

Smart Discipline: Fast, Lasting Solutions for Your Peace of Mind and Your Child's Self-Esteem

By Larry Koenig

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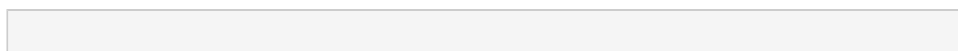
Would you like your kids to follow the rules the first time you ask, without backtalk, bickering, or screaming matches? Now, the creator of the most popular parenting seminar in the United States explains his amazingly simple, stunningly effective system of discipline that enables parents to help children ages 3 to 16 become self-motivated to follow the rules at home and at school.

Parents can set up the five-step Smart Discipline system within an hour or two. It can be used by any caregiver and is easily tailored to differences in age, temperament, and the needs of children with ADD/ADHD.

The book shows parents how to use this system to quickly solve common problems such as: messy rooms, disrespectful language, chores, fighting and bickering, lying, whining, and homework problems. It also empowers parents to get their children self-motivated to behave properly at school. Most parents will see results within several days of starting the system and they can continue to use it effectively for years to come.

Once *Smart Discipline* is part of the home, parents can stop the nagging and criticism that destroy children's desire to achieve. Dr. Larry J. offers powerful self-esteem builders for children, including showing parents how to identify children's unique talents, encourage them to develop their abilities, and celebrate their successes.

With this book in hand, you can implement the system that more than a hundred trained mental health professionals teach in more than three thousand schools, churches, hospitals, and civic organizations nationwide. Practical, straightforward, and effective, *Smart Discipline* is the wise choice for all parents who want a family life that sets the stage for their children's success.



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Editorial Review

From Publishers Weekly

Parents of children ages four to 16 are sure to devour this book, if not from cover to cover, at least through the first section where Koenig outlines the Smart Discipline method. Koenig, father of five, founder of the national adolescent self-esteem program Up With Youth, and a family therapist, offers parents a simple approach to getting their children to act right. Koenig directs readers to link their children's most irritating behaviors to their favorite activities, so that being able to do the latter depends on improving the former. This relationship should be illustrated in a prominently posted daily or weekly chart that tracks the child's behavior. There's nothing new about this general approach it's the rigidly systematized charts themselves, which should be used consistently and automatically, that will, according to the author, eliminate the need for nagging, threats and lecturing. Once parents have dealt with behavior problems, they can nurture constructive relationships that boost self-esteem. In the remainder of the book, Koenig urges parents to find their child's "center of brilliance" and identify his or her strengths. Koenig gives Smart Discipline seminars regularly, an experience that seems to have influenced his writing style, which has a kind of chirpiness that is sometimes off-putting in print. Even with this shortcoming, the book has much to offer exasperated parents.

About the Author

Larry J. Koenig, Ph.D., trained as a family therapist, is the founder of Up with Youth, the nation's leading self-esteem program for adolescents, which has benefited thousands of teens nationwide. He is also president of the North American Society for Parent Training and Development and creator of Up with Parents, a dynamic program that helps parents effectively gain control of their children's behaviors and attitudes. At his parenting seminars, he is well known for his delightful ability to pinpoint exactly what is going on in people's homes and for giving meaningful and practical advice. The parents of five grown children, Dr. Koenig and his wife Nydia live in Baton Rouge, Louisiana.

Users Review

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