



Parenting Your Out-of-Control Child: An Effective, Easy-to-Use Program for Teaching Self-Control

George M. Kapalka

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Most children learn to stop throwing temper tantrums, lying, refusing to go to bed or take a bath at an early age. But some have trouble with impulsivity and self-control, problems that, if left unchecked, can lead to more serious long-term issues that can even cross the line into crime and delinquency. This book offers a sound and safe step-by-step program for heading off conflict and getting your child to cooperate.

This step-by-step approach concentrates on the most common out-of-control behaviors the author has encountered in his extensive work with parents and children. It advises you on the finer points of effective discipline, including eye contact, body language, tone of voice, and word choice. You'll learn a uniquely effective strategy for managing an out-of-control child: the behavior contract. With this technique, you can establish clearly what you expect from your child and make clear the consequences when he or she does-or does not-exercise behavior control. With a little effort and patience and a lot of love, this guide will help you control and find peace with even the most defiant child.

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