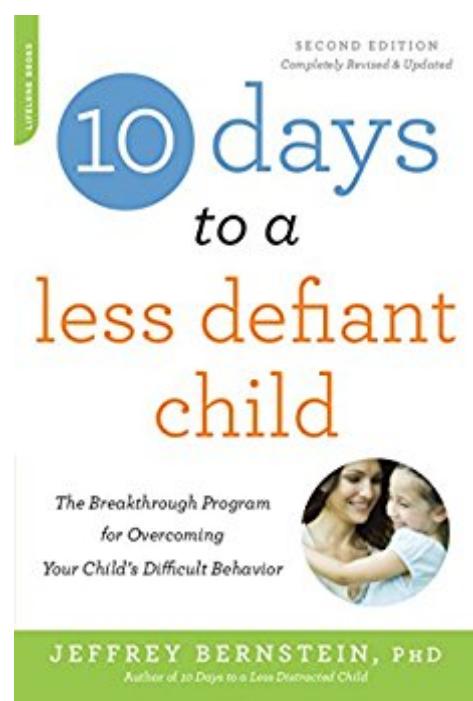


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# 10 Days To A Less Defiant Child, Second Edition: The Breakthrough Program For Overcoming Your Child's Difficult Behavior



## **Synopsis**

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 *10 Days to a Less Defiant Child*, family and child psychologist Dr. Jeffrey Bernstein shares a groundbreaking ten-day program to help parents understand their child’s behavior and regain control of their household. 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.

## **Book Information**

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## **Customer Reviews**

There is a lot of useful information in this book. It is easy to read, and easy to follow step by step. For several years my kids and I have been locked in unproductive power struggles in increasingly poor communication. As my 14 year old hit teenage years, I felt I lost any control or influence over her choices and decisions. Her 10 year old brother could not be pulled away from the computer and

other gaming devices. I felt that I was turning into a parent I swore I'd never be! From the first chapter, as I implemented the recommendations of Dr. Bernstein, I started to notice a shift. My kids even commented that I changed, though they did not seem to trust my new "calm, firm, non-controlling" approach for a while. After a relatively brief time, though, they saw that I meant to change the way I spoke and behaved with them, and they started to respond much better to my limits, and my requests. For the first time in several years we actually have fun together. Our relationship has become more cooperative and trusting. I found recommendations related to my teen and pre-teen's online activity particularly helpful. I have recommended this book to several of my friends, and they saw positive changes in their families, as well.

This book is the only parenting book that has helped us and our child. We tried other popular techniques that had the effect of throwing fuel on a fire, because they were inherently controlling and our child does not take well to attempts to control him. For example, we used to say "When you wash your hands then we can eat dinner." Fireworks. He didn't care he was hungry and could hold out for hours. Now we say "We can't make you, but we hope you wash your hands before eating because we'd hate to see you get sick from germs on your hands." His consistent response is "ok! I'll go wash my hands now." This is just one example of how this book has changed our family life. Now we have more time for fun and play since we reduced the battles and arguments. It's not perfect and it's not easy but this book has been a life-changer. Everyone is happier, especially our son.

Finally, a book that gives the reader great strategies on changing a child's defiant behavior. Throughout my 20 years in education, I have implemented several of these techniques. This book is a wonderful 'tool' for anyone searching for an answer.

It's sad that I (not the Therapists) diagnosed our 16 old son's Oppositional Defiant Disorder symptoms after seeing a couple Psychologists for over a year with no success. But page 5 of this book spells it all out and makes it clear. I am only on Day 6 (my husband's on Day 3) and we're already seeing small successes by using the strategies in this book. Everything in this book rings true, from the way we treat and react to our son to the way he resists and defies authority. Dr. Bernstein's Calm, Firm and Non-Controlling strategy is just what the doctor ordered. This book is a must have if you're having power struggles with your defiant child and can't see your way out of the vicious cycle called your daily home life. I only wish Dr. Bernstein lived in my city, he would so be

our Therapist. BTW, when I submitted a question, Dr. Bernstein called me back himself. I submitted another and he responded by e-mail. Needless to say I was extremely pleasantly surprised that HE called me, not a medical staff professional. THIS BOOK IS A MUST BUY!!

I'm only halfway thru the book and our house is a happier and more peaceful place!! Highly recommend. This is succinct, specific, and well laid out, with very effective strategies and background to help parents look at the situation from a different angle.

I use this book with clients who have issues with defiant children - insightful, great for helping parents see their roles in the relationship and how altering their behavior can help alter their child's behavior.

Amazing book. It really worked for my 5 year old son. I would like to thank the author for helping parents in such a simple way. Applying the advises and strategies in this book really made a change in his behavior. Although adjusting behavior is not a fast process or we should not have unrealistic expectations and give it up easily.

Yes great book for advice with 4 grandchildren to raise.

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