting"** by Jessica

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The Danish Way Of Parenting

Parent the Danish way

(online course) What you'll

learn on the course:

Becoming aware of the

community and HYGGE'S value

- what brings you together

as a family. Only in...

Authenticity, Empathy,

Hygge, Play, Reframing, The

Danish Way, Togetherness and

Hygge March 15, 2020.

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The Danish Way of Parenting

The Danish Way of Parenting

encourages us to take a long

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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."

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Amazon.com: The Danish Way of Parenting: What the Happiest ...

—Rebecca Eanes, author of Positive Parenting: An Essential Guide "With a profound understanding of the positive impact that empathy and connectedness bring to parenting, The Danish Way empowers parents across the globe to check

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their own default settings and consider the whole child. Their take on the importance of free play is a breath of fresh air in a time when young children are over-scheduled and under stress.

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The Danish Way of Parenting:  
What the Happiest People in  
...

7 Keys to Parenting the Danish Way

1. Let your child play. One of the main things that Danish parents do is let their children play freely. Instead of...

2. Be honest with your children. As adults, it can be easy to sugarcoat things for our



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children. As adults, it can be easy to sugarcoat things for our kids. "Being honest with children... 3. Promote

...

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7 keys to Parenting the danish way | The Danish Way of ...

How would you describe Danish parenting? "Danish parents actively teach their children empathy and to value others. They base their success on real teamwork rather than only striving to be the star.

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Danish Parenting Tips -  
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The Danish Way of Parenting review - how to raise the world's happiest kids.

Denmark approaches childhood, and society as a whole, very differently to Britain or the US, argue Jessica Joelle ...

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The Danish Way of Parenting review - how to raise the

...

There are some very specific difference but, in general, the Danish have a much more relaxed parenting style.

Danish parenting practices have become somewhat trendy thanks to a recent bestselling...

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World Know About Raising Confident Capable Kids  
How Does Danish Parenting Differ From American Parenting ...

How is no ultimatums parenting tied to the overall Danish parenting style? "The Danes are a very democratic and empathic people and it's no secret that the seeds are sewn very young. Children are respected as having a voice. They are seen as a growing equal in need of guidance, not a kid in need of control and discipline.

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no ultimatums parenting-the danish way | The Danish Way of ...

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The Danes have been voted as one the happiest countries in the world for over 40 years in a row. This is because they have figured out a way to cultivate more wellbeing in their people in general. They sew the seeds young so their children grow up to be happier, more resilient adults.

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10 questions about the Danish Way of Parenting | The ...

The Danish Way of Parenting: What the Happiest People in the World Know About Raising Confident, Capable Kids  
Audible Audiobook - Unabridged Jessica Joelle

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Alexander (Author), Dissing Sandahl (Author), Kim Mai Guest (Narrator), 4.7 out of 5 stars 812 ratings See all formats and editions

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Amazon.com: The Danish Way of Parenting: What the Happiest ...

Jessica Joelle Alexander, author of The Danish Way of Parenting, told The Guardian that she believes paid maternity leave could be directly tied to this phenomenon. Denmark has one of the best maternity leaves out there, giving mothers a month off before their baby is born and then an entire year at home with their

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Want To Raise Happier Kids?

Parent Like The Danish ...

Danish people are happy because of the way they're raising their children.

Happy children become happy adults. Free play is really important for children. The Danish way is simple and common sense. It's really important for students to have a feeling of belonging and connectedness. Quotes

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Ep. 78: The Danish Way of Parenting (Part 2) |  
Sunshine ...

Togetherness is a way to

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celebrate family time, on special occasions and every day. The Danes call this hygge - and it's a fun, cozy way to foster closeness. Preparing meals together, playing favorite games, and sharing other family traditions are all hygge. (Cell phones, bickering, and complaining are not!)

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The Danish Way of Parenting  
by Jessica Joelle Alexander

...

The Danish way of parenting may just be the way to go. Denmark has frequently been ranked as one of the happiest countries in the world. It is a culture that



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celebrates togetherness and hygge (cozy conviviality), teaches empathy, and believes children should have a voice and be respected. All of these factors play a part in how Danes parent.

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The Danish Way of Parenting:  
An Interview with Jessica

...

Yes, it is easy and great to parent "The Danish Way" if you live in a society where that's the norm, but the book doesn't really address dealing with conflicting opinions of parenting. I'd sum up this book as "Don't worry about other forms of

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The Danish Way of Parenting Quotes Showing 1-30 of 124  
"Children are constantly focused on their parents and will mirror them. Therefore, what they experience in the home will be crucial for their empathy development. Parents have a big responsibility because they are the primary example of empathy and must practice being empathic themselves."

