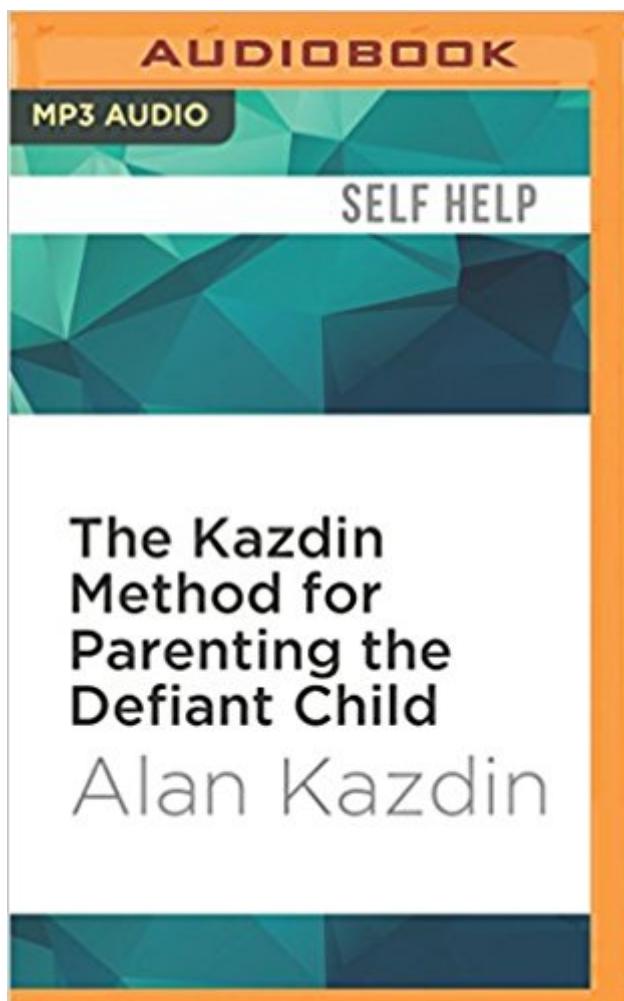


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# The Kazdin Method For Parenting The Defiant Child



## **Synopsis**

A lifesaving handbook for parents of children who are occasionally, or too often, out of control. Most child-behavior books are filled with advice that sounds reasonable, fits with what parents already believe about child-rearing, and is, as Dr. Kazdin proves, guaranteed to fail. The Kazdin Method for Parenting the Defiant Child makes available to parents for the first time Dr. Kazdin's proven program— one backed up by some of the most long-term and respected research devoted to any therapy for children. Kazdin shatters decades worth of accumulated myths about tantrums, time-outs, punishments fitting the crime, and much more. With the practicality of Ferber and the warmth of Brazelton, Kazdin leads parents through every step of the Kazdin Method in action— how to use tone of voice, when and how to touch, how to lead your child in a practice session, how to adjust your approach for different-age children, how to involve siblings, and more. The program is temporary, but the results are permanent—for very young children, adolescents, and even beyond.

## **Book Information**

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## **Customer Reviews**

Kazdin, director of the Yale Parenting Center and Conduct Clinic as well as president of the American Psychological Association, claims his method works with no pills, no therapy and no contest of wills. Instead, Kazdin uses a practical, science-based method of dealing with behavioral problems in children that relies on positive reinforcement and a reward system. Kazdin doesn't dwell on the scientific research (it seems the reader must trust him on this), though he claims his method works about 80% of the time with serious problems and therefore should have even greater success

with everyday behavior glitches. He outlines a plan to help parents focus on the positive opposite (in other words, what they want the child to do) and then takes them step-by-step through a process of praise and reward. Though Kazdin's approach seems complicated at first, his easygoing and often humorous tone gently guides readers through an array of problem scenarios, including bedtime, tantrums, grocery shopping with a younger child, getting ready for the school day and homework. The author promises long-lasting results for a temporary investment in his practical, positive method; parents may be well rewarded if they give it a try. (Jan.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"[Kazdin's] easygoing and often humorous tone gently guides readers through an array of problem scenarios...The author promises long-lasting results for a temporary investment in his practical, positive method; parents may be well rewarded if they give it a try." (Publishers Weekly ) --This text refers to an out of print or unavailable edition of this title.

