



# **The Vibrant Family: A Handbook for Parents and Professionals (The Systemic Thinking and Practice Series)**

*Susanne Soborg Christensen, Piet Draiby, Vibeke Hejgaard, Kirsten Seidenfaden*

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Family life! We tackle it head-on with great enthusiasm and lots of hopes and dreams that our family will be filled with love, closeness, well-being and development. However, for many of us family life, parenthood, and our children develop in ways that we never anticipated and were looking forward to. Instead of creating a secure, confident, and vibrant family, all too many of us get helplessly caught up in daily quarrels. The result is that the children do not thrive and we have no clue what to do and how to move on. The Vibrant Family offers completely new and surprising approaches to parenthood. This book is not about child rearing, setting limits, or a specific way of communicating with children. It is about the ways in which well-being in our relationship is crucial to a good family life with confident and balanced children. The clear message of the book is that it is not the children who should change in order to get the family to function it is the parents. The book also offers practical and concrete tools to help you understand how you and your partner can learn to communicate and act in an accepting and close way, creating a climate in the family that encourages joy and growth.

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