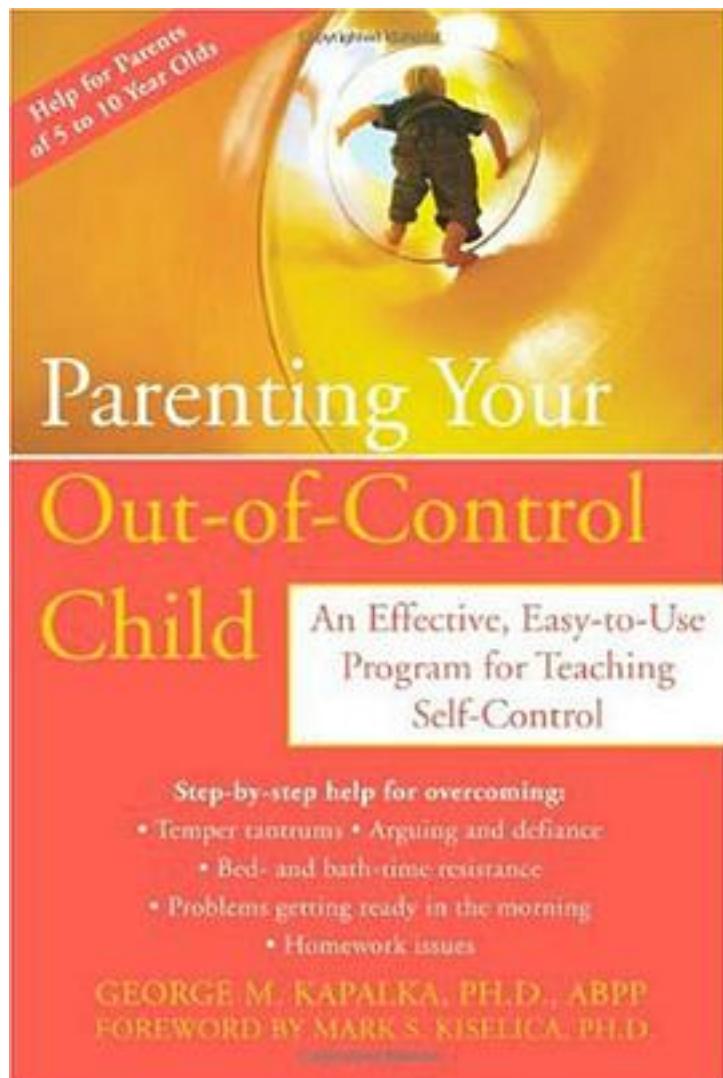


Parenting Your Out-of-control Child



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We learn how to control our impulses as children - or at least we're supposed to. Most children learn to stop throwing temper tantrums, lying, refusing to go to bed or take a bath at an early age. But some children have trouble with impulsivity and self-control, problems that, left unchecked, can lead to very serious problems that can even cross the line into crime and delinquency. This book offers parents a sound and safe step-by-step program for dealing with out-of-control children before their behaviour problems result in serious consequences. This step-by-step programme concentrates on the most common out-of-control behaviour problems that the author has encountered in his extensive work with parents and children. It advises parents on the finer points of effective discipline, including eye contact, body language, tone of voice and word choice. Then the book details a uniquely effective strategy for managing an out-of-control child: the behaviour contract. With this technique, parents establish clearly what they expect from their child and define the results of either compliant or noncompliant behaviour. The book offers strategies for making use of the contract in everyday life. With a little effort and patience and a lot of love, parents will be able to use these techniques to control even the worst impulsivity problems.

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