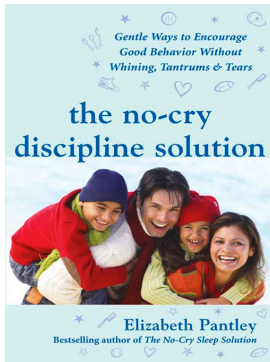
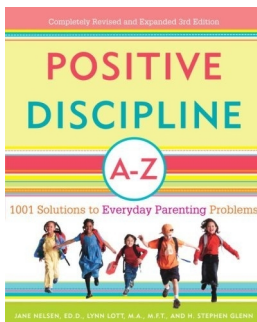


Behavior & Discipline



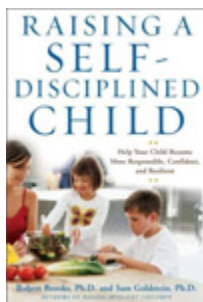
No-cry Discipline Solution by Elizabeth Pantley

The author of *The No-Cry Sleep Solution* returns with this guide to helping parents remain in control of their two-to -eight-year-olds. Pantley provides a variety of techniques to help rein in out-of-control children, based on a four-part plan that corrects the current behavior, teaches a lesson, helps the child learn control and builds the relationship between the parent and child. Where Pantley does breaks away from the parenting pack is explaining how parents can control themselves. Her suggestions won't be easy for parents to follow, but they make solid sense. The final part of the guide will be the most thumbed-through section: concrete advice for specific problems such as bossiness, sleep issues and sibling disagreements.—*Abridged from Publishers Weekly Review (July 2009)*



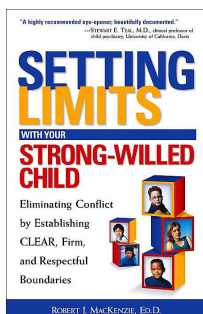
Positive Discipline by Jane Nelsen

For twenty-five years, Positive Discipline has been the gold standard reference for grown-ups working with children. Now Jane Nelsen, distinguished psychologist, educator, and mother of seven, has written a revised and expanded edition. The key to positive discipline is not punishment, she tells us, but mutual respect. Nelsen coaches parents and teachers to be both firm and kind, so that any child—from a three-year-old toddler to a rebellious teenager—can learn creative cooperation and self-discipline with no loss of dignity.



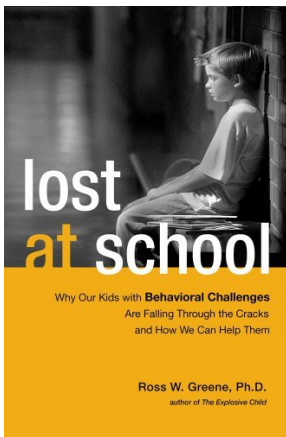
Raising a Self-disciplined Child by Robert Brooks

Brooks and Goldstein note that a key component of resiliency is self-discipline. It's so essential, in fact, that the authors devote their new text entirely to fostering its development in children. They begin by pointing out that discipline is a teaching process. A disciplinarian, they state, is not a parent who punishes or intimidates, and the goal is not to produce compliant, obedient kids. Rather, the objective is to keep children safe, help them learn self-discipline and become responsible for their own actions and choices. The book provides practical tools for creating healthier families and self-disciplined kids.—*Abridged from Publishers Weekly Review (July 2009)*



Setting Limits with Your Strong-willed Child by Robert MacKenzie

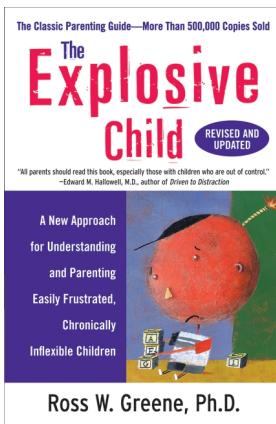
Does your child constantly misbehave and ignore or refuse your requests for proper behavior? Is your relationship with your child based on conflict instead of mutual respect and cooperation? With the help of this groundbreaking book, you can create a positive, respectful, and rewarding relationship with your child. Inside are proven techniques and procedures that provide a refreshing alternative to the ineffective extremes of punishment and permissiveness.



Lost at School: Why Our Kids with Behavioral Challenges are Falling Through the Cracks and How We Can Help Them by Ross Greene

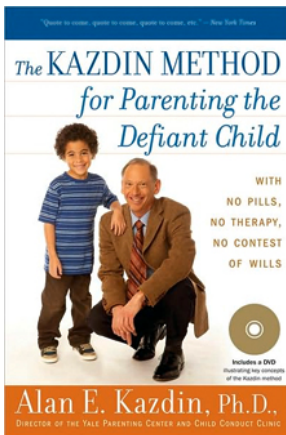
Psychiatrist and Harvard professor Greene follows up The Explosive Child with an in-depth approach to aid parents and teachers to work together with behaviorally challenging students. Greene's philosophy is driven by the recognition that "kids who haven't responded to natural consequences don't need more consequences, they need adults who are knowledgeable about how challenging kids come to be challenging." Greene's "Plan B" system, which is fully and clearly explained in the course of the book, emphasizes identifying challenging behaviors—acting out, hitting, swearing, poor performance in class—and then working with students to find actual, practical ways to avoid them.

– *Abridged from Publishers Weekly Review (2008)*



The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children by Ross Greene

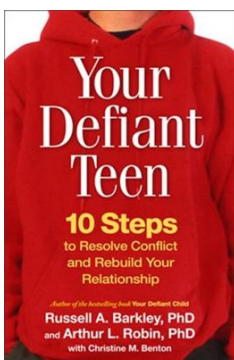
Flexibility and tolerance are learned skills, as any parent knows if they've seen an irascible 2-year-old grow into a pleasant, thoughtful, and considerate older child. Unfortunately, for reasons that are poorly understood, a few children don't "get" this part of socialization. Years after toddler tantrums should have become an unpleasant memory, a few unlucky parents find themselves battling with sudden, inexplicable, disturbingly violent rages—along with crushing guilt about what they "did wrong." Ross Greene, a pediatric psychologist who also teaches at Harvard Medical School, makes a bold and humane attempt in this book to cut through the blather and speak directly to the (usually desperate) parents of explosive children.



The Kazdin Method for Parenting the Defiant Child: With No Pills, No Therapy, No Contest of Wills by Alan Kazdin

Kazdin, director of the Yale Parenting Center and Conduct Clinic, claims his method works with no pills, no therapy and no contest of wills. Instead, Kazdin uses a practical, science-based method of dealing with behavioral problems in children that relies on positive reinforcement and a reward system. He outlines a plan to help parents focus on the positive opposite (in other words, what they want the child to do) and then takes them step-by-step through a process of praise and reward. Though Kazdin's approach seems complicated at first, his easygoing and often humorous tone gently guides readers through an array of problem scenarios, including bedtime, tantrums, grocery shopping with a younger child, getting ready for the school day and homework.

– *Abridged from Publishers Weekly Review (2008)*



Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship by Russell Barkley

Barkley and Robin share between them 60 years of clinical and research experience studying the defiant behavior of children and adolescents. The first part of their comprehensive defiance-busting system helps parents define and assess the problem. Part Two delves into the principles for reversing or preventing defiance, with sections on one-on-one time, managing behavior and choosing appropriate punishments and rewards. Without placing blame, the authors reveal that parents often unwittingly make a bad situation worse; the text gives solid tips on how to work toward a positive outcome and offers a variety of scenarios, demonstrating precisely how a parent's words and actions can be the source of a teen's compliant or defiant response.

– *Abridged from Publishers Weekly Review (2008)*