



5 Spiritual Solutions for Everyday Parenting Challenges

Richard Eyre , Linda Eyre

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"Every LDS parent should read this book."—Stephen R. Covey After more than three decades of experience working with parents worldwide, New York Times bestselling authors Richard and Linda Eyre have discovered that many of the parenting challenges LDS parents face are similar to those faced by parents everywhere. Many of the problems our kids have are similar to those experienced by kids throughout the world. But as Latterday Saints, our answers can be different. Our solutions can be spiritual. In this groundbreaking new book, the authors help LDS parents apply the unique insights of our eternal perspective to common parenting problems and concerns such as sibling rivalry, peer pressure, rebellion, selfishness, lack of motivation, and many more.

- Richard and Linda Eyre are nationally recognized parenting experts and the authors of numerous books, including *Teaching Your Children Values*.
- A unique, gospel-based approach to common parenting problems and concerns.
- Packed with examples of how parents can apply gospel perspectives in raising their children.

5 Spiritual Solutions for Everyday Parenting Challenges Details

Date : Published March 9th 2011 by Deseret Book (first published February 15th 2011)

ISBN : 9781606419335

Author : Richard Eyre , Linda Eyre

Format : Hardcover 208 pages

Genre : Parenting, Nonfiction, Religion, Christianity, Lds, Self Help



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From Reader Review 5 Spiritual Solutions for Everyday Parenting Challenges for online ebook

Kim says

The authors really helped me develop a better perspective for parenting my children that I have not had before. I have noticed a difference in my parenting since I have started reading the book. I took notes on some of the insights I thought were great and realized I have not been as stressed when it comes to parenting after reading my notes and remembering in difficult parenting moments what I read. I have read a couple of parenting books, but especially appreciated the views of the LDS parent authors of this book.

Slvrlinin says

What a fabulous book with true insight into the Christian family and grounding you and your children spiritually! It doesn't matter which Christian denomination you are (or if you aren't), this book applies and will give you some great real-world advice on ways to keep Christ central in your family and great ideas for parents everywhere struggling with the overwhelming responsibility of the best (and hardest) job on earth! I especially liked reading about the Eyre's personal experiences and their follow up with how things turned out. These truly are 5 basic principles that anyone can do easily and it was amazing how simple and straightforward their suggestions were! A great read for every Mom and Dad or soon-to-be parents!

Megan says

This the best book I have read in a long time!!! I do not generally read parenting books. I discovered many years ago that God is my best source for parenting help--so, when I don't know what to do about a particular issue, I pray and ask my Father in Heaven (the Father of my children's Spirits) for help and I study the holy scriptures. These are the best parenting sources. But, my mom bought me this book for my b-day, so I had to read it and I loved it.

This book is for LDS parents and it offers 5 simple spiritual solutions. They are things that immediately improved the Spirit in our home and in the past couple of days, have helped me to feel more joy in being with my children.

The first solution is to Remember your child's true identity--The Spirit children of our Father in Heaven. He loves them and knows them and how to parent them. We need to ask for help. We need to respect our children, just as we expect them to respect us.

This is a book that you can choose things that you feel you can implement in your family, but none of them are hard and yet all of them can strengthen our love and bring peace through Christ. I finished the book, but plan on going through it again and taking notes to implement more solutions.

Debbie Deerwester says

A must read for parents seeking spiritual answers for raising a child/children. It can pretty much be summed up as: remember your child's identity (they are our spiritual siblings and come to earth already having their

personalities from the pre-mortal life), remember God's parenting patterns (unconditional love, understanding agency), remember your direct channel to God (God knows your children better than you do, pray for help), remember the church's scaffolding (utilize resources), and remember the savior's power (use his spirit as a guide, priesthood to bless). There were lots of great ideas in this book. Actually too many to good ideas. I am just going to focus on one or two at a time and will have to come back to the book later as a reference.

Keegan says

I do not care for most parenting books. I would not recommend most of them. This one I loved. (But I should admit up front that I have become a Richard and Linda Eyre groupie, though I can say part of the reason is this very book.) Compared to other parenting books that try to tell you what to do, this book reinforces what you already know and explains why that's important as a parent. Then, they also give you practical suggestions for applying those principles to your life. Major basis in known truth (to those who are Latter-day Saints), mixed with practical ideas (but not absolute musts) for applying known truth to your life. How can you argue with that! (Though, humanly, I must admit that this couple and their family are a little bit hard to fathom because they seem a little too good to be true. So it's a bit intimidating, but still helpful.)

Wendy says

This was a wonderful book! It is definately geared to LDS parents not just Chirstians in general. There is a lot of Church specific references. There are many things I will be taking from this book that I will be applying in our home. Family Laws, Family Testimony nights on Fast Sundays, and different aspects of prayer are all going to be applied.

The most important part of this book by far was the section about who our children really are. Coming to the realization that our children are who they are from before conception and trying to change their personalities is not only futile it is against Heavenly Father's plan. We are stewards to these souls and Heavenly Father wants us to teach them and support them but not change who they are. This has made my home so much more peaceful.

