



# How to Calm a Challenging Child: foreword by Cassandra Jardine, The Daily Telegraph

*Miriam Chachamu*

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**How to Calm a Challenging Child: foreword by Cassandra Jardine, The Daily Telegraph** Miriam Chachamu

When emotions are high, intelligence is low - that's when you need my book. Too many parents have to cope with tantrums or unco-operative children. This I learned in my many years as a Parenting Course Tutor and Independent Parenting Consultant. There are many good books for parents. Yet despite this I am continually asked for an easy ABC guide. My parents have all wanted a concise, quick and easy read with straightforward explanations of everyday family dynamics. And they want expert practical advice that works. So my book is short and thoughtfully illustrated to make it very accessible under the most difficult of circumstances. It shows you how to calm tempestuous situations to maintain a co-operative, happy and harmonious family. Busy parents quickly understand how serious ideas can become easily understandable. This title offers: insight to a child's world; basic child psychology; skills that reduce conflict; the shopping nightmare; inspired solutions; and, harmonious co-operation.

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