



# Parenting That Works: Building Skills that Last a Lifetime

*Edward R. Christophersen, Susan L. Mortweet*

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Being a parent is probably the most important job many of us will ever have. We recognize that it is not enough to simply raise a child who does what he or she is told or gets good grades. In this book, clinical psychologist Dr. Edward Christophersen and his colleague, child psychologist Dr. Susan Mortweet, show parents how to raise their child to become the adult we'd all like to be—one who is happy and compassionate, confident but not aggressive, and able to make and keep friends. They point out that from babyhood on through the school years, children learn these qualities by observing and interacting with their parents. In clearly written, easy-to-follow chapters, parents are shown how to model and reward positive behaviors and avoid the need for ineffective, punitive discipline.

Two key areas are covered in the book: building one's own skills as a parent, and then building one's child's competencies. Scores of practical examples show parents how to teach their children what is important in life, how to communicate clearly, and how to effectively discipline their child. Special parenting topics such as managing a child's behavior in public, monitoring TV, toys, and games, and handling fallout from divorce are also discussed. Readers then learn how to build their child's basic skills by teaching him or her how to quickly get over upsets and how to play independently. The authors also dispense wise advice on the all-too-common problems associated with bedtime and sleeping, toilet training, aggression, and tantrums. This book is a great resource that parents will find reassuring, comprehensive, and thought-provoking.



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