

[Download] Parenting the Strong-Willed Child: The Clinically Proven Five-Week Program for Parents of Two- to Six-Year-Olds

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Rex Forehand, PhD, and Nicholas Long, PhD, 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. This completely revised and updated edition includes: new research-based information about child temperament; a new chapter on the hot topic of play as a means of strengthening the parent-child relationship; a new section on collaborative disciplining with preschool teachers; an expanded section about depression and stress linked to parenting; and new research findings about ADHD and its treatment.

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