I will keep this book as a reference for the future.

Shalyce says

My feelings are a little mixed on this book. Ultimately, I think the underlying theme is fabulous--that we can have help from our Heavenly Father in raising our children and that we can find gospel answers which will be much more successful then answers we will otherwise find. I really want to do better at incorporating these principles. I really liked the chapter on prayer and the points made on having a Christ centered life/family. I didn't necessarily agree with all their methods or think that all their ideas were super original, but again, the underlying message is outstanding and just serving as a reminder of how we can live our lives is well worth the read.

There were some things I found annoying, like how it changed which writer was speaking, so you were

never really sure who was talking. I was also annoyed that they would so often reference their fabulous work "When we were in India, talking to a group of Muslims...." with no real point behind it. I also found it to be long winded at points, but if you can get through those parts and pick the points that might benefit you and your family or just remind you of why you are doing some of the things you are, then it is a great read.

Jenny Fuller says

My sister gave me this book and told me it was the most amazing parenting book she had ever read (and she has read a lot!). I have to agree with her. It is not a book that talks about the day to day dealing with personalities and issues but rather it helps us focus in on spiritual solutions that apply to all of us and our children, regardless of our personality. I loved how the whole concept behind the book is that our children truly aren't ours, they are God's, and he has entrusted them to us. It had some great ideas that I can't wait to implement and really got me focusing more on the things that I should be reflecting and focusing in on more often through the challenges of parenting. Very uplifting.

Janene says

The five solutions were sound, I felt...

Remember your children's true identity

Remember God's parenting patterns

Remember your direct channel to the Father

Remember the church's "scaffolding"

Remember the Savior's power

Within this framework, they then give you some little tips, things to think about, and pieces of their own history along the parenting journey.

It was fine, a nice little Sunday read, but for some reason it comes with that feeling of GUILT. Not that they suggest you try and do everything included here, they state the opposite actually. Just seeing lots of great ideas that I know take some hard work and consistency to put into practice. Yes, they know a lot about parenting and have raised quite a successful crew, but what are the odds that I can do the same?

Enough about my issues, though. There is plenty of good insight here. If you are looking for some ideas, this is a definitely one to turn to. Some of the ideas I liked, others I thought were not my style. But it all certainly reminds you that from a spiritual standpoint, moms and dads have much to draw upon. Parenting really is different, easier(?), with the gospel perspective.

Lori says

OK, but not my favorite book by these authors. Favorite tips I learned included the following:

- If you want more "spirit" in your home, pray more and pray harder for the "Spirit Of Peace". You can try other things like music, less TV, etc. but the sure way is through prayer.
- Take advantage of the Priesthood with Priesthood Blessings more often.
- If life is too busy for daily scripture "study" with the family, assign a child ahead of time each day to share a favorite scripture or one that has touched their lives.
- Don't fill your mind with so much "church stuff" like callings, The Word of Wisdom, Church History, etc. that you forget to focus on the center of it all, Jesus Christ.
- What Would Jesus Do? Teach this to your children.

Suzanna says

I liked their take on a more spiritual look at parenting. There were lots of good ideas but then there were other things they shared and I thought "Good for them for being able to do that with their kids but it would NEVER work with my kids!" They don't suggest you try everything, but just make gradual or small changes. I did like the book overall and have thought about their suggestions as I've interacted with my kids since finishing it.

One thing annoyed me... the authors (a husband and wife team) shift writing between chapters or sections and it bothered me a bit that I could never tell who was speaking, the husband or wife. It was minor but was a bit frustrating.

Heather says

Amazing and the reviews are true... The Eyres will be speaking to the MBASA group soon and I thought I'd read up on their stuff. I must purchase this book once it's cheaper on Amazon. LOVED these LDS spiritual messages and am so glad I read now while my oldest is 5 and have time to instill in them these great ideas...

I like the reading style, flow of chapters
how they talk about Stewardship...how that needs to be emphasized and how parents do want to know everything vs. keep it private
paydays vs. allowance
valuesparenting/familyeconomy.com
active listening 76
break 83
Fear God, not your kids 96 (not over indulging, comparing etc.)
calmness is contagious 103
Sabath Day awards (part of FHE) loved this and will instigate this week! 125-126 focus on positive prophet chaeffeur moments 132-134
Mother's Birthday Prayer for her children neat tradition 144
Monthly Testimony Meetings 152

Kelsey says

So many things from this book have really stuck with me, particularly the bits about children being the greatest source of joy for parents. I'd forgotten about that...This book helped me reframe and kind of start over and realize how grumpy and mean and not fun I have been for a while. Kids are fun! Family life should be fun too.

I also loved all the thoughts about how to have a more spiritual home. Instead of making me feel there are too many things I'm not doing that I must do, it helped me realize that the only thing I need to do is focus our family on Christ.

Marie says

This book had some good ideas in it.

Becca says

I found some really great insights. They gave some real-life tips to start adding to our family life. I will start to incorporate one at a time. If we were to try to do everything, it would be too overwhelming and it would be easy to quit. "By small and simple things..."
