



The No-Cry Separation Anxiety Solution: Gentle Ways to Make Good-bye Easy from Six Months to Six Years

By Elizabeth Pantley

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A tear-free approach to child separation blues-from the bestselling 'No Cry' author a generation of parents have come to trust

Almost every child suffers some sort of anxiety during their first six years of life. Babies cry when grandparents hold them, toddlers cling to mommy's leg, children weep when their parent leaves them at daycare, at school, or to go to work. This can cause frustration and stress in an already too-busy day and can break a parent's heart. Trusted parenting author Elizabeth Pantley brings you another winning no-cry formula that helps you solve these common separation issues. Pantley helps you identify the source of anxiety and offers simple but proven solutions. This successful method gives anxious children something to remind them their parents aren't too far away-instantly providing them with the comfort and reassurance they need.

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Editorial Review

Review

"Elizabeth Pantley teaches us the difference between love-based separation anxiety and anxiety that stems from fear. She leaves us knowing that most childhood experiences are healthy, natural stops on the path of development. Through wisdom and many pointers, Pantley will provide a generation with an easier and happier journey through childhood - while also soothing the worry and guilt most parents feel. I'm grateful for this resource - and can't imagine raising another child without it."

~ Gavin de Becker, Author

The Gift of Fear and Protecting the Gift

From the Author

As a mother of four, I've had my struggles with my children's separation anxiety, and I know that separation anxiety is a titanic ordeal for many families and can create a cloud of stress over an otherwise happy family life.

I put my contacts and research skills to work on his problem and developed the variety of solutions provided here. With the help of my army of Test Parents I was able to create this guide filled with many ideas for dealing with the separation anxiety that occurs from babyhood through early elementary school.

This is the book I wish I had from the beginning of my parenting career to use for all the times my four children suffered from separation anxiety, and to help *me* with my separation anxiety as I dealt with my own feelings of separation with each of my children's milestones. I am very happy to be able to present many gentle, effective No-Cry separation anxiety solutions to you.

About the Author

Elizabeth is a mother of four, parenting expert, and author of eleven popular parenting books, available in twenty-six languages, including the best-selling No-Cry Solution series. She writes on topics such as sleep, separation anxiety, discipline, and picky eating. Visit her blog at elizabethpantley.com

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Lowell Oliver:

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Annette Spafford:

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