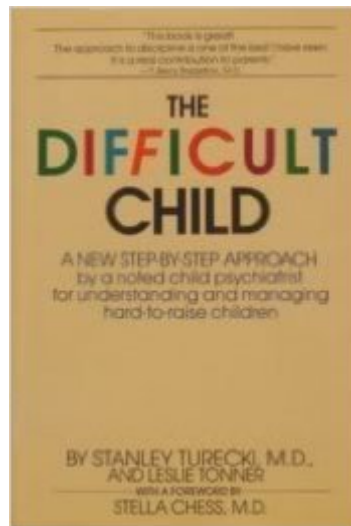


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# The Difficult Child



## Synopsis

How to help--and cope with--the difficult child Expanded 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 approach 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 have Drawing 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 difficulties Manage typical conflict situations expertly and kindly Make discipline more effective and get better results with less punishment Get support from schools, doctors, and others Understand ADHD and other common diagnoses, and decide whether medication is right for their child Make the most of the child's creativity and potential -->From the Trade Paperback edition.

## Book Information

Hardcover

Publisher: Bantam; English Language edition (September 1, 1985)

Language: English

ISBN-10: 0553053493

ISBN-13: 978-0553053494

Product Dimensions: 8.3 x 5.5 x 1 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (93 customer reviews)

Best Sellers Rank: #818,768 in Books (See Top 100 in Books) #25 inÂ Books > Parenting & Relationships > Special Needs > Hyperactivity #1999 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology #9525 inÂ Books > Parenting & Relationships > Parenting

## 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. Negative mood refers to grumpiness, showing little or no cheerfulness. These temperamental types are particularly difficult for parents to understand or manage. At first the parents believe something is wrong with the child, particularly when the child cries at odd times, stays up late, and so forth. When their pediatrician states that nothing is wrong with the child, except maybe a little colic, the parents are mystified when this behavior continues for months and years. First, these temperaments are normal, although not extremely common. They do not indicate any defect or disease in the baby, just different ways of responding to the world. Once these differences are identified, they can be managed. Moreover, the child can be trained to control these traits to some extent by learning good habits. However, these temperaments are part of the

child and so the child would be more comfortable in surroundings where these temperaments are known, expected, and allowed a certain amount of free rein. Of course, there are various ailments that can produce similar behavior patterns. Some of the more common are touched on within this book. However, the authors assume that you will have already had your child examined by a qualified pediatrician, will continue to take your child for regularly scheduled checkups, and will bring any subsequent problems to his attention. If you always keep him informed, you can let the doctor worry about such things. Read this book. Even if none of this sounds like your child, read the first chapter of the book; you will learn a lot about your own child, despite their lack of difficult temperament. However, if any of these temperaments fits your child, read the whole book and have your spouse do so also. If nothing else, this book will give you some of the right questions to ask your pediatrician the next time you corner him in his office. Once you have read this book, you will want to find out more about temperament and human differences. This book is only the first step in the rest of your career as parents. And as grandparents. -Bill Jordin

I can not even begin to express how much this book has helped our family. My son was difficult from the moment he came out of the womb. We had read numerous articles, lost tons of sleep, and felt that no one really understood our son or our issues. This book pretty much nailed the types of behavior we were facing. Wild tantrums, obstinance, etc. We read the book and started applying the techniques. Being first time parents we were a little inconsistent with our application of the system and were having some mixed results and starting to doubt our ability to be successful parents. However, my wife and I were convinced that this was the only book that we had found that really dealt with the behavior issues we were facing. After some discussion, we eventually called Turecki directly, spent an hour with him on the phone. Discussed our son, and Turecki's program. The results were amazing!!! Within a week we felt like we were back on top of things and in control of our lives. Our son is still a challenge but we've learned the difference between temperament and tantrums. How to recognize them and how to effectively deal with them. I would highly recommend this book to anyone who is having trouble understanding why their child is acting up and needs insight into potential methods of dealing with them.

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 alot 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! Thank god for this book, this man and all others who work hard to help us parents! Right now this book is my bible and I'm not even done with it. I love to be around my daughter again and can hardly beleive how miserable I was just a few short weeks ago! We are on defintely on the right path now and I will always refer back to this book! i'll review the explosive child after I read that one!

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