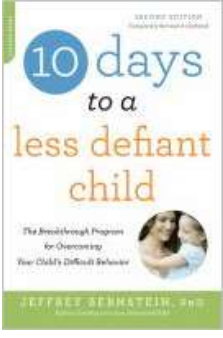
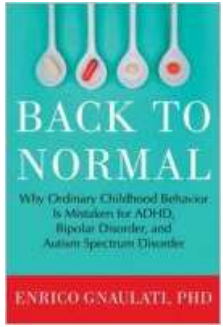
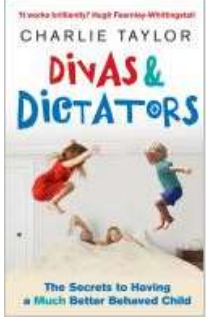
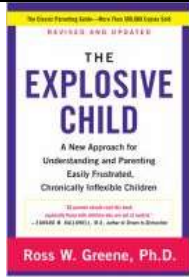


Helping Parents Promote Better Behaviours in Young Children

Recommended Library Books (* denotes Speaker's Recommendation)

Book summaries are taken from the NLB catalogue and the respective publishing companies. Please check for the book availabilities via our online catalogue at <http://www.nlb.gov.sg>

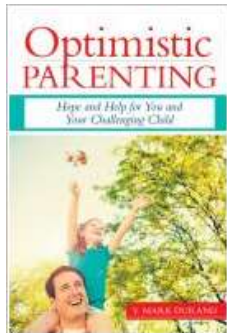
	<p>10 days to a less defiant child : the breakthrough program for overcoming your child's difficult behavior</p> <p>By: Jeffrey Bernstein Publisher: Boston, MA : Da Capo Lifelong Press, [2015] Call No.: 649.64 BER -[FAM]</p> <p>Occasional clashes between parents and children are not uncommon, but when defiant behavior--including tantrums, resistance to chores, and negativity--becomes chronic, it causes big problems within the family. In this updated edition, parents will learn how to face new challenges, including defiance resulting from excessive technology use (even to the point of addiction) and the stress of modern family life. Dr. Bernstein explains what causes defiance in kids and why it's so destructive to the family, then offers parents a step-by-step guide on how to reduce conflict and end upsetting behaviors.</p>
	<p>Back to normal : why ordinary childhood behavior is mistaken for ADHD, bipolar disorder, and Autism Spectrum Disorder</p> <p>By: Enrico Gnauhati Publisher: Boston : Beacon Press, c2013 Call No.: 618.9289 GNA -[HEA]</p> <p>So how do we differentiate between a child with, say, Asperger's syndrome and a child who is simply introverted, brainy, and single-minded? As Gnauhati notes, many of the symptoms associated with these disorders are similar to everyday childhood behaviors. In the second half of the book Gnauhati tells detailed stories of wrongly diagnosed kids, providing parents and others with information about the developmental, temperamental, and environmentally driven symptoms that to a casual or untrained eye can mimic a psychiatric disorder. These stories also reveal how nonmedical interventions, whether in the therapist's office or through changes made at home, can help children. Back to Normal reminds us of the normalcy of children's seemingly abnormal behavior. It will give parents of struggling children hope, perspective, and direction.</p>
	<p>Divas & dictators : the secrets to having a much better behaved child</p> <p>By: Charlie Taylor Publisher: London : Vermilion, 2009 Call No.: 649.64 TAY -[FAM]</p> <p>Supermarket tantrums? Insufferable car journeys? Sibling in-fighting? Bedtimes that last hours? Sound familiar? Behavioural expert Charlie Taylor has the answers in this practical handbook which is full of simple, effective techniques for improving your child's behaviour. Focusing predominately on the under-fives, Charlie Taylor's straight-talking, no-nonsense approach guides you away from knee-jerk parenting towards a more proactive and positive relationship with your child.</p>



The explosive child : a new approach for understanding and parenting easily frustrated, chronically inflexible children *

By: Ross W. Greene
 Publisher: New York : Harper, 2014
 Call No.: 649.154 GRE -[FAM]

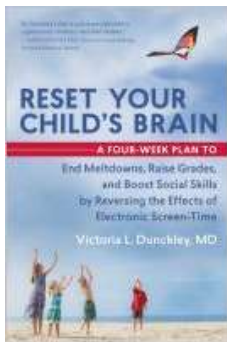
Now updated with the latest developments in this field, this guide for parents of easily frustrated, chronically inflexible children lays out a practical approach to helping children at home and school, and shows parents how to handle their child's difficulties competently and with compassion.



