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"In this 3rd Edition of Common Sense Parenting, Boys Town Press displays that they 'get it.' Great for quick reference issues, the book is a real no-nonsense tome, offering pearls of wisdom to help you overcome those times when you need a little help."

- The National Parenting Center

"What parent doesn't crave matterof-fact advice on effective discipline, staying calm and helping his or her kid succeed? Common Sense Parenting offers loads of sage advice on these and other classic conundrums. In this back-to-basics guide, three professional trainers from Boys Town return with timeless techniques that balance logic with unconditional love."

- Metroparent Magazine

## Common Sense Parenting® 3rd Ed.

Ray Burke, Ph.D., Ron Herron, and Bridget A. Barnes

ere's a great guidebook for parents of children ages six to sixteen facing a myriad of family challenges: a teen who's defiant; siblings who constantly bicker; a child having trouble in school, or parents and kids who occupy the same house but don't communicate or have fun together anymore. *Common Sense Parenting* provides parents with a menu of proven techniques that will aid them in building good family relationships, preventing and correcting misbehavior, using consequences to improve behavior, teaching self-control, and staying calm.

The book shows parents how to approach discipline as positive teaching rather than punishment of children. Encouraging children by recognizing their good behavior and teaching before problems occur are as important as correcting children's negative behavior. Parents also learn how to help children solve problems, reach goals by using charts and contracts, and practice new social skills. As each new parenting technique is introduced, the authors explain each step, provide many clear examples, and give parents an action plan for implementing it in their home.

This newly revised and updated book answers parents' commonly asked questions and offers new behavior charts and more helpful information than ever. New chapters include those offering advice on setting reasonable expectations for children, creating predictable family routines that help children feel secure as well as improve their behavior, and putting together a parenting plan using all of the techniques explained in the book.

THE AUTHORS have many years of experience in creating and delivering parent training programs in the U.S. and other countries around the world. Ray Burke helped develop the original Common Sense Parenting program, book, and training materials. He is the father of five children. Ron Herron and his wife, parents of two children, were Family-Teachers at Boys Town, Living and working directly with youth in a Family Home. He is the author of several books for parents and adolescents. Bridget Barnes is both a mother and stepmother and the co-author of *Common Sense Parenting of Toddlers and Preschoolers*. As a Program Coordinator, she works directly with parents in Common Sense Parenting classes and trains others to be parent trainers.