

Parenting the Strong-Willed Child: The Clinically Proven Five-Week Program for Parents of Two- to Six-Year-Olds, Third Edition (Family & Relationships)

By Rex Forehand, Nicholas Long

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Parenting the Strong-Willed Child: The Clinically Proven Five-Week Program for Parents of Two- to Six-Year-Olds, Third Edition (Family & Relationships) By Rex Forehand, Nicholas Long

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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Editorial Review

Review

"This hands-on self help guide provides you with a step-by-step five-week program toward improving your child's behavior as well as the entire family's relationship." ---The Guide to Self Help Books

About the Author

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About the Author

Rex Forehand, Ph.D. is a professor of psychology and director of Clinical Training at the University of Vermont. He serves on several professional organizations including the American Board of Professional Psychology, the Academy of Clinical Psychology, APA, among others. He frequently publishes in professional journals *Clinical Psychology Review*, *Journal of Child and Family Studies*, *Journal of Pediatric Psychology*, *Health Psychology*, and *American Psychologist*, to name a few. The author continues to speak and present at conferences and has recently presented at the Association for Behavioral and Cognitive Therapies Annual Convention and the Mindfulness in Medicine, Health Care and Society Conference.

Nicholas Long, Ph.D. is a professor of the Department of Pediatrics and director of Pediatric Psychology at the University of Arkansas for Medical Sciences & Arkansas Children's Hospital. He has conducted over 400 workshops/presentations that have been given at the local, regional, national, and international levels. His affiliations include the APA, Association of Behavioral and Cognitive Therapies, National Council of Family Relations, and more. Dr. Long is published frequently in professional journals including *The Journal of Child and Family Studies*, *Journal of Clinical Child Psychology and Psychiatry*, *Clinical Psychology Review* among many others.

The authors have written several books, including *Making Divorce Easier on Your Child* (MHP), *Helping the Noncompliant Child* (professional reference), and have contributed to several other professional references.

Users Review

From reader reviews:

Sherry Stevens:

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