International bestseller As

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seen in The Wall Street Journal--from free play to cozy together time, 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 book presents six essential principles, which spell out P-A-R-E-N-T: Play is 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

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happiest people in the world know about raising confident, capable kids. No ultimatums, means no power struggles, lines in the sand, or resentment.

Togetherness is a way to celebrate family time, on special occasions and every day. The Danes call this hygge--and it's a fun, cozy way to foster closeness.

Preparing meals together, playing favorite games, and sharing other family traditions are all hygge.

(Cell phones, bickering, and complaining are not!) With illuminating examples and simple yet powerful advice, The Danish Way of Parenting will help parents from all walks of life raise the happiest, most well-adjusted

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International bestseller As seen in The Wall Street Journal--from free play to cozy together time, 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 book presents six essential principles, which spell out P-A-R-E-N-T: Play is essential for development and well-being. Authenticity fosters trust and an "inner compass." Reframing helps kids cope

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with setbacks and look on the bright side. Empathy allows us to act with kindness toward others. No ultimatums means no power struggles, lines in the sand, or resentment.

Togetherness is a way to celebrate family time, on special occasions and every day. The Danes call this hygge--and it's a fun, cozy way to foster closeness. Preparing meals together, playing favorite games, and sharing other family traditions are all hygge. (Cell phones, bickering, and complaining are not!) With illuminating examples and simple yet powerful advice, The Danish Way of Parenting

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will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

'A shining alternative to high-stress modern parenting, and families from New Delhi to New York will shout with joy' Heather Shumaker, author of It's OK Not to Share and It's OK to Go Up the Slide 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

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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
- 

- Together: 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



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happiest, most well-adjusted kids in the world.

Discover how Dutch parents raise The Happiest Kids in the World! Calling all stressed-out parents: Relax! Imagine a place where young children play unsupervised, don't do homework, have few scheduled "activities" . . . and rank #1 worldwide in happiness and education. It's not a fantasy—it's the Netherlands! Rina Mae Acosta and Michele Hutchison—an American and a Brit, both married to Dutchmen and raising their kids in the Netherlands—report back on what makes Dutch kids so happy and well adjusted. Is

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it that dads take workdays off to help out? Chocolate sprinkles for breakfast? Bicycling everywhere?

Whatever the secret, entire Dutch families reap the benefits, from babies (who sleep 15 hours a day) to parents (who enjoy a work-life balance most Americans only dream of). As Acosta and Hutchison borrow ever-more wisdom from their Dutch neighbors, this much becomes clear: Sometimes the best thing we can do as parents is . . . less!

Bringing Up Bébé meets Last Child in the Woods in this "fascinating exploration of the importance of the

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happiest people in the world know about raising confident capable kids outdoors to childhood development" (Kirkus Reviews) from a Swedish-American mother who sets out to discover if the nature-centric parenting philosophy of her native Scandinavia holds the key to healthier, happier lives for her American children. Could the Scandinavian philosophy of "There's no such thing as bad weather, only bad clothes" hold the key to happier, healthier lives for American children? When Swedish-born Linda Åkeson McGurk moved to Indiana, she quickly learned that the nature-centric parenting philosophies of her native Scandinavia were not the

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norm. In Sweden, children play outdoors year-round, regardless of the weather, and letting babies nap outside in freezing temperatures is common and recommended by physicians. Preschoolers spend their days climbing trees, catching frogs, and learning to compost, and environmental education is a key part of the public-school curriculum. In the US, McGurk found the playgrounds deserted, and preschoolers were getting drilled on academics with little time for free play in nature. And when a swimming outing at a nearby creek ended with a fine from a

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park officer, McGurk realized that the parenting philosophies of her native country and her adopted homeland were worlds apart. Struggling to decide what was best for her family, McGurk embarked on a six-month journey to Sweden with her two daughters to see how their lives would change in a place where spending time in nature is considered essential to a good childhood. Insightful and lively, *There's No Such Thing as Bad Weather* is a fascinating personal narrative that illustrates how Scandinavian culture could hold the key to raising healthy, resilient,

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and confident children in America.

