

# Pointers For Parents

## Scream-Free Parenting

(NAPSA)—You don't have to know all the right answers at all



the right times to be the parent you've always wanted to be; you just have to learn to calm down. That is the advice of Hal Runkel, LMFT, America's newest par-

enting expert. Runkel brings this powerful, revolutionary approach to parenting in his new book "ScreamFree Parenting: Raising Your Kids By Keeping Your Cool" (\$16.95).

The premise of the book is that kids want parents to remain unflappable, even when they themselves flip out. Runkel believes that "If you make sure you behave—even when your kids misbehave—then you have a greater chance of positively impacting the situation, any situation."

In short, by staying both calm and connected with your kids, you begin to operate less out of your deepest fears and more out of your highest principles, revolutionizing your relationships in the process. The book shows us what to do when we feel overwhelmed and how to give your kids peace of mind—and not a piece of your mind.

Pediatricians, parent experts, therapists and ministers who have read the book feel it should be in the hands of every parent—young, old and in between.

The book is available at bookstores nationwide or online at [www.ScreamFree.com](http://www.ScreamFree.com).