

# How Do I Move Toward Positive Parenting?

*Editor's Pick. Written by Jennifer Andersen.*

Many parents want to move toward positive parenting. They want to abandon controlling, bullying, and being punitive with their children. Instead, they want their relationship to be authentic, open, and genuine. These mothers and fathers ask “how do I do this? Where do I start? What do I do?” There is no easy answer. This massive change requires a paradigm shift toward the way we think about children, and our relationship with them.

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