Parenting can be such an overwhelming job that it's easy to lose track of where you stand on some of the more controversial subjects at the playground (What if my kid likes to rough house—isn't this ok as long as no one gets hurt? And what if my kid just doesn't feel like sharing?). In this inspiring and enlightening book, Heather Shumaker describes her quest to nail down "the rules" to raising smart, sensitive, and self-sufficient kids. Drawing on her own experiences as the mother of two small

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children, as well as on the work of child psychologists, pediatricians, educators and so on, in this book Shumaker

gets to the heart of the matter on a host of important questions. Hint: many of the rules aren't what you think they are! The "rules" in this book focus on the toddler and preschool years—an important time for laying the foundation for competent and compassionate older kids and then adults. Here are a few of the rules:

- It's OK if it's not hurting people or property
- Bombs, guns and bad guys allowed.
- Boys can wear tutus.
- Pictures don't have to be pretty.
- Paint off

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the paper! • Sex ed starts in preschool • Kids don't have to say "Sorry." • Love your kid's lies. IT'S OK NOT TO SHARE is an essential resource for any parent hoping to avoid PLAYDATEGATE (i.e. your child's behavior in a social interaction with another child clearly doesn't meet with another parent's approval)!

"This is a must-read for every family that yearns to create peace and harmony."  
--Shefali Tsabary, Ph.D.,  
New York Times bestselling author of The Conscious Parent Tired of yelling and nagging? True family connection is possible--and



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this essential guide shows us how. Popular parenting blogger Rebecca Eanes believes that parenting advice should be about more than just getting kids to behave. Struggling to maintain a meaningful connection with her two little ones and frustrated by the lack of emotionally aware books for parents, she began to share her own insights with readers online. Her following has grown into a thriving community--hundreds of thousands strong. In this eagerly anticipated guide, Eanes shares her hard-won wisdom for overcoming limiting thought patterns

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and recognizing emotional triggers, as well as advice for connecting with kids at each stage, from infancy to adolescence. This heartfelt, insightful advice comes not from an "expert," but from a learning, evolving parent. Filled with practical, solution-oriented advice, this is an empowering guide for any parent who longs to end the yelling, power struggles, and downward spiral of acting out, punishment, resentment, and shame--and instead foster an emotional connection that helps kids learn self-discipline, feel confident, and create lasting, loving bonds.

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Bringing Reggio Emilia Home is the first book to integrate the experiences of one American teacher on a year-long internship in the preschools of Reggio, with a four-year adaptation effort in one American school. The lively text includes many "mini-stories" of preschool and kindergarten-age children, teachers, and parents who embark on journeys of learning together. These journeys take shape in language, in drawings, in tempera paint and clay, in outdoor excursions, and in the imaginations of both the children and adults. This

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informative and accessible work features photographs of the children (both in Italy and the United States) and samples of the children's work, including some in full colour. During the past 10 years there has been a tremendous interest among early childhood educators and parents in the innovative approaches to teaching pioneered in the preschools of Reggio Emilia, Italy. This book is a must read for anyone interested in the Reggio Approach! Teachers, especially those in early childhood, teacher educators, policy makers, administrators, and parents will find it invaluable.

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Audrey "Sunshine" Monke, mother of five and camp owner-director, shares nine powerful parenting techniques-inspired by the research-based practices of summer camp-to help kids thrive and families become closer. Research has proven that kids are happier and gain essential social and emotional skills at camp. A recognized parenting expert, Audrey Monke distills what she's learned from thousands of interactions with campers, camp counselors, and parents, and from her research in positive psychology, to offer intentional strategies

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parents can use to foster the benefits of camp at home. Our screen-obsessed, competitive society makes it harder than ever to raise happy, thriving kids. But there are tried-and-true methods that can help.

Instead of rearing a generation of children who are overwhelmed, anxious, depressed, and who struggle to become independent, responsible adults, parents can create a culture that promotes the growth of important character traits and the social skills kids need for meaningful, successful lives. Thousands of parents attest to the "magical" benefits of summer

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camp for their kids, noting their children return more joyful, positive, confident, and resilient after just a few weeks. But you can learn exactly what it takes to promote these benefits at home. Complete with specific ideas to implement the most effective summer camp secrets, HAPPY CAMPERS is a one of a kind resource for raising happy, socially intelligent, successful kids.

An eye-opening guide to the world's best parenting strategies Research reveals that American kids lag behind in academic achievement, happiness, and

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wellness. Christine Gross-Loh exposes culturally determined norms we have about "good parenting," and asks, Are there parenting strategies other countries are getting right that we are not? This book takes us across the globe and examines how parents successfully foster resilience, creativity, independence, and academic excellence in their children. Illuminating the surprising ways in which culture shapes our parenting practices, Gross-Loh offers objective, research-based insight such as: Co-sleeping may promote independence in kids. "Hoverparenting" can



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damage a child's resilience.  
Finnish children, who rank  
among the highest academic  
achievers, enjoy multiple  
recesses a day. Our  
obsession with self-esteem  
may limit a child's  
potential.

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