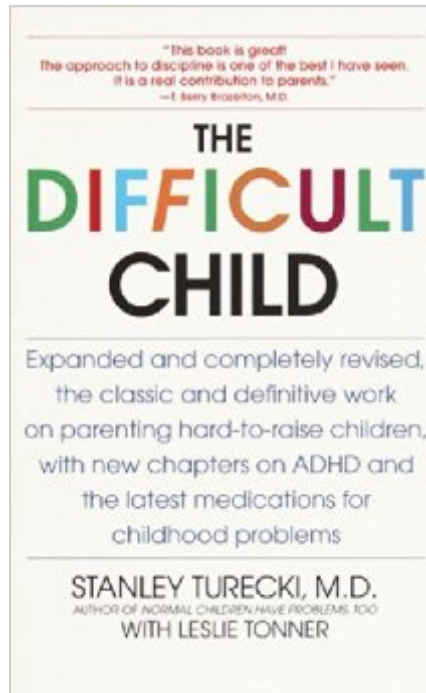


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# The Difficult Child: Expanded And Revised Edition



## Synopsis

How to help--and cope with--the difficult childExpanded and completely revised, the classic and definitive work on parenting hard-to-raise children with new sections on ADHD and the latest medications for childhood disorders.Temperamentally difficult children can confuse and upset even experienced parents and teachers. They often act defiant, stubborn, loud, aggressive, or hyperactive. They can also be clingy, shy, whiny, picky, and impossible at bedtime, mealtimes, and in public places. This landmark book has been completely revised to include the latest information on ADHD, medications, and a reassuring approachÂ Â to all aspects of childhood behavioral disorders.In this parenting classic, Dr. Stanley Turecki, one of the nation's most respected experts on children and discipline--and himself the father of a once difficult child--offers compassionate and practical advice to parents of hard-to-raise children. Based on his experience with thousands of families in the highly successful Difficult Children Program he developed for Beth Israel Medical Center in New York City, his step-by-step approach shows you how to: Identify your child's temperament using a ten-point test to pinpoint specific difficulties Manage common--often "uncontrollable"--conflict situations expertly and gently Make discipline more effective and get better results with less punishment Get support from schools, doctors, professionals, and support groups Understand ADHD and other common diagnoses, and decide if medication is right for your child Make the most of the tremendous potential and creativity that many "difficult" children haveDrawing on his experience with thousands of families in his highly successful Difficult Child Program, Dr. Turecki shows parents how to:Identify their child's difficult temperament using a ten-point test to pinpoint specific difficultiesManage typical conflict situations expertly and kindlyMake discipline more effective and get better results with less punishmentGet support from schools, doctors, and others Understand ADHD and other common diagnoses, and decide whether medication is right for their childMake the most of the child's creativity and potential -->

## Book Information

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## Customer Reviews

The Difficult Child (2002) is a self-help book for the parents of children with difficult temperaments. While all children have characteristic behavioral quirks, temperaments are so deep-seated that they manifest in infancy and are usually retained for a lifetime. Since temperaments can be inherited, they are probably linked to specific genes. In fact, one behavioral trait -- high activity level -- in mice seems to be associated with a specific gene (along with other characteristics), but such traits have not yet been genetically identified in humans. This book concentrates on nine particularly difficult temperaments: high activity level, distractibility, high intensity, irregularity, negative persistence, low sensory threshold, initial withdrawal, poor adaptability, and negative mood. A child who exhibits some or all of these temperamental characteristics is usually not the child that the parents expected and therefore can be difficult to handle properly. High activity level is obviously wearisome for the parents, babysitters and other caretakers. Distractibility is often irritating since the child can't stay with one thing very long. High intensity refers to habitual loudness, which causes its own problems. Irregularity refers to confused circadian rhythms, which means the child is often not ready to eat or sleep at any fixed time. Negative persistence refers to lengthy whines and tantrums, drawing out every disagreement to the point of absurdity. Low sensory threshold refers to physical sensitivity to clothing, noises, colors, tastes and other sensory stimuli, leading to definite likes and dislikes. Initial withdrawal refers to timid reactions at first to new things. Poor adaptability refers to difficulty changing activities, clothing, or even locations.

My sister-in-law had the library hold this book for me and it has saved me! Three weeks ago, I was to the point where I could no longer stand to be around my 5 year old daughter. I was upset about her behavior and my reactions to her behavior 24 hours a day. It didn't matter if I was with her or not. I dreamt of running away and even leaving my husband if necessary to get relief from her! We were having MAJOR battles everyday. Screaming and yelling and no forms of discipline were working. I had to call a crisis team once and had to have my husband come home from work a few times to 'save her life". He came home on Jan. 23 and I went right to the library. I got the difficult

Child and the Explosive Child. I am almost done with the difficult child and my life has changed! We are in counseling and I talked to her pre-k teacher and between the 3, I have learned many new techniques and realize that punishment just doesn't work with my child and I had to let it go. you definitely need to be willing to change how you think and deal with to make changes within yourself to help to change your child. I have realized through Dr. Turecki that my child can't help a lot of these behaviors and I understand her so much better now! I don't take it personally and I try to look at it from the outside. It is still a challenge but I am more willing to understand and help her and redirect her than I ever was before. I find it so helpful the way he taught me to say to her, "I know it's hard for you to pay attention right now but....." instead of "what is wrong with you?" like I had been been doing. I was feeling like a failure as a mother and like I couldn't take her anywhere and now I feel empowered with new tools to use and like I really can help her and myself!

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