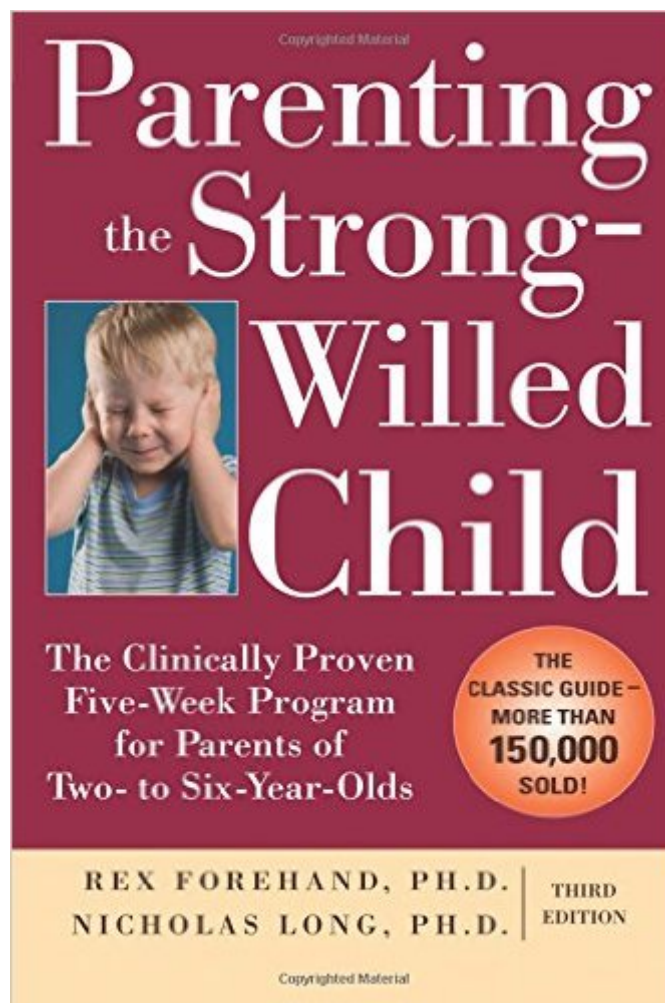


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# Parenting The Strong-Willed Child: The Clinically Proven Five-Week Program For Parents Of Two- To Six-Year-Olds, Third Edition



## Synopsis

A clinically proven, five-week program for improving your child's behavior Rex Forehand, Ph.D. and Nicholas Long Ph.D. have helped thousands of parents achieve discipline using positive reinforcement, without yelling or harming the child's self-esteem. Their clinically proven, five-week program gives you the tools you need to successfully manage your child's behavior, giving specific factors that cause or contribute to disruptive behavior; ways to develop a more positive atmosphere in your family and home; and strategies for managing specific behavior problems. The completely revised and updated edition includes: new information, based on research, about child temperament; new chapter on the hot topic of play as a means of strengthening parent-child relationship; new section on collaborative disciplining with preschool teachers; expanded section about depression and stress linked to parenting; new research findings about ADHD and its treatment. Uncover the specific factors that contribute to your child's disruptive behavior. Identify with real-life parent testimonials and discover strategies for managing specific behavior problems. Authors Rex Forehand, Ph.D., and Nicholas Long, Ph.D., are experts in the field of child psychology. New research highlights the scientific foundation behind the program. Topics include: Understanding Your Strong-Willed Child's Behavior; Strong-Willed Behavior and How It All Begins; Why Is My Child Becoming Even More Strong-Willed?; It Takes More than Just Good Parenting; Does My Child Have ADHD?; Addressing Strong-Willed Behavior: A Five-Week Program; Does My Child's Behavior Really Need to Change?; Week 1: Attending; Week 2: Rewarding; Week 3: Ignoring; Week 4: Giving Directions; Week 5: Using Time-Outs; Integrating Your Parenting Skills; Creating a Positive Climate for Behavior Change; Creating a More Positive Home; Improving Your Communication Skills; Developing More Patience; Building Positive Self-Esteem; Helping Your Child Solve Problems with Peers; Solving Some Common Behavior Problems: Additional Recommendations; Specific Problem Behaviors

