



The Danish Way of Parenting: What the Happiest People in the World Know About Raising Confident, Capable Kids

Jessica Joelle Alexander, Iben Sandahl

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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 habits of the happiest families on earth. With illuminating examples and simple yet powerful advice, the authors present 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 kindness towards 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 simple yet meaningful way to foster a close bond.

A revealing and fresh take on cross-cultural 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.

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