

SECOND EDITION
Completely Revised & Updated

10 days to a less defiant child

*The Breakthrough Program
for Overcoming
Your Child's Difficult Behavior*



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10 Days to a Less Defiant Child, second edition: The Breakthrough Program for Overcoming Your Child's Difficult Behavior



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The favorite, powerful guide to greatly help parents regain control over a defiant child or teenager Occasional clashes between parents and children are not uncommon, however when defiant behavior-including tantrums, resistance to chores, and negativity-becomes chronic, it causes big problems within the family. Jeffrey Bernstein shares a groundbreaking ten-day program to help parents understand their child's behavior and regain control of their household. In 10 Times to a Less Defiant Child, family members and child psychologist Dr. Dr. In this updated edition, parents will understand how to handle new challenges, including defiance resulting from excessive technology use (actually to the idea of addiction) and the strain of modern family life. Bernstein explains what causes defiance in children and why it's therefore destructive to the family, then gives parents a step-by-step guidebook on how to decrease conflict and end upsetting behaviors.



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Better for older kids This seems enjoy it would be helpful for children age 8+. Strongly suggested. Calm, firm, noncontrolling approach changes relationship with "difficult" kids There is a large amount of useful information in this book. This book has completely transformed our lives and our family dynamic. Amazing book. As my 14 year aged hit teenage years, I sensed I dropped any control or influence over her choices and decisions. Her 10 year old brother cannot be pulled away from the computer and other gaming products. I experienced that I was turning out to be a parent I swore I'd hardly ever be! I actually cannot recommend this book highly enough This book was purchased by many inside our family to cope with a teenage girl, stepdaughter, and has been extremely ideal for all of us. Bernstein, I started to notice a change. My kids also commented that I changed, though they did not seem to trust my new "calm, firm, noncontrolling" approach for some time. After a relatively brief period, though, they noticed that I meant to change just how I spoke and behaved with them, and they started to respond far better to my limitations, and my requests. For the first time in a number of years we already have fun collectively. Our relationship is becoming even more cooperative and trusting.. Amazing book. Yes a few of the suggestions you would be doing- it really is affirming to read thus and coarse adjust and tweak. I've had behavioral services in my own house for five years, but none of the behavioral approaches or self-discipline systems worked consistently. General, a good read for just about any parent. Bernstein, I began applying his program "10 Days to a Much less Defiant Child," in my home. It is easy to examine, and easy to follow step by step. Although it is a function in progress, Dr. Bernstein's program shows us consistent positive results and, frankly, provides given us hope for our child's upcoming.. I learned so much from scanning this book that specifically applies to my kid, and I am therefore grateful for Dr. It really worked for my 5 year old son. From the initial chapter, as I implemented the suggestions of Dr. A full game changer. I understand I required this reminder. Within times we changed our behavior, and subsequently, the defiance has become MUCH less of a concern. Very, very helpful. For quite some time my kids and I have already been locked in unproductive power struggles in increasingly poor communication. It certainly worked for my 5 year . great case studies Well crafted, great case studies, extremely effective. I also discovered the section on ADHD to become extremely valuable. I've recommended this book to many of m friends, and they saw positive changes in their families, aswell. Bernstein's practical techniques and insights! A MUST browse for EVERY parent Parenting is challenging. Applying the advises and strategies in this book actually made a modify in his behavior. If a person reads the book and methods the lessons, it will lead to a less defiant kid. I'd like to thank the author for helping parents in that simple way. Incredibly helpful for my grown defiant child The techniques in this book - which are very specific - which is fantastic as the author models how to implement these strategies. What I did so Nothing like about the reserve is the title. I found recommendations related to my teen and pre-teen's online activity particularly helpful.. it probably limits the charm, though gets the interest. And encourages you to take action. The book address concerns all parent face.. Get past 'judging a reserve by its cover' This publication can be gentle and kind for the mother or father and the child. Consistent EXCELLENT RESULTS for Our ADHD Defiant Child I am mom to a 7-year aged ADHD and defiant kid. Thank you. Five Stars Exceptional if parents will stay with it Five Stars Awesome... try them none the less- you have everything to gain! I loved the quote from the book "you can lead a equine to water nevertheless, you can't make it drink" I have felt this way and this is what I loved may be the next bit of the estimate "the horse will beverage when thirsty" and We absolutely concur!! If you are having problems with defiance, I cannot recommend this book highly enough. The book gets quite lengthy, therefore i

succumbed to the temptation of skimming over more of the trunk section, which gave illustrations and dialogues. Yes some could be new recommendations or rub the wrong manner.. We have a difficult 4-year-old and this was not geared towards little ones. Great read Excellent book and great ideas. Although adjusting behavior is not an easy process or we should not have unrealistic expectations and give it up very easily. It doesn't matter who the child or parent most of us have our own challenges to create us better people. Frequently, as the author points out, it is just the actual fact that they don't feel themselves to be heard or understood, and that parents / teachers aren't mirroring and acknowledging their current emotional state. She had issues with college and was right now back. I used these techniques to deal with her, and not just do the tug of battle stop but our romantic relationship improved. I highly recommend this reserve. The strategies outlined work on older children – even adults. really helps great resouse There are definitely some good tips in this book in how to deal with .. Rather than keep you hanging it provides practical 'doable' advice. There are definitely some good tips in this book in how to deal with children in general, and particularly those people who are more defiant and spirited in nature. That is going to be one of those dog eared loved books I make reference to. I discovered the most readily useful parts to be in the exhortation to mirror the kid and his/her emotions, and get behind what's exactly making them defiant or rebellious in situations. My 20 year outdated daughter was a problem. When my child started therapy with Dr..



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