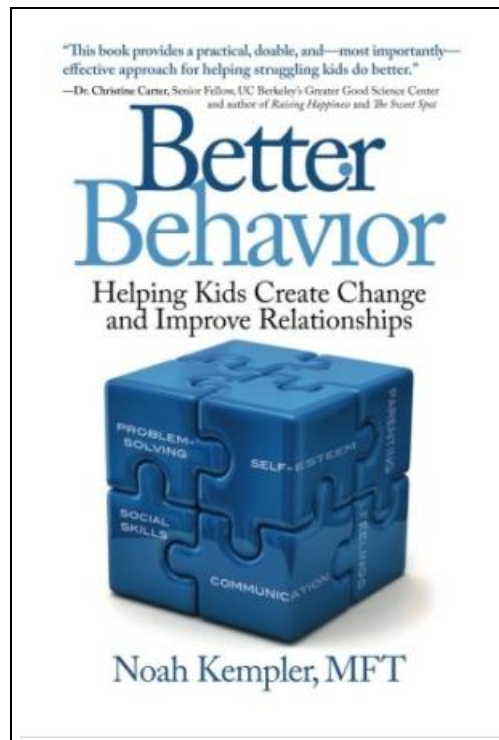


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BETTER BEHAVIOR: HELPING KIDS CREATE CHANGE AND IMPROVE RELATIONSHIPS (PAPERBACK)



Noah Kempler, Mft, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book provides a practical, doable, and-most importantly-effective approach for helping struggling kids do better. -Dr. Christine Carter, Author of Raising Happiness and The Sweet Spot Parenting is a wonderful and challenging job, and managing negative behavior is one of the most difficult parts. Many parents find themselves running out of ideas when it comes to helping their kids develop maturity and self-control, and this is where Better Behavior becomes invaluable. This book is not just about behavior, though, it s also about strengthening relationships. With equal focus on behavioral guidance and emotional attunement, Better Behavior holds the unique position of blending aspects of positive parenting with behavior modification techniques to help parents hold authority while also creating emotional connection. This balanced approach is the recipe for creating lasting behavioral change. It also promotes mutual respect and a desire for cooperation between parents and kids, which prevents many negative behaviors from occurring in the first place. Written by Noah Kempler, a successful child and family psychotherapist, published author, and parent educator, Better Behavior provides a complete set of strategies and advice to help both parents and kids develop the skills needed to get along well. Key concepts include: -Helping kids develop the 5 core skills that create emotional and behavioral maturity: Understanding Feelings, Communication, Flexibility, Respect, and Problem-Solving. -Helping parents practice (and balance) the two arms of parenting: Empathy and Authority. -Using Empathy to create connected, cooperative and strong family relationships. -Balancing Empathy with clear, effective and consistent Authority to help eliminate negative behavior. -Understanding how critical factors such as: temperament (both parent and child), parenting skills, couple-care and self-care impact family life. -Illuminating behind-the-scenes family dynamics such as: structure,...



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