Optimistic parenting : hope and help for you and your challenging child

By: V. Mark Durand
 Publisher: Baltimore: Paul H. Brookes Pub. Co., c2011
 Call No.: 618.9289 DUR -[HEA]

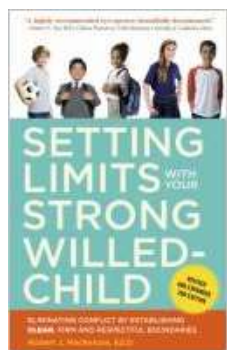
Happier lives. Less stress. Family harmony. That's what all parents of children with challenging behavior want. Learn how to get there with this groundbreaking guide to confident, skillful, and positive parenting...Optimistic Parenting helps moms, dads, and other caregivers develop more positive thoughts and perceptions--a key ingredient of successful parenting and effective behavior management. One of the most highly regarded experts on challenging behavior--and a parent himself--Dr. V. Mark Durand delivers both philosophical hope and practical help to parents of children with a wide range of challenges.



Reset your child's brain : a four-week plan to end meltdowns, raise grades, and boost social skills by reversing the effects of electronic screen-time

By: Victoria L. Dunckley, MD.
 Publisher: Novato, California : New World Library, [2015]
 Call No.: 004.678083 DUN -[COM]

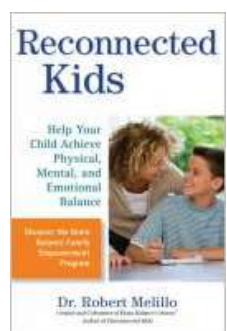
Increasing numbers of parents grapple with children who are acting out without obvious reason. Many of these children are diagnosed with ADHD, bipolar, or autism spectrum disorders. They are then medicated with often poor and side-effect-riddled results. Author Dunckley specializes in working with children and families who have failed to respond to previous treatment, and has pioneered a new program. In her work with more than 500 children, teens, and young adults diagnosed with psychiatric disorders, 80 percent showed marked improvement on the four-week program presented here. Interactive screens, including video games, laptops, cell phones, and tablets over stimulate a child's nervous system. While no one in today's connected world can completely shun electronic stimuli, Dunckley shows how the most vulnerable amongst us can and should be spared their damaging effects.



Setting limits with your strong-willed child : eliminating conflict by establishing clear, firm, and respectful boundaries

By: Robert J. MacKenzie, Ed.D.
 Publisher: New York : Three Rivers, [2013] ©2013
 Call No.: 649.64 MAC -[FAM]

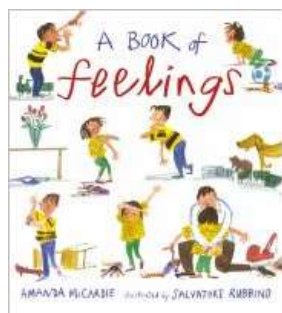
This revised and expanded second edition offers the most up-to-date alternatives to punishment and permissiveness--moving beyond traditional methods that wear you down and get you nowhere, and zeroing in on what really works so parents can use their energy in more efficient and productive ways. With fully updated guidelines on parenting tools like "logical consequences," and examples drawn directly from the modern world that children deal with each day, this is an invaluable resource for anyone wondering how to effectively motivate strong-willed children and instill proper conduct.



Reconnected kids : help your child achieve physical, mental, and emotional balance

By: Robert Melillo
 Publisher: New York : Penguin Group, c2011
 Call No.: 618.9289 MEL -[HEA]

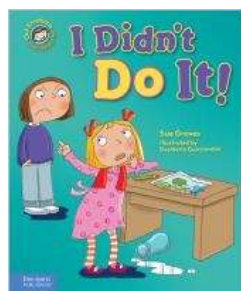
Reconnected Kids is a groundbreaking guide to help parents resolve their child's behavioral problems--without medication, strife, or drama. This empowering method shows parents how to first identify their own role in their child's behavior, and then how to guide the child to focus on goals, practice lifelong good habits, and stay motivated. This insightful and whole-family approach will help parents and kids reach their full potential.



