



# **It Takes a Child to Raise a Parent: Stories of Evolving Child and Parent Development**

*Janis Clark Johnston*

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needy ourselves: as adults and parents, we find that *we* have unresolved raising issues, basic needs that were not met in *our* childhoods. Our needs and memories echo and influence many of the parenting decisions we make, even though we're unaware of those influences at times.

connecting us to some earlier time in our life when we encountered distress. We dredge up a lesson, and we adapt by adhering to or changing the story that we tell ourselves about who we are. We re-negotiate the five basic needs that surface from our childhood memories as our youngsters pass through each of the developmental phases. The self-aware parent focuses on creative problem solving by focusing on one interaction at a time.

*It Takes a Child to Raise a Parent* offers an exploration of how our own childhood memories and needs influence and shape our parenting decisions in our adult lives. Offering tips, stories from a variety of families, and step by step exercises, Janis Johnston helps parents better understand and grasp the tools necessary to face parenting challenges head on, and to explore new ways of understanding ourselves, our children, and our family interactions. Expectant parents and current parents interested in understanding their own personality development as well as the many moods of childhood and their own children, will find clear guidelines for understanding their roles in their children's lives as well as concrete suggestions for how to navigate the choppy waters of raising children.

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