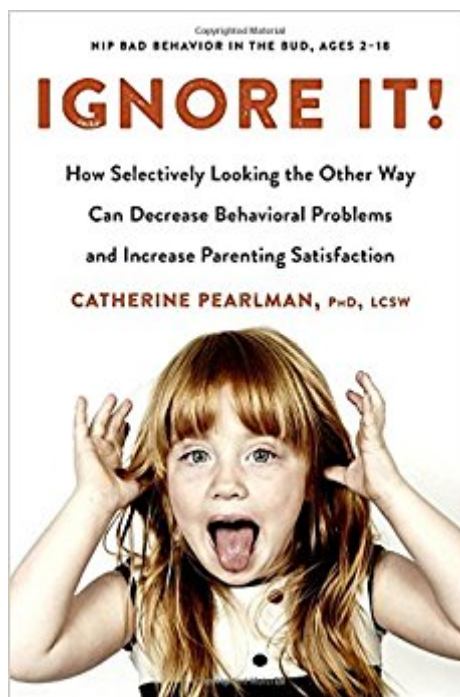




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# Ignore It!: How Selectively Looking The Other Way Can Decrease Behavioral Problems And Increase Parenting Satisfaction



## Synopsis

This book teaches frustrated, stressed-out parents that selectively ignoring certain behaviors can actually inspire positive changes in their kids. With all the whining, complaining, begging, and negotiating, parenting can seem more like a chore than a pleasure. Dr. Catherine Pearlman, syndicated columnist and one of America's leading parenting experts, has a simple yet revolutionary solution: Ignore It! Dr. Pearlman's four-step process returns the joy to child rearing. Combining highly effective strategies with time-tested approaches, she teaches parents when to selectively look the other way to withdraw reinforcement for undesirable behaviors. Too often we find ourselves bargaining, debating, arguing and pleading with kids. Instead of improved behavior parents are ensuring that the behavior will not only continue but often get worse. When children receive no attention or reward for misbehavior, they realize their ways of acting are ineffective and cease doing it. Using proven strategies supported by research, this book shows parents how to:

- Avoid engaging in a power struggle
- Stop using attention as a reward for misbehavior
- Use effective behavior modification techniques to diminish and often eliminate problem behaviors

Overflowing with wisdom, tips, scenarios, frequently asked questions, and a lot of encouragement, Ignore It! is the parenting program that promises to return bliss to the lives of exasperated parents.

## Book Information

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## Customer Reviews

"Dr. Pearlman's book offers parenting advice that is effective in every situation. Chock-full of

practical applications, this book will help you ease out of those challenging situations every parent faces." — Dr. Shefali Tsabary, clinical psychologist and New York Times bestselling author of *The Conscious Parent* and *The Awakened Family* "I ask three things of the books I read. I want to learn something, I want to laugh, and, when a book is really special, I get to forge a personal connection with a writer for as long as I turn the pages. Catherine Pearlman has given me all three in this book, and much more. She's given me a resource I will refer back to over and over again, both as a writer and a parent." — Jessica Lahey, *New York Times* bestseller *The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed* "Fun, insightful, straightforward advice that can really make your family life happier." — KJ Dell'Antonia, *New York Times* Well Family Columnist

Dr. Catherine Pearlman is the founder of The Family Coach, a private practice specializing in helping families resolve everyday problems related to discipline, sleep, and sibling rivalry, among other issues. She is the proud parent of a son in elementary school and a daughter in middle school. Her syndicated Dear Family Coach column has appeared in *The Wall Street Journal* and many regional parenting magazines. She has appeared on *Today* and her advice has been featured in *Parenting*, *Men's Health*, *CNN.com*, and *The Huffington Post*. Dr. Pearlman is a licensed clinical social worker who has been working with children and families for more than twenty years. She is an assistant professor of social work at Brandman University and received a PhD in social welfare from Yeshiva University and a masters of social work from New York University.

I liked this book more than the many (many) others that I read (while drinking wine to offset my frustration :). It has good advice coupled with many, many examples. We saw results almost immediately. I find that other books do not provide a lot of different examples which can be limiting in the implementation of the advice. This book is a quick read with good humor. This author also has many helpful and interesting articles available on the internet.

This book was a super quick read and quite funny at times. It was relatable and provided solid examples on how to try a parenting style that I had dabbled in but was implementing incorrectly. I have a child who knows how to push my buttons and I began trying it's techniques as I was reading it. It totally works. I am thrilled that I will now be able to foster a more meaningful relationship with my children and not get caught up in daily nonsense. Thank you for sharing your knowledge and experience with your readers. Have already bought another copy for a friend and plan to keep

sharing the wealth.

I am a grandmother and still found this book worthwhile. So often I felt as a parent that I was winging it and praying for the best outcome. I only wish I didn't have to fly solo then. Catherine Pearlman gives parents a systematic parachute for smoother landings and happier families. You can use her program to interact positively with children of any age and not just your own either. It's a good read, sound advice and tools to work with. Share her wisdom and you will be thanked.

I read this book in a single day and started implementing the technique immediately. IT WORKS. Dr. Pearlman's tone is entirely kind and empathetic, and the book made me understand how my husband and I were unintentionally reinforcing some less-than-ideal behavior in our kids. After only a few days, we are seeing a difference at home - less yelling and more kindness and fun. I just bought two more copies to give as gifts to friends, that's how much I loved this book.

This book has literally saved my sanity! I didn't realize how much I was engaging in unnecessary battles with my strong willed daughter. It was a quick and easy read with lots of laughs. I especially appreciate the reference tables and charts in the back for quick reminders about what I should do and when.

Wonderfully simple concept that is a great reminder for any stage. Fits perfectly into my parenting routine of five and 12 year old boys. Perfect parenting book to add to your collection. Catherine Pearlman knows her stuff.

Brilliant parenting book with loads of practical tips for parents with kids of all ages. The book is written with care and humor-- every parent needs this book!

Very good read and simple to implement once you know the steps. Really has helped me manage by very active and opinionated 2.5 year old.

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