

“Practical suggestions for solving discipline problems or preventing them before they even occur.”

SuEllen Fried, past president, National Committee for the Prevention of Child Abuse

You Can Manage Children's Behavior Problems

with Love & Limits

Discipline with Love & Limits provides calm, practical solutions to the 43 most common childhood misbehaviors, like:

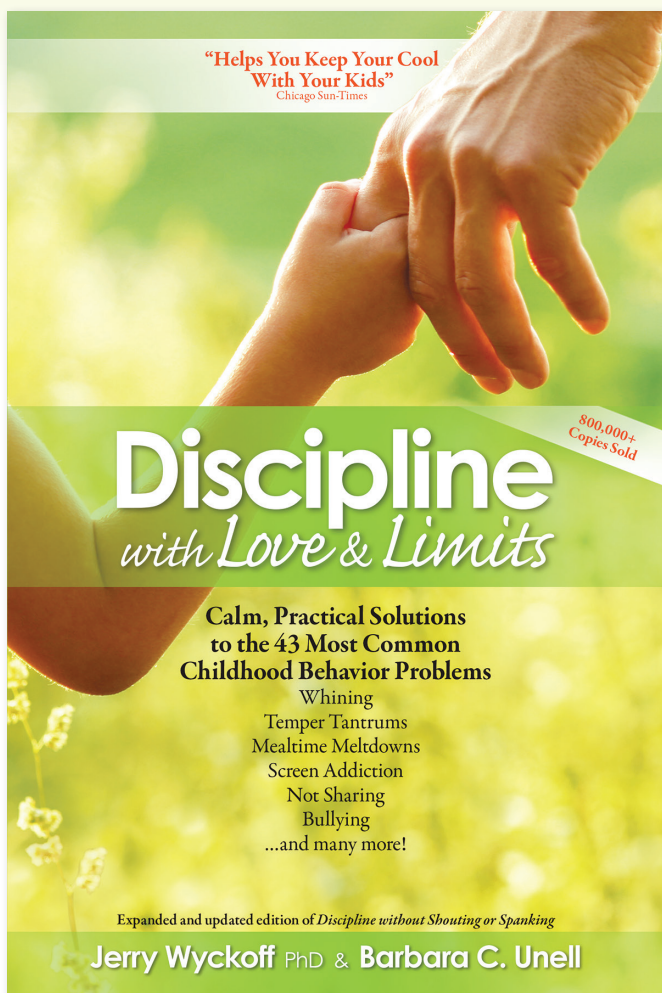
- Resisting Bedtime
- Ignoring Requests
- Biting
- Leaving a Mess
- Travel Meltdowns
- Overeating
- Talking Back
- Cursing and Swearing
- ...and many more!

This amazing book has taught over 800,000 parents to more effectively manage the most common preschool behavior problems in a loving yet firm way. It now contains new information about mindful parenting, teaching empathy and inclusiveness, reducing stress in a child's environment, increasing a child's frustration tolerance and ability to delay gratification, and dealing with generational conflicts. It also includes brand-new sections on:

- New techniques for establishing positive relationships with children
- New brain research findings on the effects that spanking and threats have on children
- New information on setting up an effective parenting team

The easy-to-use text has been formatted like a first aid manual for handling misbehavior. Each section includes:

- A description of the “symptoms,” the causes, and a general approach to corrective action
- Preventive steps to avoid the problem
- Practical solutions for the misbehavior
- Important information about what to do
- A case history that shows how parents successfully handled the problem, using advice from this book



“Tried-and-true strategies for promoting responsible behavior and a spirit of cooperation.”

Marianne Neifert, MD, author of *Dr. Mom*

“The must-have prescription every parent needs to raise healthier and happier children.”

Kathryn Ellerbeck, MD, MPH, FAAP,
past president, Kansas Chapter, American Academy of Pediatrics

“Answers to discipline questions to help parents grow purposeful and caring children.”

Wendy Webb, national trainer, Parents as Teachers

Jerry L. Wyckoff, PhD, is a child psychologist who has helped parents and their children for more than 40 years and has co-authored five books on parenting with Barbara Unell.

Barbara C. Unell is a parent-educator and journalist who co-founded *TWINS* Magazine and Kansas City Parent, and has co-authored over a dozen books on parenting. She has also helped launch social-emotional development programs for parents, educators and children, including *Uncle Dan's Report Card* and *Kindness is Contagious...Catch It!*

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