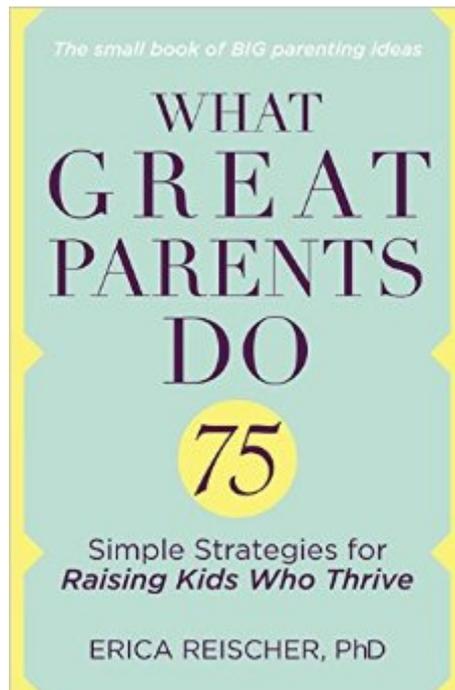


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# What Great Parents Do: 75 Simple Strategies For Raising Kids Who Thrive



## Synopsis

A golden rule book to parenting best practices, *What Great Parents Do* concisely presents key strategies to help parents reshape kids' challenging behaviors, create strong family bonds, and guide children toward becoming happy, kind, responsible adults. *What Great Parents Do* is an everything-you-need-to-know road map for parenting that you will consult again and again.

Psychologist Erica Reischer draws on research in child development and cognitive science to distill the best information about parenting today into bite-size pieces with real examples, useful tips, and tools and techniques that parents can apply right away. This book will show you how to do what great parents do so well, including:- Great parents start with empathy- Great parents accept their kids just as they are- Great parents avoid power struggles- Great parents see the goal of discipline as learning, not punishment- Great parents know they aren't perfectA toolbox of the most effective parenting strategies, *What Great Parents Do* is accessible, actionable, and easy to follow.

## Book Information

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## Customer Reviews

What an incredible resource! I have a younger daughter (5) and two older girls (11 and 14) and the information in *What Great Parents Do* applies across the board. The short chapters make it easy to digest as much or as little as you like and the cross referencing is amazing. My favorite part is the Try This section at the end of every chapter. Really makes you stop and think about yourself, your parenting, your children and how best to nurture the relationship between you in a positive way for everyone. Love this book!

As a parents who often avoid reading parenting books or become disappointed when we do, my husband and I truly value Dr. Reischer's new book. It is clearly written, straight forward, and filled with valuable tips. It is a book written for 'real' parents with doable strategies. The tone of the book shows respect to the innate knowledge of parents as well as honoring what science and research teach us. Smart and USEFUL.

As a parent-educator myself, I have read many parenting books, and I usually pick up one or two tips at most and then the book collects dust on my shelf. Or sometimes parenting books are super general and its hard to apply the concepts in the day-to-day life of being a parent. However, Dr. Reischer's book is packed with so many wonderful ideas (as well as reminders!) that parents can use every day. The "Try This" section at the end of each chapter is great for turning the big idea into something easy to do on a daily basis. Fantastic resource!

As a former educator of children I found Dr Reischer's concise handbook and thought process excellent for NOT only how to raise / handle children, but how to handle many dysfunctional adults. After all: we are only larger children!! certainly wish my parents had access to Dr.Reischer's formula.

The cover says "simple strategies for raising kids who thrive", but it could just as easily say, "strategies for creating mutual respect between kid and parent". I love that this book is as much about fixing yourself, as the parent, as it is getting your kids to listen to you. There are a ton of strategies for defusing situations and getting kids to hear you, but what they all basically seem to come down to isn't about manipulation or strategies, it's about empathizing with and respecting each other--and the right way to convey that to a three year old about to have a meltdown. Short chapters make it readable and easy to reference. Great job!

Dr. Reischer has made the benefit of years of the best academic research supremely accessible to parents. Unlike other books in the genre -- and with acknowledgement of their many and varied contributions -- What Great Parents Do synthesizes academic wisdom into nuggets of practical advice. The structure of the book allows for "random access" usage -- flipping to a topic of high priority interest without having to spelunk through a long chapter. Each chapter references related chapters for deeper reading and fuller appreciation of the layers that exist in the research. The other aspect of Dr. Reischer's book is its authenticity. She has for a number of years now run a parenting

workshop and related counseling practice, honing her tuition through its application to real world, flesh and blood situations. Moreover, as a parent of two children, she has applied her strategies to her own life and refined them accordingly. So in short I love this book and expect to reference its wisdom over many years. The advice is practical and flexible in its application as befits the dimensionality of parenting.

For me, the best judge of being a great parent is what my child thinks -- not just now, but years from now. What will she remember of this time? I am thankful for a book that reminds me of the honor, privilege, hard work, and joy that parenting is, with simple tips to make the most of it. It goes fast. Thank you, Dr. Reischer.

Readable as a page-turner, useful as a reference. Ambitious but achievable. I love the format with situations that are so recognizable and examples with advice starting with how you perceive the situation to how you speak and act. I found the tips immediately actionable and the results were encouraging.

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