



## Parenting for a Happier Home: The Step-by-Step Guide to Keeping Your Kids on Track

By Stuart Passmore

Exisle Publishing (Australia). Paperback. Book Condition: new. BRAND NEW, Parenting for a Happier Home: The Step-by-Step Guide to Keeping Your Kids on Track, Stuart Passmore, Being a parent can be tough and there are times when you just don't have all the answers. For parents who find themselves faced with a seemingly endless spiral of conflict, poor behaviour and ineffective discipline, this is the evidence-based parenting program they've been waiting for. Divided into 12 sessions, it first focuses on developing a strong relationship between parent and child. Once a firm foundation of parenting strategies has been developed, the program then moves onto effective discipline. The discipline program is designed so that it is self-sustaining and allows the parent to step back from what is often an emotionally charged situation and instead use predetermined consequences. It also emphasises teaching children ownership of their behaviour. The beauty of this program is that the principles can be used in each of the child's environments (at home, at school, with grandparents, etc.), while it has also been designed so that any parent can use it as well as those with children who have been diagnosed with behavioural disorders such as ADHD, Oppositional Defiance Disorder,...



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