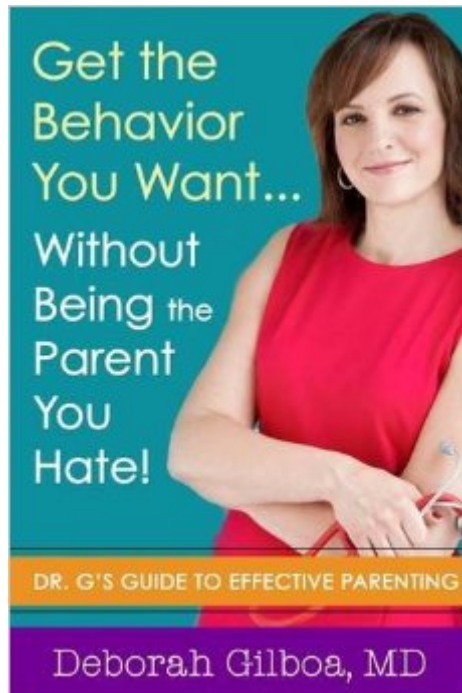


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# Get The Behavior You Want... Without Being The Parent You Hate!: Dr. G's Guide To Effective Parenting



## Synopsis

Get the Behavior You Want... Without Being the Parent You Hate! is a roadmap of quick, concrete strategies to help parents use everyday opportunities to create respectful, responsible, and resilient children between the ages of 18 months and 12 years—without screaming or nagging. With Get the Behavior You Want... Without Being the Parent You Hate! you'll know how to eliminate the behaviors you don't want while fostering the behaviors you do want like pitching in around the house, pleasant table manners, managing money, finishing multiple-step assignments, taking risks, asking for help, and coping with bad news. With today's busy parents in mind, each concise chapter provides easy-to-implement action steps and examples of how to teach respect, responsibility, and resilience plus ways to immediately address tantrums and unacceptable behavior while avoiding future conflicts down the road. Dr. G provides easy ways to modify the advice for children at different developmental stages, ranging from toddlers through kids ready to finish middle school. A hands-on, grab-me-for-a-few-minutes resource, Get the Behavior You Want...Without Being the Parent You Hate! will help parents who are struggling to get to bedtime without tears parents who want to shop at Target without hearing constant whining and pleading and parents who want someone to normalize their experience and say, "Yes, this happens. Here's what you can do." Upbeat, lively, and humorous, this book answers parents' most frequent questions and eliminates the guilt and guesswork out of raising a great kid."

## Book Information

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## Customer Reviews

Deborah Gilboa, MD, is a family physician practicing in Pittsburgh, PA, author of four parenting books, featured parenting expert on television and Huffington Post, speaker and mother of four boys. She advises parents on every conceivable issue, and her straightforward recommendations are unfailingly practical. Recently, I discovered her 2014 book. Her style is breezy, mom-to-mom truth-telling. The book has 63 chapters, all brief and to-the-point, no fluff. And each chapter deals a single challenge - the kind every parent eventually faces. For example, in Chapter 5 - "Spoiler Alert: What You Do Is More Important Than How You Feel," she focuses on how to deal with a child who doesn't feel like doing what he or she should be doing. How a loving parent deals with this situation has enormous consequences. Expressing empathy while not budging on standards or requirements helps a child learn responsibility. Expressing empathy and letting the child off the hook leads to an attitude of entitlement. Too many parenting books lead the reader through hundreds of pages without answering this question: "What am I supposed to do?" Not this book. All 63 chapters focus on what to do. I came away believing that a parent could raise a child to be a responsible, respectful and resilient adult by reading this book alone. Regardless of the other fine books a parent may read, this one is a must-have, must-read guide.

I am not, in general, a fan of parenting books. I tend to play it by ear, use common sense, focus on love and guidelines. So if I read this book, it's because I know and respect the author and I wanted to add my support. I was so surprised at how much I loved reading the book - not just the advice, but the actual read. I think it's because every section inspired me to reach higher, to do more for my kids. It addressed issues I was only vaguely aware of, and gave me concrete methods for overcoming them. And a plus - it is incredibly easy to read because each chapter is short, with advice grouped according to the age group. I have already implemented many of the suggestions, and my children remember the things we've spoken about, and are enthusiastic to put them into practice (i.e. things like offering other people water if they get up during the meal to get some). This book - it takes into account that you are the natural authority on your child, and at the same time - it takes away the guesswork when you don't feel so very authoritative. I highly, highly recommend.

For those of you who think it is easy to write a parenting book ...think again. It is a real art to be able to strike just the right tone to reach tired and overwhelmed parents. Deborah Gilboa does this well with her direct and concise writing while her caring, concern and experience shines through. Smart kids will try many things to get the attention, affection and love that they need to thrive in this world, so it is sad to see a loving family spiral out of control when a toddler, child or pre-teen is going

through a rough patch. Dr. G highlights some common developmental battles and behavior problems and doles out many creative methods to prevent a real trainwreck for families. Her ideas empower parents to be the leaders in a style that imparts respect with equal doses emotional control and thoughtful preparation. While many parenting books are written by physicians or mental health professionals, most cannot avoid the common pitfall of using large words and complicated sentences to relay straightforward messages. This works poorly with many exhausted parents and is counterproductive for kids. Dr. G keeps her suggestions short and simple; perfect for this age group. I also find this book to be nicely balanced. Equal attention is given to action and feelings, caregiving to discipline, competition versus cooperation, while all the time respecting the special qualities of each child. It also sets a wonderful foundation for the next phase; the ever-colorful teenage years. It is refreshing to see a careprovider emphasizing strengths and solutions, rather than problems and deficiencies. I highly recommend this sweet book and feel it can be a first step in heading off many typical parenting challenges.

If you are tired of screaming and nagging, begging and pleading, and tantrums (both by the kids and occasionally by you!), then you have to check out *Get the Behavior You Want Without Being the Parent You Hate*. I think what I like most about this book is actually two things: it's geared towards kids 18 months to 12 years of age (my kids are smack in the middle of the age range) and also that the chapters are broken up so that you don't have to read from beginning to end; you can jump around and read about the topics affecting your family now. Issues with playdates? Check out Chapter 37. Everywhere your child goes for a playdate probably has rules different from the ones at your house. Dr. G says "the rules in your home are not negotiable, even with guests." And it's good to teach your child that rule when they are elsewhere as well. My 5 year old daughter loves to get dressed up, but hates to dress herself. She still wants me to do it for her. So I promptly flipped to Chapter 20: Teach Kids To Get Themselves Dressed. There are even chapters about YOU the parent. Chapter 16 is all about Your Bedroom as Your Sanctuary. It is okay to have off-limit areas for the kids. I'd love to make my bedroom off-limits unless invited, and we just started working on this one. And because the topics are broken down based on your child's age (ex: Toddler, Preschooler), this book will grow with you as your children grow. Dr. G is funny, upfront, doesn't beat around the bush, and offers advice and tips that you can start using today. *Get the Behavior You Want Without Being the Parent You Hate* is a parenting book everybody should have on their shelves; it's more like a parenting how-to manual!

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