



Time Out!: A Parents' Guide to Understanding and Dealing with Challenging Children

Malin Alfvén, Kristina Hofsten

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"I've failed as a parent," is a common statement of resignation when a child suddenly becomes awkward, defiant, angry, or generally impossible. What worked to calm them down a year ago might not necessarily work now and the parent blames herself for being too lenient or too strict.

There's usually nothing developmentally wrong with an unruly child, but it can be a pain to deal with. Written by two child psychologists, outlines all of the developmental stages toddlers, children, and adolescents transition through, and how their behavior reflects that.

With humorous anecdotes from real parents who have dealt with the same "crises" as most other parents, this guide offers hands-on-advice to deal with problems and also laugh a little.

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