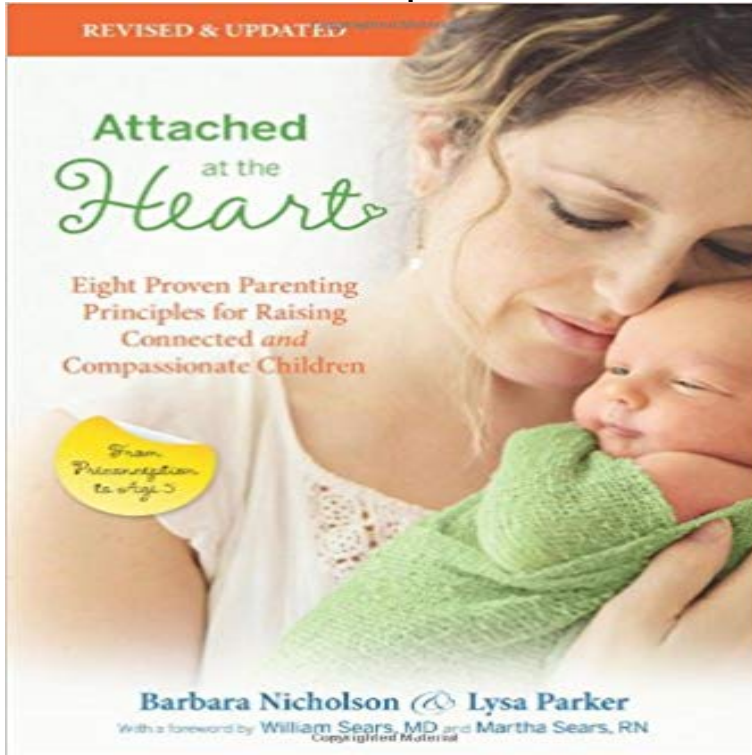


## Attached at the Heart: Eight Proven Parenting Principles for Raising Connected and Compassionate Children



Attached at the Heart offers readers practical parenting advice for the modern age. In its most basic form, attachment parenting is instinctive. A crying baby is comforted and kept close to parents for protection. If hungry, he or she is breastfed. And while it is understood that there is no such thing as perfect parenting, research suggests that there is a strong correlation between a heightened sense of respect, empathy, and affection in those children raised the attachment parenting way. In this controversial book, readers will gain much needed insight into childrearing while learning to trust the intuitive knowledge of their child, ultimately building a strong foundation that will strengthen the parent-child bond. Contrary to popular belief, attachment parenting has been practiced in one form or another since recorded history. Over the years, it had been slowly replaced by a more detached parenting style—a style that is now believed by experts to be a lead contributing factor to suicide, depression, and violence. The concept of attachment parenting—a term originally coined by parenting experts William and Martha Sears—has increasingly been validated by research in many fields of study, such as child development, psychology, and neuroscience. Also known as conscious parenting, natural parenting, compassionate parenting, or empathic parenting, its goal is to stimulate optimal child development. While many attachment-parenting recommendations likely counter popular societal beliefs, authors Barbara Nicholson and Lysa Parker are quick to point out that the benefits outweigh the backlash of criticism that advocates of detached parenting may impose.

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