

# 《Keeping Your Child in Mind(ISBN=9780738214856)》

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## 内容简介

Being understood by someone you love is one of the most powerful feelings, at all ages. For a young child, it is the most important of all experiences because it allows the child's mind and sense of self to grow.

In the midst of the perennial concerns parents bring to Dr. Claudia Gold, she shows the magical effect of seeing a problem from their child's point of view. Most parenting books teach parents what to do to solve behavior problems, but Dr. Gold shows parents "how to be" with a child. Crises are defused when children feel truly heard and validated; this is how they learn to understand, and, eventually, control themselves.

Dr. Gold's insightful guide uses new research in developmental psychology and vivid stories from her practice to show parents how to keep a child in mind and deepen this central relationship in their lives.

## 作者简介

Claudia Gold, MD, practices behavioral pediatrics in Great Barrington, Massachusetts, and writes a column on children's mental health for the "Boston Globe." Trained in psychoanalytic theory, she has presented her work widely to parents and professionals.

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