I must say I 've been a proud supporter of this book. Even my daughter's play therapist was impressed and decided to look into this book and recommend it to her other clients. This book is way more worth than what you could ever imagine. After spending much money on insurance deductibles, co-pays, play therapy sessions, ADHD evaluation sessions, etc for a 4 year old who had the school calling me at work on a daily basis for her defiant behavior....I read at least 8 different parenting books, tried different things over a period of 8 months, and even consulted with a well-known ADHD- ODD expert, who's name I won't mention..but recommended methods that basically mimicked the content of this book. It turned out that my little one was diagnosed with Oppositional Defiance Disorder, a form of ADHD, and because she is sharp as a whip..so many teachers and family members ignorantly doubted any form of ADHD, mistakenly thinking that ADHD affected one's level of intelligence, when it doesn't necessarily. This was the last book I read, tried and found it more effective than any other previous options I ran across.If you don't have money for anything else, start here. Haven't had a phone call at work since. Knowing how to best parent my 4 year old (as a single mom of a kid who visits with her defiant and disagreeable dad every other weekend) and confidently guide her in a way that let's her be the firecracker she is (with the proper boundaries, rewards, and consequences that she can understand and respect)...now that's a peace of mind that is priceless.All the other random advice from those teachers and school officials who have been dealing with kids for 20+ years, would not work with my kid. Even my own grandmother

and mom both admitted this was an issue that was way out of their league, since I was a quiet child and had a 4 year old that thought she was born a rock star and that rules, expectations, and guidelines were optional when in the classroom setting with teachers who wouldn't enforce consequences consistently like mommy would. These teachers acted as if they were afraid of my kid, timidly begging her to listen instead of requiring her to do what she was told in order to do something else she liked later. My kid can smell fear in other adults and eats it for lunch. LOLPlease don't mind my enthusiastic rambling, but when I was walking thru this journey, I needed a review like this to meet me where my family was at the time and give me hope, when others just threw up their hands and said "I don't know what to say other than boy, do you have your hands full." Hopefully, this will help someone else too.

Well, I sport a advanced relatively unused masters in counseling (specializing in children, I know...to funny). To say that I read a lot would be an understatement. This however, is the first book to date that I will recommend for kids. In retrospect the rules seem very common sense, but then much of lives lessons seem that way in hindsight. My child and I have had issues for years and I've desired a stronger more loving and respectful relationship. Many therapist and medications later I simply can't say we had made any real headway. Very frustrating. Anyhow, I saw this book and thought, "What the hell." I've read most everything else might as well add another book. Is there anything worse, than simply giving up? I don't know, but I wonder. I'm so glad I got this book. I watched the disc and read the book in one night. I implemented all the suggestions and voila within 48 hours my child is all the dreams I quit daring to dream. So, fabulous. I homeschooled and my child started paying attention, his grades and competence increased. His self esteem is somewhere medication couldn't get to. He smiles and we have that relationship I'd always hoped for. I'm so thankful. Oh, and no medication or therapy. I just followed the guidelines in the book. This book should come with the baby in the nursery. But, yes it seems like common sense. Maybe it's true that sometimes the simplest answer is the correct one.

This is a very practical book for parents interested in either establish or enhance their mental health literacy in the treatment of a child with an emotional disability. Dr. Kazdin is among the most influential mental health scholars in the world, and in this book he found a way to translate the complexity of the mental health literature with emphasis on children and adolescents into a language parents can understand and apply. This explains why I strongly recommend this book in my forthcoming book entitled "Informed Parents, Healthy Kids: Information You Need to Know to

Find the Right Mental Health Practitioner."

Reinforced parenting methods. and gave great suggestions. I am a widowed 65 year old grandmother raising three young girls who have been through a lot of turmoil. Each has their own specific problems which we are trying to work on with counseling. It is a slow process and this book may help all of us cope while working together.

I cannot say enough great things about the Kazdin method. The approach is easy to execute and understand. We saw changes in my grandsons behavior within days and the benefits are still coming. He is now cooperating with bedtime routine, sleeping in his own bed all night, yielding to authority and even looking for new ways to help the family and earn points.

Dr Katzins books are a gift,use them, as a family is best, but they work if one paren uses the strategies, and encourages others.

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