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**NEW BOOK — *Respectful Parents, Respectful Kids* — FINISH HEADLINE**

*“After decades of teaching and raising a large family, I can say with enthusiasm that Hart and Hodson have it right. This is a practical, generous, supportive, and loving book. A major help to parents!”*

- **NEL NODDINGS, Ph.D.**, author, *Educating Moral People* and *Starting at Home: Caring and Social Policy*

SAN DIEGO, CA —With the popularity of reality parenting shows like Nanny 911 and Supernanny, the “how-to” of successful behavior management has taken front stage on primetime TV. For parents who are tired of simply managing behavior, a refreshing alternative is here. A new book helps parents realign their focus to surpass common parenting pitfalls that keep them from the respect and cooperation they want.

In **RESPECTFUL PARENTS, RESPECTFUL KIDS** (PuddleDancer Press, October 2006), authors Sura Hart and Victoria Kindle Hodson offer **7 Simple Keys** to discover the mutual respect and nurturing relationships parents have been looking for. With each key, parents learn to unlock their parenting potential to create a home environment based on mutual respect, emotional safety, and positive, open communication. The result: a cooperative relationship where connection — not behavior management — is first, last and always the priority.

“The good news is that willing co-operation between you and your child is not only possible, it is a natural consequence of a relationship where there is mutual respect,” say Hart and Hodson. While most parenting techniques focus on labeling, rewarding or punishing behavior as our key response, Hart and Hodson claim this approach rarely gets us what we want. And it serves to undermine the emotional safety necessary for a cooperative relationship.

In fact, say Hart and Hodson, when our focus is on managing behavior, parents typically use communicate styles that perpetuate the very behavior we’re frustrated with.

“This confrontational way of determining who is wrong, who’s to blame, and who’s deserving of punishment . . . rarely lead to understanding the deeper motives for actions,” say the authors. “In fact, when parents don’t take time to connect with their kids, they report that interactions often end in compromise, discord, and fuel for future arguments.”

This conversational, easy-read merges years of positive parenting theory with the practical skills of Nonviolent Communication in a comprehensive parenting handbook. Parents of kids aged infant to young adult will find the 7 Keys relevant, foundational, and immediately applicable in their every day life. For expectant parents,

- MORE -

RESPECTFUL PARENTS, RESPECTFUL KIDS will provide the focus and foundational skills to successfully address the every day challenges they are sure to face. And parent educators will find dozens of practical activities and experiential exercises to help parents develop the mutual respect they long for.

**In a conversational format, the 7 *Simple Keys* help parents:**

1. Set firm limits without using demands or coercion
2. Achieve mutual respect without being submissive
3. Successfully prevent, reduce and resolve conflicts
4. Empower kids to open up, cooperate, and realize their full potential
5. Make their home a *No-Fault Zone* where trust thrives

“As parents learn to foster co-operation in families, they become models of change for their children, for other parents, and for community members,” say Hart and Hodson. “They also become active participants in creating an evolutionary shift toward global peace and sustainability.”

To schedule an interview with Sura Hart or Victoria Kindle Hodson, please contact publicist Tiffany Meyer at 360-891-4929, or [tiffany@numamarketing.com](mailto:tiffany@numamarketing.com). To request a review copy of this title, log on to [www.RespectfulParents-Kids.com](http://www.RespectfulParents-Kids.com) and complete our review copy request form.

RESPECTFUL PARENTS, RESPECTFUL KIDS, *7 Keys to Turn Family Conflict into Cooperation*, by Sura Hart and Victoria Kindle Hodson. October 2006, 252 pages, \$15.95, paperback 7.5”x9.25,” PuddleDancer Press, ISBN #1-892005-22-9. Distributed by Independent Publishers Group (IPG).

**Publisher’s Website:** [www.NonviolentCommunication.com](http://www.NonviolentCommunication.com)

**Author’s Website:** [www.RespectfulParents-Kids.com](http://www.RespectfulParents-Kids.com)



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Endorsements for

# Respectful Parents, Respectful Kids

by Sura Hart and Victoria Kindle Hodson

“Many parents won’t give up punishment because they think the only alternative is permissiveness. Other parents don’t understand the long-term dangers of permissiveness, but they sure don’t want to be punitive. This delightful book shows parents how to get the best results for their children with respectful parenting tools that are neither punitive nor permissive.”

- **JANE NELSON, Ed.D.**, co-author of *the Positive Discipline series*

“*Respectful Parents, Respectful Kids* is a must read for any parent who truly wants to build and maintain a strong connection with their child. The authors offer many suggestions and hands-on activities to help family members learn more respectful ways of communicating with each other. Our organization is excited to be able to offer this wonderful book to parents.

- **LYSA PARKER**, executive director and co-founder, Attachment Parenting International

“Gandhi advised us to ‘become the change we want to see in the world.’ *Respectful Parents, Respectful Kids* brings this time-honored wisdom up to date with simple, life-changing exercises. Know thyself. Communicate clearly, nonviolently, with purpose and respect and that is exactly how your children will treat you. This marvelous book shows you how.”

- **MICHAEL MENDIZZA**, Touch the Future, founder of the *Nurturing Project*

“After decades of teaching and raising a large family, I can say with enthusiasm that Hart and Hodson have it right. This is a practical, generous, supportive, and loving book. A major help to parents.”