A book of feelings : starring Sam, Kate and Fuzzy Bean

By: Amanda McCcardie
 Publisher: London : Walker Books, 2015
 Call No.: JP MAC

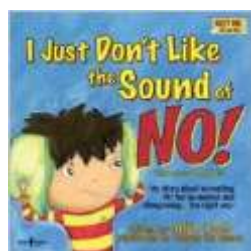
A Book of Feelings stars a brother and sister, Sam and Kate, and their dog, Fuzzy Bean. Sam and Kate know what makes them happy: cuddling Mum, reading a story with Dad, swimming, running and dancing...lots of things. But they don't feel happy all the time (nor does Fuzzy Bean), and in the course of the book we see them feeling grumpy, embarrassed, shy, nervous, frightened, sad and jealous. Both words and pictures portray the children in many different situations at home and at school, and show how they change over time, how emotions can escalate, and how people can help each other. Amanda McCcardie's supremely subtle and sensitive text is as alive to the nuances of children's behaviour as Salvatore Rubbino's amazing pictures.



I didn't do it (Series: Our emotions and behavior)

By: Sue Graves
 Publisher: Minneapolis: Free Spirit Publishing, 2013.
 Call No.: JP 155.4 GRA

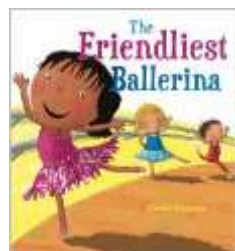
Poppy doesn't always tell the truth at home. She doesn't always tell the truth at school either. Now she's getting other children into trouble. Can she learn that it's better to own up than to tell a lie? This series introduces young children to different aspects of our emotions and behaviour. A fictional story is backed up by suggestions for activities and ideas to talk about, while a wordless storyboard encourages children to tell another story.



I just don't like the sound of NO! (Series: Best me I can be!)*

By: Julia Cook
 Publisher: Boys Town, NE : Boys Town Press, [2011] ©2011
 Call No.: JP COO

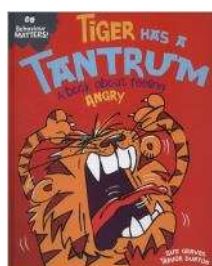
Shows readers the steps to the fundamental social skills of accepting "no" and disagreeing appropriately. When RJ learns to use these skills the right way, he finds that rewards come his way, instead of arguments.



The friendliest ballerina

By: Timothy Knapman
 Publisher: London : QED, c2012
 Call No.: JP KNA

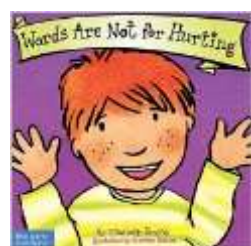
Sometimes it's hard to know how to be well behaved - and why Join little children with big imaginations as they learn that saying please, making friends, sharing and being kind are both easy and fun.



Tiger has a tantrum : [a book about feeling angry]

By: Sue Graves
 Publisher: London : Franklin Watts, 2014
 Call No.: JP GRA

Tiger is in a terrible mood. He has been angry with everyone all day. Then Monkey accidentally chooses the book that Tiger wanted and Tiger has a full blown tantrum in the library. How can Miss Bird help Tiger to manage his anger, and how can he make up with his friends?



Words are not for hurting *

By: Elizabeth Verdick, Marieka Heinlen
 Publisher: London : Walker Books, 2015
 Call No.: JP 177 VER

The older children get, the more words they know and can use - including hurtful words. This book teaches children that their words belong to them. They can think before they speak, then choose what to say and how to say it. It also explores positive ways to respond when others use unkind words and reinforces the importance of saying "I'm sorry."

Recommended websites

Learning Together Series *

www.early-education.org.uk

Backpack Connection Series *

<http://challengingbehavior.fmhi.usf.edu/do/resources/backpack.html>

Understanding Your Child's Behaviour

By Department of Child Development, KK Women's and Children's Hospital

<https://www.singhealth.com.sg/PatientCare/ConditionsAndTreatments/Pages/Behaviour-Child.aspx>

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