



toughLOVE: Raising Confident, Kind, Resilient Kids

Lisa Stiepock, Amy Iorio

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From toughLOVE, a unique online community: balanced, practical advice for parents of school-age children from child psychology experts on how to handle everything from picky eating to media consumption to the homework wars.

The challenges of parenting evolve as the world becomes more complex. How do we set limits on what our children are exposed to without sheltering them too much? How do we raise them to be resilient, empathetic, upstanding adults? How do we get them to put down their smartphones and have a conversation with us?

toughLOVE offers advice from professors at Ivy League medical schools, *New York Times* bestselling authors, and top parenting coaches who have appeared on the *Today* show, *Good Morning America*, *The Oprah Winfrey Show*, *CBS Evening News*, *20/20*, *CNN World News Tonight*, and NPR. They address all sorts of issues, from the timeless (picky eating, homework battles, how to have The Talk) to the timely (social media safety, feelings of entitlement, ways to balance schedules). Their breadth of clinical expertise and years of coaching real families will help parents build a commonsense framework for approaching all kinds of dilemmas in a way that reflects their personal values and preferred parenting styles.

Combining a high level of nurture with an emphasis on boundaries and structure, *toughLOVE* shows parents how to help their kids become capable, responsible, and productive from the first day of kindergarten through the first day of college...and beyond.

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