



# **Parenting the Strong-Willed Child: The Clinically Proven Five-Week Program for Parents of Two- to Six-Year-Olds, Third Edition**

*Rex Forehand, Nicholas Long*

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## **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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