## Book Information

Paperback: 288 pages

Publisher: McGraw-Hill Education; 3 edition (July 13, 2010)

Language: English

ISBN-10: 0071667822

ISBN-13: 978-0071667821

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (97 customer reviews)

Best Sellers Rank: #6,941 in Books (See Top 100 in Books) #9 inÂ Books > Parenting &

Relationships > Family Relationships > Fatherhood #10 inÂ Books > Parenting & Relationships >

Parenting > School-Age Children #23 inÂ Books > Parenting & Relationships > Special Needs

## Customer Reviews

If you wished your child came with a set of instructions, this book is it! The foundation of this book is what many of us feel in our hearts but don't know how to achieve: discipline from a positive perspective and rule out the shouting and spanking. This book should be mandatory reading for every parent leaving the maternity ward. It is not just for strong-willed children. The 5-step program is easily attainable for anyone committed to a better relationship with their child/children. Having read a half-dozen books related to boys and difficult behaviors in a search for answers, I guarantee this book is the best.

As a pediatrician, I'm asked discipline questions every day. This is a fine book which takes a step-wise approach to improving your relationship with your child - especially a child who is difficult to discipline. Our 5 year old is strong-willed and tempermental and we were able to use this approach very succesfully - without spanking! Parents are given assignments to complete & are to focus on only one thing a week - & practice it every day. I appreciate the fact that after the end of the 1st week parents usually end up appreciating their own child much more - noticing good behavior more and focusing in on that rather than dwelling on the irritating behaviors. This book is very good for parents who are very motivated to change, not for ones looking for a quick fix - I promise, there is none. I would also recommend 123 Magic and Dr. Sears' book "The Discipline Book" - they are highly recommended in my practice every day.

My son started the terrible two's at about 18 mos. When I brought home our second child when he's was 26 mos. The terrible two's escalated exponentially. He was would bite, hit, scream, etc. to get more attention. I gave him more attention and the temper got worse.I was at my wits end. A friend told me about 1-2-3 Magic, another book on the subject. I read the reviews and was rather distressed by the mixed reviews. I was looking for a technique that would make my entire family happier. I felt I didn't get enough information from the internet (sorry ) for such an important subject. Also, I don't have time to read several books, I needed my family's relationship with my son to change now.At a local book store, I read the forwards of several books on child discipline. This book

made me feel most comfortable. I have only completed week 1 and I am actually extending week one into a week two. The first thing they point out is that parents tend to make demands and ask specific questions when communicating with their child. I didn't realize this, but it's true. Week 1 is attending...generally you are playing with your child and letting him direct the play, while you are running commentary. It sounds corny, but by just narrating what he is doing, he feels that what he is doing is important. You comment on everything that he does except on misbehavior. Doing this I found just how much I usually tend to instruct and direct him and reprimand him. The goal is to incorporate this into your daily routine. He has quieted down with the obnoxious behavior already and I look forward to incorporating the weeks to come.

"Parenting the Strong-Willed Child" is a badly named book-unless you believe that all children are strong-willed. It is true that some children are much more strong willed than average, and it is to the parents of these children that the book, according to its title, is directed. However, the information in the book is suited for ANY parent. The target age of children referred to in the book is 2-6 years old. Nevertheless, most of the principles given are also applicable to older children, and many could even be adapted for using with teen-agers. Any parent (or grandparent, for that matter) would benefit from reading this book. Instead of presenting generalities (e.g., "parents should be consistent"), the authors give specific information as to when to be and how to become, using the above example, consistent. The principles given are proven (I had many people pay a lot more than the cost of the book to attend a series of parenting classes which gave basically the same information). The only time they will not work is when they are not used. They will not make overnight changes in any child (for best success use them with your children from the beginning), but enough improvements will be made to give a parent hope. And if you are raising an exceptionally strong-willed child, hope is a wonderful first step!

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