

Date:

Parenting

13.8 

Title: **The Incredible Years**

Author(s): **Webster-Stratton,
Carolyn**

Publisher: **Incredible Years**

Year: **2005** ISBN: **9781892222046**

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An excellent guide for parents of children aged 2 to 8 years.

This book offers advice on how to use encouragement and praise to encourage good behaviour and techniques such as 'time out' to combat bad behaviour.

It also explores ways to communicate effectively with children and how to deal with their emotions as well as those of the parents.

A well written, easy to understand guide to dealing with children's behaviour problems.

This book can be 'dipped' in and out of as needed.

320 pages

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