



The Kazdin Method for Parenting the Defiant Child

By Alan Kazdin

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A lifesaving handbook for parents of children who are occasionally, or too often, out of control. Most child-behavior books are filled with advice that sounds reasonable, fits with what parents already believe about child-rearing, and is, as Dr. Kazdin proves, guaranteed to fail.

The Kazdin Method for Parenting the Defiant Child makes available to parents for the first time Dr. Kazdin's proven program—one backed up by some of the most long-term and respected research devoted to any therapy for children. Kazdin shatters decades worth of accumulated myths about tantrums, time-outs, punishments fitting the crime, and much more.

With the practicality of Ferber and the warmth of Brazelton, Kazdin leads parents through every step of the Kazdin Method in action—how to use tone of voice, when and how to touch, how to lead your child in a practice session, how to adjust your approach for different-age children, how to involve siblings, and more. The program is temporary, but the results are permanent—for very young children, adolescents, and even beyond.

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The Kazdin Method for Parenting the Defiant Child By Alan Kazdin Bibliography

- Rank: #872468 in Books
- Published on: 2016-07-26
- Released on: 2016-07-26
- Formats: Audiobook, MP3 Audio, Unabridged
- Original language: English
- Number of items: 1
- Dimensions: 6.75" h x .50" w x 5.25" l,
- Running time: 11 Hours
- Binding: MP3 CD

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Editorial Review

From Publishers Weekly

Kazdin, director of the Yale Parenting Center and Conduct Clinic as well as president of the American Psychological Association, claims his method works with no pills, no therapy and no contest of wills. Instead, Kazdin uses a practical, science-based method of dealing with behavioral problems in children that relies on positive reinforcement and a reward system. Kazdin doesn't dwell on the scientific research (it seems the reader must trust him on this), though he claims his method works about 80% of the time with serious problems and therefore should have even greater success with everyday behavior glitches. He outlines a plan to help parents focus on the positive opposite (in other words, what they want the child to do) and then takes them step-by-step through a process of praise and reward. Though Kazdin's approach seems complicated at first, his easygoing and often humorous tone gently guides readers through an array of problem scenarios, including bedtime, tantrums, grocery shopping with a younger child, getting ready for the school day and homework. The author promises long-lasting results for a temporary investment in his practical, positive method; parents may be well rewarded if they give it a try. (*Jan.*)

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Review

"[Kazdin's] easygoing and often humorous tone gently guides readers through an array of problem scenarios...The author promises long-lasting results for a temporary investment in his practical, positive method; parents may be well rewarded if they give it a try." (*Publishers Weekly*)

About the Author

Alan E. Kazdin, Ph.D., is the John M. Musser Professor of Psychology and Child Psychiatry at Yale University and Director of the Yale Parenting Center. His work on parenting and childrearing has been featured on NPR, PBS, the BBC, and he has appeared on the *Today Show*, *Good Morning America*, *ABC News*, *20/20*, and *Dr. Phil*. He frequently lectures to parents, educators, and business groups interested in learning the latest research and techniques of childrearing.

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