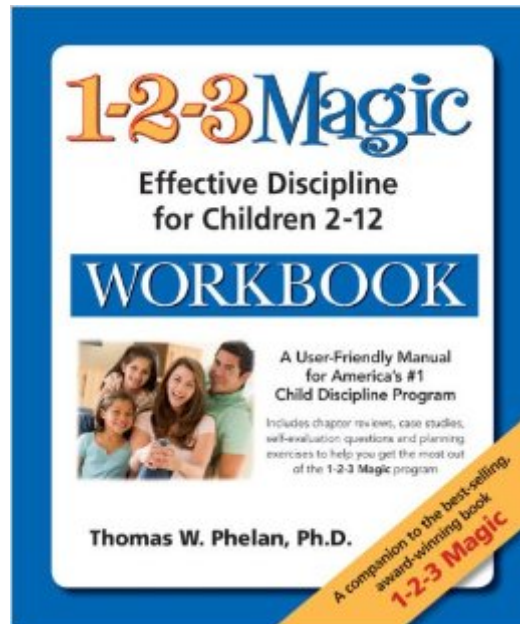


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# 1-2-3 Magic Workbook: Effective Discipline For Children 2-12



## Synopsis

An interactive supplement to the bestselling parenting book 1-2-3 Magic"1-2-3 Magic made parenting fun again."I highly recommend this book to any parent who is spending more time yelling at or nagging their children than smiling at and laughing with them."All I have to say is that the ideas in this book really WORK! It really is like magic!"It's such a relief to not feel like I'm constantly yelling at someone! If you want to see a fast improvement in your child's behavior, check out 1-2-3 Magic."1-2-3 Magic allows you to get back in charge of your home and enjoy your kids again by helping you set limits for your children, and by breaking down the complex task of parenting into three straightforward steps:1. Controlling Obnoxious Behavior: Learn an amazingly simple technique to get the kids to STOP doing what you don't want them to do (whining, arguing, tantrums, sibling rivalry, etc.) 2. Encouraging Good Behavior: Learn several effective methods to get your kids to START doing what you want them to do (picking up, eating, going to bed--and staying there!, chores, etc.) 3. Strengthening Your Relationships: Learn powerful techniques that reinforce the bond between you and your children.In the 1-2-3 Magic Workbook, the program's simple steps are explained in greater detail, and each workbook chapter contains a summary, questions about the content, case studies, troubleshooting exercises, and wrap-up bullets. In addition to providing material for parents, this guide includes curricula and activities for group leaders and teachers, as well as tactics for addressing the challenges that commonly arise when trainers teach the method in group environments. Extensive reference and resources sections also suggest further research and follow-up study.For years, millions of parents from all over the world have used the award-winning 1-2-3 Magic program to help them raise happier, healthier families and put the fun back into parenting.

## Book Information

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## Customer Reviews

We had tried everything to try and show our 3 year old son who is in charge. We couldn't go to restaurants (or almost any public place for that matter) without it ending in a meltdown and being bitten, pinched and hit by our son. Even at home if he didn't get his way he would bite/hit/pinch/scream. We agreed not to spank, but found ourselves yelling often. Many days I ended up in tears. My son's preschool teacher recommended this book. I stayed up almost all night one night reading it, and put it into action. It has changed everything! Not only does the counting method really work (I had sort of used my own counting before, but I wasn't following the "no talking no emotions" rule), but we just feel more in charge and in control, which our son seems to sense and respond to. He is much better behaved all the way around, but if he does have a meltdown it is gone right after "that's two". I can't believe what a difference this has made in my house!

