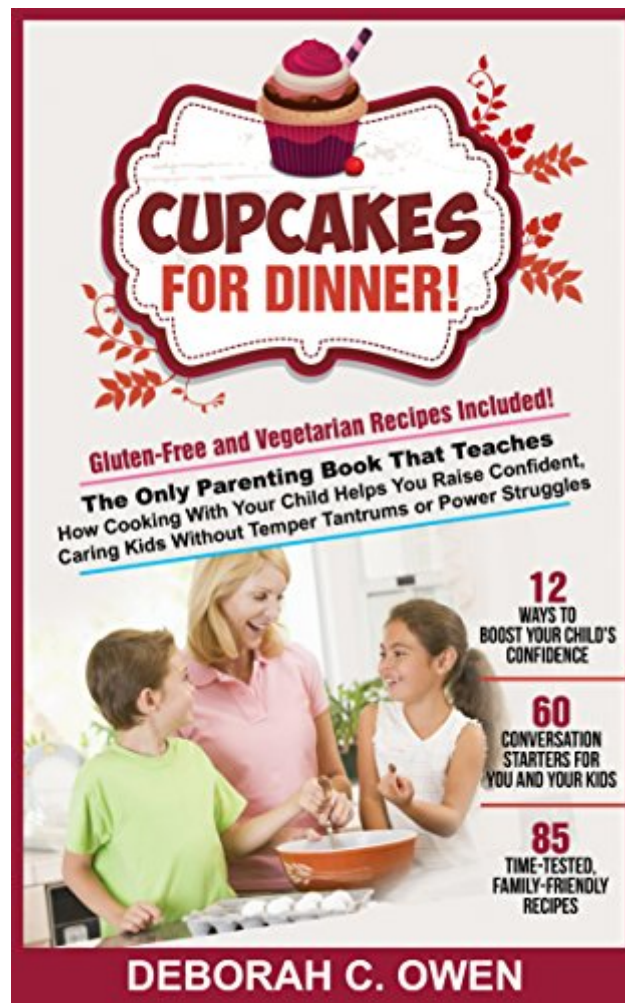


The book was found

Cupcakes For Dinner!: The Only Parenting Book That Teaches How Cooking With Your Child Helps You Raise Confident, Caring Kids Without Temper Tantrums Or Power Struggles. Includes 85 Recipes & More!





Synopsis

How many times, outside the confines of the car, do you get into real conversations with your kids? What kind of relationship do you really want to have with them, and what are some of the best ways to make it a great relationship??If you want to be truly connected with your kids, both so you know what is truly going on inside their heads, and so you know that you have at least some influence over the choices they make, then Cupcakes for Dinner is for you. Full of a wide variety of great family-friendly recipes - including a number of gluten-free and vegetarian options - as well as actionable tips to create an amazing relationship with your kids, Cupcakes for Dinner helps you understand the parent-child connection in a whole new way, and places it in the center of your home: the kitchen. If you hardly ever have a family meal - and when you do, it all heads south quickly and ends in arguing - then you will really appreciate the tips, suggestions, and recipes in Cupcakes for Dinner. If your kitchen is primarily a battleground where you face off about homework, grades, poor manners, missed curfews, and video games, it's time to consider making a mental and emotional shift. Instead, think of the kitchen as the best place to be present in your kids' lives, to learn about who they really are, to teach them skills that they need to learn, and to help them build self-confidence for other areas of life. Author Deborah C. Owen is a family and life coach, long-time public school teacher, youth advisor, speaker, and mother of 3 young adults. In Cupcakes for Dinner she shares terrific tips and strategies for creating the best relationship you can imagine with your kids. She has gathered over 80 delicious, tried-and-true, family-tested recipes, so that you and your kids can work side-by-side in the kitchen, learning, loving, and laughing together. So be sure to get this book for yourself and your kids, and for all the kids in your life. You will learn: WHY you want to spend time with your kids HOW to spend that time together without straying into arguments and power struggles WHAT children learn when they get to be with you, doing positive things together HOW kids benefit from learning kitchen-based skills, in particular HOW to boost your child's self-confidence, which, in turn, helps them be successful in other things like school, activities, and relationships PLUS all 80+ delicious, tried-and-true, family-tested recipes. Recipes contributed by: Rachel Akers <http://YellowTennessee.com> Gavin Allison <http://www.gavinallinson.com/> Tameka Anderson <http://www.parentingconfidentkids.com> Kimberley Bell <http://www.onetruepowercoaching.com> Erin Chase <http://www.5dollarinnings.com/> Carin Cundey www.dharmatola.com/ Vikki Ede www.vikkiede.com Karen Eidson <http://fabgrandma.com/> Amanda Flowers <https://dramandaflowers.wordpress.com/> Wendy Gardner www.glow-skincare.com Maureen Garry <http://www.flatbellybreakthrough.com/toptools> Donovan Green <https://www.facebook.com/chairworkouts/> Melissa Hagan <http://outnumbered3-1.com/> Clancy Cash

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Customer Reviews

What a fun idea- and practical too! Deborah Owen is a recognized expert on bringing parents and teens together and building strong families. With Owen's help, and recipes to make at home,

families can share the labor and the love, working together in the kitchen. And they'll have something extra nice to show for it!

I love the "Conversation Starters" included in this book. I pulled one out tonight and much to my surprise, found out my son's friend is pregnant, putting off plans for college and living with her boyfriend! You never know what a well-timed question will reveal...

I can't wait to try some of these terrific ideas with my kids! I've never been good in the kitchen, but with our family schedules becoming more and more hectic (and two teenagers in high school), I'd love to use a few of these recipes for Christmas, while giving my children and me some quality time together. And what better time of year to do it! Deborah's book would be a great gift for any parent.

This is a wonderful book!! I think in today's busy world we underestimate the deep and intimate connections we can make as a family around cooking! Kids love to learn and cooking is a perfect early step to teaching independence and self-care! I am so glad I purchased this book!

Debbie has written an wonderful book filled with relevant parenting tips and delicious easy-to-follow recipes! Recipes are quick to prepare and loaded with flavor, including gluten free options. Start cooking with your family today! Its a steal at the early release price.

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