



Get the Behavior You Want... Without Being the Parent You Hate!: Dr. G's Guide to Effective Parenting

Deborah Gilboa MD

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Get the Behavior You Want... Without Being the Parent You Hate! is a roadmap of quick, concrete strategies to help parents use everyday opportunities to create respectful, responsible, and resilient children between the ages of 18 months and 12 years—without screaming or nagging. With *Get the Behavior You Want... Without Being the Parent You Hate!* you'll know how to eliminate the behaviors you don't want while fostering the behaviors you do want like pitching in around the house, pleasant table manners, managing money, finishing multiple-step assignments, taking risks, asking for help, and coping with bad news.

With today's busy parents in mind, each concise chapter provides easy-to-implement action steps and examples of how to teach respect, responsibility, and resilience plus ways to immediately address tantrums and unacceptable behavior while avoiding future conflicts down the road. Dr. G provides easy ways to modify the advice for children at different developmental stages, ranging from toddlers through kids ready to finish middle school.

A hands-on, grab-me-for-a-few-minutes resource, *Get the Behavior You Want... Without Being the Parent You Hate!* will help parents who are struggling to get to bedtime without tears; parents who want to shop at Target without hearing constant whining and pleading; and parents who want someone to normalize their experience and say, "Yes, this happens. Here's what you can do." Upbeat, lively, and humorous, this book answers parents' most frequent questions and eliminates the guilt and guesswork out of raising a great kid.

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