

101 Tips for Moms and Dads from “The Parenting Mentor”

Susan Groner offers up the perfect book for parents who don't have time to read parenting books

Parenting: 101 Ways to Rock Your World by Susan G. Groner

One of the most frustrating aspects of parenting is that there is no school for it. You learn by doing. As a parenting mentor, Susan Groner offers a new kind of help for families. Acting not as a pediatrician or a therapist, but as an ally, Groner helps parents on their journey to raise confident and resilient children, from toddlers to teens. She focuses on finding parenting strategies that don't suck the joy out of being a parent.

In her new book, *Parenting: 101 Ways to Rock Your World*, Groner culls parenting tips that are meant to offer simple, common-sense guidance on the route to raising resilient, self-sufficient young adults. The book is designed to be an easy-to-read, pick-up-every-now-and-then reference. Groner has developed the CLEARR™ method of parenting, adhering to the belief that parenting strategies should be grounded in six important pillars: Communication, Love, Empathy, Awareness, Rules, and Respect.

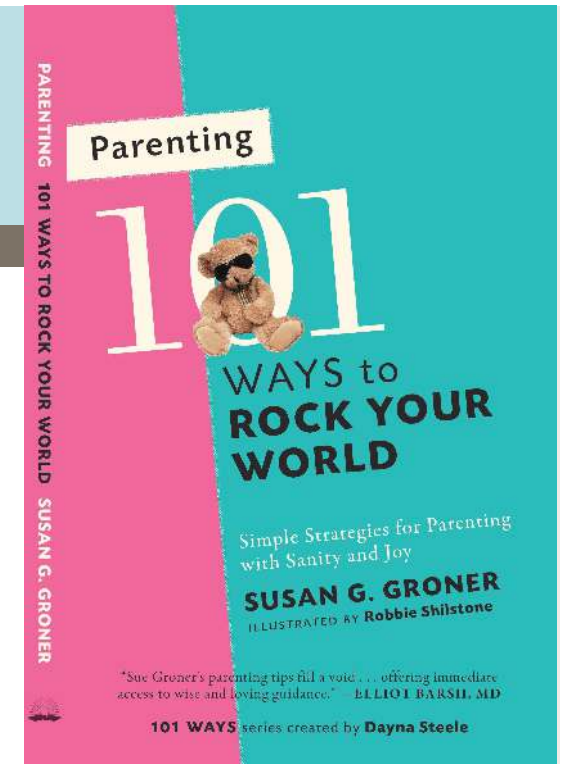
Groner is a mom to two children, now 18 and 20. She says as a young mother, she was constantly second-guessing her parenting decisions. How much screen time? How much allowance? What type of chores? Music lessons or sports? Scheduled time or downtime? What she found is that there was no one-size-fits-all answer—simply a decision to be made.

Groner says, “What I have come to realize since, is that every child, every parent, and every family unit functions differently and there is no one answer or directive that will work for everyone. Good parenting is a constant learning process and the true sign of ‘success’ is not that your children are ‘perfect,’ but rather that they feel safe and loved, and are happy, capable, and kind. On top of that, you should feel good while raising your children.”

Parenting: 101 Ways to Rock Your World offers tools for parents to feel more confident, competent, and inspired in discovering what works best for their families. Groner works with parents to help them move from knee-jerk reactions to thinking about the long-term goals of their parenting decisions. The book covers:

- Parenting Golden Rules
- Life Skills
- Family Time
- Perspective and Judgment
- Food and Dining
- Gratitude and Attitude
- Rules and Respect
- Forbidden Phrases

A great resource for parents at every stage of child-rearing, *Parenting: 101 Ways to Rock Your World* will help parents feel more confident in one of the most important roles and exciting journeys they will ever take on.



BOOK DETAILS

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About the Author

SUE GRONER is the founder of The Parenting Mentor, which provides on-site and virtual coaching sessions for parents of toddlers through teens. As a University of Pennsylvania, Wharton School graduate and a former advertising executive, Groner uses her training in creative problem-solving along with her CLEARRT™ methodology to help parents foster and maintain a more fulfilling and stress-free experience while in the trenches of day-to-day child rearing. She lives in New York with her husband and two children.

Story Ideas / Key Messages

- Be a Happier and More Relaxed Parent: Reducing the everyday stress and anxiety of parenting
- The Parenting Mentor: An hour or two of advice that can help you reframe parenting and find joy in it
- What is The CLEARRT™ Method? Grounding parenting in Communication, Love, Empathy, Awareness, Rules, and Respect
- What Are YOUR Family Rules? How to develop house rules, and engage your kids in the process
- A Daily Parenting Meditation: 101 parenting tips to start your day
- Making Memories: Activities for archiving your child's creations and marking milestones
- It Doesn't Have to Be This Hard: Actionable tips for taking the daily stress out of dressing your kids, planning meals, and bedtime routines
- A Great Book for Dads: *Parenting: 101 Ways to Rock Your World* contains fun, actionable parenting tips and strategies to use with kids from toddlers to teens

Praise for the Book

"Sue Groner's parenting tips fill a void . . . offering immediate access to wise and loving guidance."
—Elliot Barsh, MD

"Parenting is the most basic of human activities—and oftentimes the most stressful. We love our children and want to get it right. But in the process we sometimes feel inadequate, as if we are not living up to some parental ideal. This wise and loving book offers 101 basic suggestions for managing everyday parenting decisions, covering issues from boundary setting and communication to instilling gratitude and self-esteem. These insightful and practical tips embrace the best and most relevant psychological theories, giving parents a blueprint to help their children acquire a healthy sense of self and the capacity to love. And best of all, the author does it in a way that is not preachy or judgmental. Bravo, Sue Groner!"
—Steven Alter, PhD, child psychologist

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