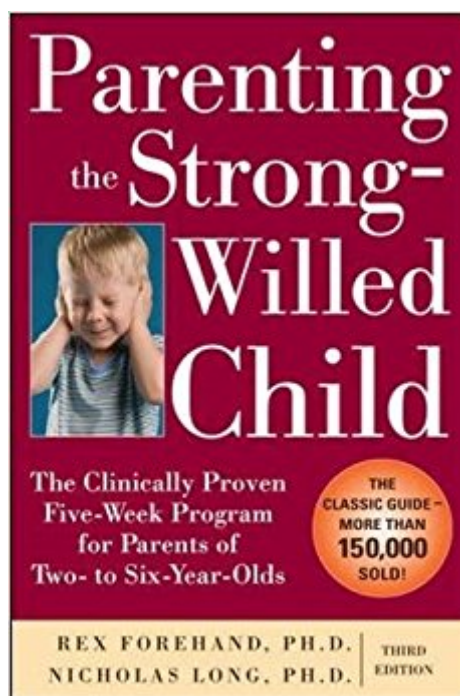


The book was found

Parenting The Strong-Willed Child: The Clinically Proven Five-Week Program For Parents Of Two- To Six-Year-Olds, Third Edition (Family & Relationships)



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

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Customer Reviews

"This hands-on self help guide provides you with a step-by-step five-week program toward improving your child's behavior as well as the entire family's relationship." ---The Guide to Self Help Books --This text refers to the Audio CD edition.

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide.

About the Author Rex Forehand, Ph.D. is a professor of psychology and director of Clinical Training at the University of Vermont. He serves on several professional organizations including the American Board of Professional Psychology, the Academy of Clinical Psychology, APA, among others. He frequently publishes in professional journals Clinical Psychology Review, Journal of Child and Family Studies, Journal of Pediatric Psychology, Health Psychology, and American Psychologist, to name a few. The author continues to speak and present at conferences and has recently presented at the Association for Behavioral and Cognitive Therapies Annual Convention and the Mindfulness in Medicine, Health Care and Society Conference.

Nicholas Long, Ph.D. is a professor of the Department of Pediatrics and director of Pediatric Psychology at the University of Arkansas for Medical Sciences & Arkansas Children's Hospital. He has conducted over 400 workshops/presentations that have been given at the local, regional, national, and international levels. His affiliations include the APA, Association of Behavioral and Cognitive Therapies, National Council of Family Relations, and more. Dr. Long is published frequently in professional journals including The Journal of Child and Family Studies, Journal of Clinical Child Psychology and Psychiatry, Clinical Psychology Review among many others. The authors have written several books, including Making Divorce Easier on Your Child (MHP), Helping the Noncompliant Child (professional reference), and have contributed to several other professional references.

CHANGED OUR LIVES! This changed our lives! I only gave it 4 stars, because right now, we are on

the 3rd week. I don't agree with what the third week is, but the 4th and 5th week may be OK. You know your child. Our 3 year old was getting into trouble every day! I hated coming home, disciplining her and having it happen all over again. She's our second child. Our first child a saint for the most part. She just needed different parenting styles. I also amended this. Like I said, no child is "cookie cutter." With the first two weeks, I followed it and added "choices" with her. We spelled out each time she made a good choice and if she was not making a good choice, we explained, "bad things happen with bad choices and I will take your Barbie away." It was like a switch. After making some better choices, we gave her the Barbie back. Ask me questions if you want. This book has saved me from my breaking point.

A must read for any first time parent OR parent of particularly tough toddler. I read an earlier version when I had my 3rd daughter who was very strong willed. I have now given this version to her for help with her first born who takes after her mom!

worth the purchase. we followed the process as written and it did help.

A lot of great ideas for my little strong-willed child! Worth the price and an easy read!

New baby, new Mom, sent it to my niece who had her hands full. She loves it. Timely advice and methods for helping both cope with their new life. Geez, glad I'm just the old Aunt.

Now that our child is grown, I don't know that the book taught us anything we did not know. It did give us reassurance that we were not alone. The book's main advice is just to be consistent.

I have found this book to be of the utmost help with my 5 year old grandchild that I have in my charge. Even with her going to Kennedy Krieger for therapy, there are things and activities I now can do on my own. I have learned so much. Plus the book is an easy read. No PhD needed

This book was recommended by a Psychologist for my 3 year old. The advice is great for any age. I am currently half way through the book and was really impressed at how effective the advice has been. I think all parents should read this book.

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