I listened to the tape of this book while I commuted. In less than a week I was ready. Within 5 minutes our son understood the new 'rules of the game'. Within 2 days we had a more sane house. Yes, really. The discipline of the old days was 'spank your kid', and many of us reject this. The problem is that there wasn't a replacement that worked. So some parents keep spanking, some parents just yell all day. Either way, it's not a happy feeling of control. The basics of the 1-2-3 method are simple, kid-understandable, quick-to-implement, & quick to explain. (So you can even get care-takers, teachers, cub-scout leaders in on the game - to have some consistency.) But don't kid yourself - the real value is in understanding all of it. I don't believe I'm actually writing this but - just try it and you'll be a believer too. I loved the audio tape especially. In the first few minutes of the tape, the initial '1-2-3 Magic' is revealed. I wanted to start that day. Then examples, tactics for multiple kids and reinforcement follow. All of it is key to recognizing your kid's techniques for handling YOU, and creating the sane environment we all wish for. OK, life still isn't perfect, but this information goes a very long way to getting you out of the nightmare you might be in. I've bought copies for my sister, my friends, and my church. Every time I see a screaming parent and a crying kid, (or a nasty, defiant kid), I wish I had the nerve to give them a copy. No, I don't work for the author, but I sure would like to thank him. ;-)

Tom Phelan has indeed written a sensible, easy to read, discipline book that clearly explains his

1-2-3 Magic theory designed for parents of tots-gradeschoolers. As a veteran preschool teacher, many of the parents of my own students over the years have found success with Phelan's techniques. However, some conscientious but frustrated moms and dads admitted to me that they found themselves between a rock and a hard place as they reached '2 and 3 quarters', '2 and 7 eighth's', etc ...unable to change the behavior of their sometimes annoying, disrespectful, uncooperative kids. Not to worry...Although your career as a magician may fall short of your goal, you are not doomed to be labeled an ineffective disciplinarian. It has been my experience, both as a parent and teacher, that there is no one single discipline approach that works every time, for every kid in every family. Although I totally respect 'the count' in this book, I strongly encourage parents to seek out an assortment of strategies that for whatever reason might be a better fit at a particular moment, in respect to age, personalities and parenting style. If you have young kids (2's, 3's 4's, and 5's) who are literally driving you towards your wits' end with such things as their bad words, 'I hate you's', hitting, whining, parent deafness, tantrums, lying, 'gimmes', mealtime and bedtime refusals, I suggest checking out "The Pocket Parent", a quick read A-Z guide, loaded with hundreds of fast answers and tips to try. The bullets of information (called 'sanity savers') are written exclusively for preschool behavior and are based on a solid philosophy that maintains a real sense of concern for the needs and feelings of both children and their parents. I highly recommend both books for a variety of workable discipline options that parents (and preschooler teachers) can choose from while trying to remain sane in the process!

This book was recommended by a friend who knew that I was struggling with my daughter. I'm a single father of a (as of 10.10.02) five-year-old daughter. I have her everyday from after school, 3:30 to 6:30, and all day Sunday, and she still lives with her mom. I was raised with a smack first mentality and her mother believes in spanking, too. I decided early on that I wouldn't do that as it did nothing to improve my unruly behavior. Having said that, I was very skeptical of this book but with the great reviews here at , I gave it a shot. After reading about half of the book, I told my daughter I was reading a book about how we could better handle behavior issues. She abhors me yelling, despite causing the need for it. The book says that at that age, initially they might not understand the 1-2-3 explanation, but THE VERY SAME DAY, she understood. It worked for everything from leaving the park earlier than she wanted, to not listening at the house, in other words, everything. In fact, if I immediately got mad (this is addressed also at the end of the book under the backtracking chapter), she would say, "Hey, you didn't even count." Now, I have only had to use this a couple of times with my "old school" parents around, whom I know would prefer the spanking method, but the

book does recommend strategies for dealing with skeptical loved ones, other parents, or friends. Finally, the second portion of the book addresses the "start behavior" such as cleaning rooms, homework, etc. While my daughter doesn't have as much to do as an older child, it has been very effective in dealing with these issues, too. In a nutshell, I was a divorced, clueless, single parent who grew up virtually isolated from other kids, so I was very eager for advice, and quite simply this book provided it. I can't imagine anyone not enjoying this book and it's recommended age range of 2-12 seems quite reasonable. I hope you find it as useful as I did.

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