

Parents in Charge



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Even the most competent and loving parents can become frustrated and overwhelmed by their children's behavior problems. Coping with the terrible twos, temper tantrums, and having to repeat the phrase, "How many times do I have to tell you?", can often make child rearing both stressful and traumatic. In "Parents in Charge," Dr. Dana Chidekel answers the difficult questions while providing a road map to raising children who will become responsible, thoughtful, and successful adults. Full of uncommon wisdom and common sense, based solidly in developmental theory and the most recent brain research, this empowering guide offers practical solutions to everyday parenting dilemmas. Readers will learn how to: determine effective discipline, and when and how to use it; promote real self-esteem in kids; and stop saying "no" all the time. With honesty and simplicity, Dr. Chidekel also tackles hot-button topics of current parenting practices, including children's calling adults by their first names, out-of-control birthday parties, and the limits parents must put on their own behavior. Enlivened with stories, anecdotes, and a healthy dose of humor, "Parents in Charge" enables parents to raise children that they -- and others -- will love and enjoy.

作者介绍:

目录:

[Parents in Charge_下载链接1_](#)

标签

评论

[Parents in Charge_下载链接1_](#)

书评

[Parents in Charge_下载链接1_](#)