

“This guide will be a godsend for parents and their out-of-control children, restoring peace, sanity, and renewed hope for the future.”

—Jonathan Rich, Ph.D., psychologist and author of *The Couple’s Guide to Love and Money*

How do parents cope when every interaction with their child results in a battle of wills?

As children we gradually learn to control our impulses — or at least, some of us do. Most children learn to stop throwing temper tantrums, lying, refusing to go to bed or take a bath, and other defiant behavior at an early age. However, some children have trouble with impulsivity and self-control. Left unchecked, these problems can lead to others, up to and including crime and delinquency as an adult.

In *Parenting Your Out-of-Control Child* (New Harbinger; \$14.95) author George Kapalka, Ph.D., offers parents a sound and safe step-by-step program for dealing with out-of-control children before their behavior problems result in serious consequences.

The program concentrates on the most common out-of-control behavior problems that the author has encountered in his extensive work with parents and children. Dr. Kapalka enlightens parents on effective discipline (including eye contact, body language, tone of voice, and word choice) and details an effective strategy for managing an out-of-control child: the behavior contract.

Using the behavior contract, parents can establish clearly what they expect from their child and define the results of either compliant or noncompliant behavior. With a little effort and patience, and a lot of love, parents will be able to use these techniques to control even the most out-of-control child!

about the author

George M. Kapalka, Ph.D., is associate professor of psychological counseling at Monmouth University in West Long Branch, NJ. Dr. Kapalka holds board certifications in several areas of practice, including clinical psychology, psychopharmacology, and learning disabilities. Currently, he maintains a part-time private practice, serves as editor of the *New Jersey Journal of Professional Counseling*, and is a member of medical staff at Meridian Health Systems’ Brick Hospital.

Parenting Your Out-of-Control Child, by George M. Kapalka, Ph.D., Published in March 2007, New Harbinger Publications, ISBN-10: 1-57224-484-4; ISBN-13: 978-1-57224-484-9, \$14.95, 192 pages
Tel. 800-748-6273, www.newharbinger.com

FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
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Getting Your Child to Follow Instructions

Excerpt from *Parenting Your Out-of-Control Child*

The command-giving procedure is made up of three parts: the attentional cue to get eye contact, the actual command (stated in a firm but respectful manner), and the (approximately) fifteen-second follow-up look to increase pressure on your child. Since this is probably different than what you’ve done previously, your child will be caught off-guard.

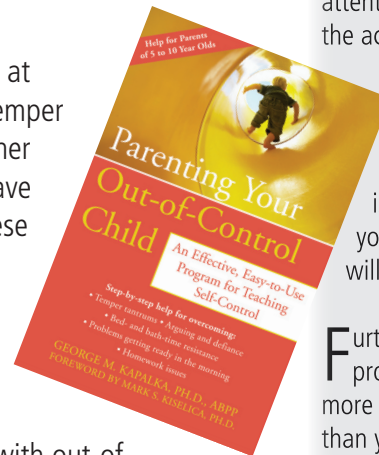
Furthermore, just by doing this procedure, you are already putting more pressure on your child to obey than you probably have in the past. This step alone may work to increase the rate of your child’s compliance with your commands. If your child does comply, you must acknowledge that by giving him positive feedback.

Let’s take [a] look at the example of Stevie and his mother to see [how to follow this procedure]:

Stevie is playing with his blocks. His mother comes into the room. She approaches Stevie and says, “Stevie, please look at me.” Stevie continues to play. His mother walks closer to Stevie and says, “Stevie, I said please look at me.”

Stevie looks up. The mother, while looking Stevie in the eyes, says, “Stevie, please pick up your blocks right now because we have to go out.” Stevie starts to protest and says, “But I’m not finished yet!”

The mother doesn’t respond, just continues to stand there and look at Stevie. Feeling the pressure, Stevie reluctantly starts to pick up the blocks. His mother says, “Thank you for picking up. I like it when you do what I ask.”



Raves for Parenting Your Out-of-Control Child

"This book provides a practical road map for anyone wishing to implement a successful program for children with behavior management problems. It is designed for parents and caregivers of children with challenging behavioral difficulties, but its applications are not limited to this group alone. Anyone working with children who are struggling with behavior management difficulties should have this valuable book available to them."

—**Ronald T. Brown, Ph.D., ABPP**, is professor of public health, psychology, pediatrics and psychiatry and behavioral sciences and dean of the College of Health Professions at Temple University

"This is a terrific book that will be a valuable resource for parents with children and adolescents. Kapalka has written a highly readable, practical book that incorporates the latest ideas about handling difficult children. It is filled with great examples that will help all parents. This book will go to the top of my suggested readings list."

—**James H. Bray, Ph.D.**, author of *Stepfamilies: Love, Marriage, and Parenting in the First Decade*

"A wonderful resource, this book is succinct, practical, and clearly written. It offers many useful suggestions and plans that can be easily carried out within the context of parenting training and behavior therapy. I wholeheartedly recommend this book to psychologists, mental health practitioners, parents, and graduate students in training. I will personally use it in my practice and on my syllabi."

—**Margaret Alvarez, Psy.D., MSCP**,
Brain Behavior Center in Pomona, NY

"There is no user's guide to being a parent, but Kapalka has provided the next best thing. This easy-to-read book provides clear and concise strategies that all parents can employ with their children. Parents, educators, and counselors alike can find effective solutions to many troubling parenting dilemmas. Best of all, Kapalka has offered parents a method for creating a healthy family environment in which parents and children have the opportunity to be responsible, respected, and happy."

—**Matt Englar-Carlson, Ph.D.**, associate professor of counseling at the California State University at Fullerton

"This is a must-read for every parent concerned about their child's behavior. Kapalka offers solid, concrete recommendations that are well-grounded in the psychological literature, providing parents with wise advice and needed practical tools that allow them to deal with being overwhelmed by their child's behavior. I especially enjoyed the real-life examples and was impressed with the down-to-earth approach that Kapalka adopts in offering his suggestions. It is a well-written, engrossing text that I recommend with unqualified enthusiasm."

—**Stephen R. Wester, Ph.D.**, is associate professor in the Department of Educational Psychology at the University of Wisconsin, Milwaukee

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10 suggested interview questions for George Kapalka

1. What exactly is “out-of-control” behavior in children? You also use the word “defiant” in your book — does that describe the same behavior?
 - 1a. Why do children misbehave this way?
2. How does the program you put forward in your book differ from others currently on the market?
3. Your book is for parents of children aged five to ten years-old. Is there anything parents can do to prevent this type of behavior, before their child gets to the age of five?
4. There are some parents who, when confronted with some of the defiant behavior described in the book, would be tempted to spank their children. What is your view on spanking?
5. What will parents learn from reading *Parenting Your Out-of-Control Child*?
6. Let’s discuss tantrums, since they’re something most parents deal with at some point or another. First, what causes them?
7. Say you’re with your child at the library, or the grocery store, and they throw a tantrum. Could you walk us through how a parent should react?
8. In Chapter 7 you discuss homework-related problems with older children. Could you describe some homework related problems that parents of strong willed children may confront, and how best to deal with them?
9. There are some who might suggest that the behavior contract is a form of bribery. How would you respond to such criticism?
10. While having a defiant child can be a challenge, you discuss at length how being strong willed can benefit them as an adult. Can you explain this?

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