

# The Happy Kid Handbook

A back-to-basics guide to parenting, *The Happy Kid Handbook* by child and adolescent psychotherapist Katie Hurley shows parents how happiness is the key to raising confident, capable children. By exploring the differences among introverts, extroverts, and everything in between, this definitive guide to parenting offers parents the specific strategies they need to meet their child exactly where he or she needs to be met from a social-emotional perspective.

*The Happy Kid Handbook* is a must-have for any parent hoping to raise joyful, empathic and confident children.

## Sample speaking topics include:

- **Personality Matters!** - Why understanding your child's personality is the key to empowering your child.
- **Stress Busters for Kids** - How to help your child cope with childhood stress
- **Don't Fret the Test!** - How to help kids with test or academic anxiety
- **The Happy Kid at Home** - How to increase family happiness
- **The Happy Kid at School** - How to help kids become confident and assertive students
- **Don't Tame the Tantrum!** - How to teach emotional regulation instead of trying to tame tantrums

## ABOUT KATIE:

Katie Hurley, LCSW, is a child and adolescent psychotherapist, parenting expert, and writer in Los Angeles, CA. Her work can be found on EverydayFamily, Momtastic, mom.me, Yahoo Parenting and The Huffington Post. Katie writes the parenting blog, Practical Parenting.



## PRAISE FOR THE BOOK

"A clear and thoughtful approach to parenting your individual child. In a world full of stresses on parents and children, what a relief to read parenting strategies that focus on my unique child...On raising an empathetic, happy, and confident person"

-Idina Menzel, Tony Award-winning Actress and Singer

"Any mother of big kids will tell you that the exhausting days of infancy were a breeze! I love Katie's real-life approach to surviving our children's childhood, and being the best parents we can for them. Here's to happy kids... and sane parents!"

-Jill Smokler, New York Times bestselling author of *Confessions of a Scary Mommy*

"Katie Hurley has a profound understanding of how to tap into children's individual strengths, personality traits, and interests to better connect, communicate, and empower them."

-Rachel Macy Stafford, New York Times bestselling author of *Hands Free Mama*

