

# Lauren's Journey, Raising Kids to Understand Consent (1h4m) – Episode 416

Episode 416 welcomes Lauren Carlson to the podcast to chat with Skyler on the following topics: growing up in a small town and later moving to a bigger city; kids and coronavirus normalization; their respective stories from 9/11; her books on consent for kids, parents, and educators; when parents force their children to show affections to others; the practice of forced feeding of children; how humanity has treated children; the roots of human violence in childhood trauma; children and learning to feel and deal with big emotions; kids taking risks and getting hurt; respecting children saying “No!”; and more.

Book: *Raising Kids to Understand Consent* by Lauren Carlson

Book: *My Body is My Own* by Lauren Carlson

Book: *Playful Parenting*, Lawrence Cohen

Book: *Parenting for a Peaceful World*, Robin Grille

Book: *Parent Effectiveness Training*, Thomas Gordon

Book: *Nonviolent Communication*, Marshall Rosenberg

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