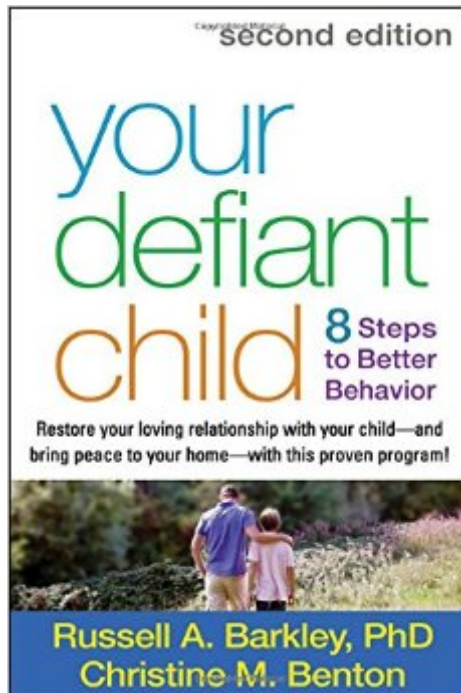


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# Your Defiant Child, Second Edition: Eight Steps To Better Behavior



## Synopsis

Discover a way to end constant power struggles with your defiant, oppositional, "impossible" 5- to 12-year-old, with the help of leading child psychologist Russell A. Barkley. Dr. Barkley's approach is research based, practical, and doable--and leads to lasting behavior change. Vivid, realistic stories illustrate what the techniques look like in action. Step by step, learn how you can: \*Harness the power of positive attention and praise. \*Use rewards and incentives effectively. \*Stay calm and consistent--even on the worst of days. \*Establish a time-out system that works. \*Target behavioral issues at home, in school, and in public places. Thoroughly revised to include the latest resources and 15 years' worth of research advances, the second edition also reflects Dr. Barkley's ongoing experiences with parents and kids. Helpful questionnaires and forms can be downloaded and printed in a convenient 8 1/2" x 11" size. Mental health professionals, see also the related title, *Defiant Children, Third Edition: A Clinician's Manual for Assessment and Parent Training*. For a teen focus, see also *Defiant Teens, Second Edition* (for professionals), and *Your Defiant Teen, Second Edition* (for parents), by Russell A. Barkley and Arthur L. Robin. Winner-- Parents' Choice "Approved" Award

## Book Information

Paperback: 257 pages

Publisher: The Guilford Press; 2 edition (July 2, 2013)

Language: English

ISBN-10: 1462510078

ISBN-13: 978-1462510078

Product Dimensions: 1 x 5.8 x 9.2 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (25 customer reviews)

Best Sellers Rank: #37,476 in Books (See Top 100 in Books) #69 in [Books > Education & Teaching > Schools & Teaching > Education Theory > Educational Psychology](#) #147 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology](#) #496 in [Books > Science & Math > Behavioral Sciences](#)

## Customer Reviews

I agree with the reviewer above that the book is heavy on practical advice, backed up with research (which is important to me). I found it helpful for my situation, but not the best book I have read. I think the book is basically aimed at parents with a young school-aged child (K-3, maybe), with

ADHD and defiance, and no other significant issues. Anyone else will be tweaking the content pretty much, but it's still good information. To summarize the content, Barkely recommends that you begin by spending positive time with your child (15 minutes, basically every day). He gives concrete suggestions for how to do this, even if it seems impossible right now. He directs parents to implement only this one change for the first week, and to keep it up, basically, forever. The second week, he guides the reader in setting up a system to reinforce the desired behaviors. He uses a token system. Some younger kids might struggle with that, but he does give a few tips on how to address that difficulty. I think most kindergarteners could catch on. Younger kids, I don't know.... I like that the kids are basically being asked to do the same things you would ask of any child. Then you set up the pricing guide so that they use most (about 2/3) of their points to buy things that most kids get for free. So it's not a cushy bribe, it's just the old method of taking privileges away, turned on it's head. Then he begins to guide the parent through a series of steps to implement fairly mild, very consistent consequences for misbehavior. The consequences consist of losing the points they gained for doing the right things (above), and time out.

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