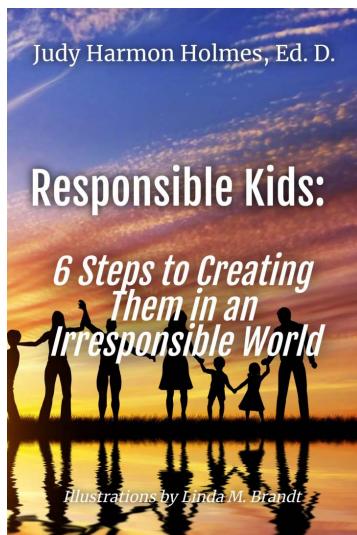


Kids are Tough - Educator Shares Step by Step Plan for Building Respect in New Book



Dr. Judy Harmon Holmes shares a lifetime of learning about communication that fosters responsibility and respect

ST. AUGUSTINE, Fla. - Jan. 31, 2022 - [PRLog](#) -- St. Augustine resident Judy Harmon Holmes has written a new book which was recently published and released by WC Publishing, an imprint of On-Target Words, LLC. Available in paperback through all reputable booksellers, RESPONSIBLE KIDS helps parents, teachers, and counselors to recognize timeless scenarios of frustration and stress and put together a plan that works to transform that stress into respectful and compassionate relationships.

From the two-year-old "bitsies" to the upwardly mobile and freedom-seeking adolescents, these steps detailed by Dr. Holmes will have a powerful impact on the entire family, and their families someday, too.

"Earning degrees in Education, Counseling, and Professional Development taught me *what* to do," says the author. "My kids taught me *how* to do it. The outcomes are worth it—a parent-child relationship that grows in love and respect, and children who become responsible, confident, loving adults."

Dr. Holmes writes in *Responsible Kids: 6 Steps to Creating Them in an Irresponsible World*, "We do the best job we know how, and the irony is that many of our actions—as well-intended as they are—promote irresponsible behavior. Too often, and to our deep frustration and disappointment, we experience our children as sloppy, self-centered, lazy, rebellious, stubborn, and angry. Often, we find ourselves feeling discouraged and ready to give up."

The purpose of her book is to show parents through detailed examples, six effective steps to lead children and adolescents in learning how to become responsible and caring people. Each of those steps requires parents to spend a lot of time interacting with their children, and parents may find they feel challenged about their current communication styles. But, if those methods were working, the results would be different, right?

Periodically, Dr. Holmes who is a Professor Emeritus of Frostburg State University teaches "The Art of Mindful Communication" through the Lifelong Learning program at Flagler College. The virtual campus provides programs for low cost and high returns. Visit the college website for Lifelong Learning programs.

Email Judy at Dr.J@ResponsibleKids.org for more information.

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