



Parenting Better Children: An 8 Week Skills Training Guide to Reach, Teach & Empower

Jennifer Wilke-Deaton Ma Lpa

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Parenting Better Children is an all-in-one package to manage behavior before it becomes clinically significant. Author Jennifer Wilke-Deaton has gone back to the basics and provides a fresh start to develop a new set of building blocks, detailing an 8-week course that includes straightforward teaching methods, outlines and handouts for skills training, and troubleshooting solutions.

- New tools for positive behavioral management and emotional regulation
- Recognizing escalation—and what to do about it
- Reversing the negative impact of video games and aggressive media
- Creating healthy communication
- Establishing routines
- Strategies keying on CBT and DBT
- Effective attachment relationship building between children, parents, school staff
- Support planning for children and families that lasts long after group time has ended
- Easy to read and highly practical, an invaluable resource for parents, clinicians, school staff and other professionals working with challenging behaviors

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