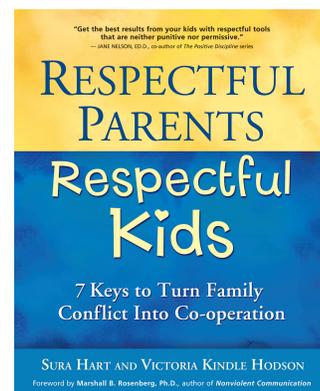
- **NEL NODDINGS, Ph.D.**, author, *Educating Moral People* and *Starting at Home: Caring and Social Policy*

“Refreshing, insightful, and informative, this book provides a long-awaited alternative to outdated parenting paradigms that are not satisfying for parents or kids. It helps parents focus on what is most important to them, and create deeper and more meaningful connections with their children. This is the best parent read since *How To Talk So Kids Will Listen!*”

- **BRENDA HARARI, Ph.D.**, HEART in Education

“Articulate, practical, fun and extraordinarily insightful, this book is destined to become the new manual in parent/child relationships. More than theory, the seven keys are real-life tools for creating more joyful, cooperative, loving interactions with our children: a must-read, must-do guide without question!”

- **RESA STEINDEL BROWN**, author, *The Call to Brilliance*



“I have practiced conflict resolution as a divorce attorney and mediator for 31 years. *Respectful Parents, Respectful Kids* gives me the first parenting book I can offer to clients confident that it will help heal the family pain and destruction from which they seek relief.”

- **STEVEN ALLEN SMITH**, mediator and divorce attorney

“Superbly written and easy to read, *Respectful Parents Respectful Kids* is a powerful and practical guide for parents everywhere. For those of you who long for more cooperation, mutual respect, trust, and harmony within the family, this book offers concrete useful tools that will help you immediately begin this transformation.”

- **LISA LIFRAK, MFT**, marriage and family therapist

“We wish that we had the tools that we learned in this book when we first became parents 14 years ago. This book can give parents the confidence, language and skills to be the kind of parent they always wanted to be: understanding, compassionate, respectful and fun.”

- **CARLA ADIVI**, parent and middle school teacher

“*Respectful Parents, Respectful Kids* provides a valuable tool for parents to generate deeper compassion and connection. It will be a valuable addition to the Nonviolent Communication training I offer to my private clientele worldwide.”

- **SUSAN ALLAN**, America’s leading Marriage and Divorce Coach, and certified mediator

### **Media Inquiries:**

To schedule an interview with Sura Hart or Victoria Kindle Hodson please contact our marketing director Tiffany Meyer at 360-891-4929 or [tiffany@numamarketing.com](mailto:tiffany@numamarketing.com). For more information about the Nonviolent Communication process or to request a review copy of *Respectful Parents, Respectful Kids*, please visit the PuddleDancer Press website at [\*\*www.RespectfulParents-Kids.com\*\*](http://www.RespectfulParents-Kids.com)

# Quick Facts About *Compassionate Communication*

- The Compassionate or Nonviolent Communication™ (NVC) process was created by Dr. Marshall Rosenberg, Ph.D. *Respectful Parents, Respectful Kids* is based on this ground breaking work.
- At the root of the NVC process are 4 basic assumptions about human nature and language:
  1. We all share the same basic, universal human needs
  2. Feelings and emotions are signals telling us whether or not our needs are being met
  3. Compassion is our basic human nature
  4. At the core of all conflict, violence and emotional pain are needs that are not being met
- The NVC process is a framework for communicating what we feel and what we need in a manner that helps ensure we'll be understood.
- The NVC process is used to heal emotional pain, reduce aggression and fortify family, personal and professional relationships
- The NVC process is taught in schools, child care centers, prisons, family counseling centers, hospitals, corporations, mediation centers, prisons and many other organizations around the world
- The 4 basic steps of the NVC process are: (1) objectively observe the current situation (absent of evaluation, blame or moralistic judgment), (2) identify the feelings that the situation brings up, (3) dig deeper to identify what need is or is not being met, and (4) request actions that would better meet your needs.
- The Center for Nonviolent Communication in La Crescenta, California, was founded in 1984 by Dr. Marshall Rosenberg as a nonprofit peacemaking organization
- Currently, more than 200 certified trainers and hundreds of others teach the NVC process to more than 250,000 people in 35 countries on six continents each year



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## About the Authors

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**Sura Hart** and **Victoria Kindle Hodson** are co-authors of *The Compassionate Classroom* (PuddleDancer Press 2004) and bring a combined 45 years of elementary teaching and parent education experience to their work. As co-founders of Kindle-Hart Communication, they've been developing and facilitating parent and teacher education workshops together for over 20 years.

Sura Hart is an internationally recognized CNVC certified Nonviolent Communication (NVC) trainer, and worldwide leader in the incorporation of the NVC process in parenting and schools. She is the former director of the Healthy Family Program at Girls Incorporated, where she taught parent-child communication workshops. She designs and facilitates trainings for students, parents, teachers, and school administrators around the globe. Sura has worked with at-risk youth, creating and delivering programs on leadership, effective communication, and healthy sexuality. Sura serves as the contact person for CNVC's efforts to integrate NVC in U.S. Schools.

Victoria Kindle Hodson is the co-author of the bestselling book, *Discover Your Child's Learning Style*, and has been consulting with parents and conducting parenting workshops for over 25 years. She is a prominent speaker and co-director of the Learning Success Institute in Ventura, California, where parents and teachers are trained to be learning coaches and advocates for young people. Victoria holds a Bachelor's degree in education and a Master's degree in psychology with an emphasis on child development. In addition to consulting privately with families all around the country, she offers seminars in communication skills for public and private school teachers and administrators, special education teachers, and therapists.



Sura Hart



Victoria Kindle Hodson

Victoria lives and works in southern California and Sura is based in Seattle, Washington. Both are pacific northwest natives and have been collaborating on writing projects and seminars for over 20 years. For a schedule of their upcoming seminars for parents, teachers and school administrators, visit [www.K-HCommunication.com](http://www.K-HCommunication.com)

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