

Then one day I had a minor but seminal epiphany. I was alone with one of my daughters. She was mad about something and making a show of not listening; I had been quietly blaming her for robbing our time of any charm or bonding. My patience was waning quickly. But on that particular day in that specific moment for reasons unknown to me I began to think about my little girl and her unfortunate behavior in the context of my own parenting research. I had read many times but not coincidentally also the day before about children's behavior being an overt manifestation of the bigger issues lurking underneath. It seemed obvious but I hadn't taken the steps to use this insight as fundamental to a solution either for me or for her. But on that day I was suddenly curious, really curious about her story. I opened my mind and tried to bite my tongue. I asked questions that led..