

How parents can get out of the spiral of anxiety



Jeannine Mik, Sandra Teml-Jetter

Don't Worry, Mummy!

[Keine Angst, Mama!]

How parents can overcome worries and anxieties and confidently help their children

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Jeannine Mik, a degreed communications trainer, has been blogging since 2003. On Mini and Me, one of the most successful parents blogs in Germany, she writes about conscious Montessori-inspired lifestyles. She wants parents to view their children as equals while accompanying them with heart and mind on their path through life.

Sandra Teml-Jetter is a singles and couples coach and family counsellor. She has completed numerous advanced training courses, including with Jesper Juul and David Schnarch. She is a strong advocate for positive emotional developments in families.

We can be the parents we really want to be only if we know what thoughts, doubts, and attitudes are influencing us and determining our way of raising children. The bestselling authors Jeannine Mik and Sandra Teml-Jetter focus on widespread concerns and anxieties: of injuries, of mistakes, and of the future. Only those who understand the sources of these anxieties can consciously shape their lives and relationships, act clearly, and accompany children with awareness.

Through this, a new perspective will be created, one which can reveal how our own life experiences have shape us and what effects negative feelings have on parenting styles. While explaining how anxieties can be used beneficially, the authors provide orientation, reflective impulses, and immediate help for dealing with anxieties and panic.

"Your children need you to be a confident and knowledgeable adult. Even and especially when it gets difficult!"

- The new book from the authors of *Mummy, Don't Scream!* with over 70,000 copies sold
- A powerful topic: anxieties and doubts as parents
- Seeing worries as allies and pathfinders for finding solutio

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