



What Great Parents Do: 75 Proven Strategies for Raising Fantastic Kids

Erica Reischer

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A golden rule book to parenting best practices, *What Great Parents Do* concisely presents key strategies to help parents reshape kids' challenging behaviors, create strong family bonds, and guide children toward becoming happy, kind, responsible adults.

What Great Parents Do is an everything-you-need-to-know road map for parenting that you will consult again and again. Psychologist Erica Reischer draws on research in child development and cognitive science to distill the best information about parenting today into bite-sized pieces with real examples, useful tips, and tools and techniques that parents can apply right away. This book will show you:

- How to avoid common parenting missteps.
- How to transform power struggles into cooperation.
- How to change unwanted behavior such as whining and procrastinating, without having to yell or nag.

What Great Parents Do is based on Dr. Reischer's popular parenting workshops that bring together research with real-life examples to create a toolbox for parents that is relatable, actionable, and easy to follow.

What Great Parents Do: 75 Proven Strategies for Raising Fantastic Kids Details

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Author : Erica Reischer

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From Reader Review What Great Parents Do: 75 Proven Strategies for Raising Fantastic Kids for online ebook

Erica says

This book is hardly revolutionary, but I liked that it was short and to-the-point about how to be a good parent. I think it's a useful thing to pick up when you need to reboot or rethink things.

That said, perhaps it was a little too brief in some areas...and a little too Mary Poppins?

K says

Basic/essential pointers, many of which focus on handling behavioral issues, covered thoroughly and concisely. I worked my way through this over the course of a year, reading one or two strategies at a time. The book's structure lends itself to reading this way, which I appreciated!

Kate says

Easy to read, lots of information, and very straightforward. I would highly recommend this for new parents, parents who feel like they are having trouble connecting or communicating with their children, and parents who need help getting back on track after a major life disruption (divorce, mental health lapse, a period of unemployment, etc) which may have affected their relationship with their kids.

Jadelyn Bailey says

Dr. Reishcher takes a wealth of parenting, nurturing and counseling resources and skills, simplifies them and lays them out for nurturers to skim or devour. A handy guidebook for raising children from early years through young adulthood. Her first strategy is empathy. Reischer has example scripts for parents to practice and examples of how to implement empathy and the other strategies. These strategies are useful in the workplace and in volunteer situations as well as in the home.

lalsayed says

πολ? καλ?ς οδηγ?ς και πρακτικ?ς. συμφων? με ?λα ?σα προτε?νει μπορ? να πω και σ?γουρα θα το ξαναδιαβ?σω, αλλ? θα το δ?σω και στον σ?ντροφ? μου! βοηθητικ?ς πρακτικ?ς για δ?σκολες καταστ?σεις για να χτ?σεις μια σχ?ση χωρ?ς βαθι? προβλ?ματα με τα παιδι? σου.

Mary Melone says

Packed with simple and concise tips that parents can start applying right away. There are relevant and helpful examples for each tip. Great book!

Stephanie Sheaffer says

Picked this one up off the library shelves without knowing anything about (which I rarely do).

I was pleasantly surprised. The chapters are bite-sized and organized, giving specific strategies and ideas for parenting kids of all ages. Nothing revolutionary, but always helpful to be reminded of ways to improve myself.

Overall? This is a good resource and I recommend.

* I'd probably give this a 3.5, but .5's aren't possible on goodreads. ;)

SahooraQ says

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Derek Thue says

Good layout in quick read. Using all of the tips is ideal but even if you can use four or five in combination it will be better off with your kids no matter what age they are

Helen Hanna says

It was really only from chapter 55 onward that I gained the most insight and practical tips that I think I can implement.

Becki says

Pretty basic information if you've read parenting books in the past. But the author says that's what this is, just all compiled into one resource.

I felt the examples given were mostly practical.

Ryan says

As a parenting book, I like the format. As advertised in the title, it gives 75 quick tips for parenting. Many of them overlap as would be expected. The nice part is they are quick and to the point. Here's the tip, here's why it's important, here's a sample way to implement it. Many other books on this topic get preachy. This is a very quick read for these reasons. Many of the tips will seem like common sense. For instance, don't yell at your kids. I knew that but I yell at mine anyway. I like that it gives alternatives and advise on how to reduce yelling instead of just saying it's bad.

Gela says

First-reads Win-Goodreads.

I would honestly give this book a 3.5. It's not a bad book but to me it's a lot of matter of opinion. Helpful hints yes, but I can't see anyone but a psychiatrist responding to and having a family that communicate like in this book. I don't know if it's also a culture clash for me. I didn't agree with some methods. No disrespect to the author but a bit seems phony-fake to me. Also the whole time I'm reading it, I'm picturing that tv special with Martha Stuart and Ms. Piggy and Ms. Piggy gets irritate with Martha's, "That's why I," am perfect, perfect, perfect (basically.)

Blurooferika says

Easy to pick up and put down, these quick chapters focus on one small aspect of parenting and how exactly to implement it. Full of a few good reminders:

Great parents:

- * show empathy for the way their kids experience the world
- * see the goal of discipline is learning, not punishment
- * help their children improve their self-control in order to achieve a goal
- * give kids previews of the bad things that might happen and give them the freedom to decide whether to proceed. (Then review later in a nonjudgmental way, i.e., observe what happen. express how you think they feel. then ask if they want to make the same choice over again).
- * are warm, but not indulgent, firm, but not forceful
- * Avoid using shame, blame or fear to enforce rules. Instead, they rely on reasons, are matter-of-fact and consistent, use empathy and fair warning, and focus on the relationship (long-term goal).
- * keep the main message: "I love you all the time even when I don't like your behavior in this minute."
- * provide scaffolding, i.e. as much support as they need in order to progress to the next step in the skill they're developing.
- * walk their kids through how they function (e.g. organize their to-do list) so their child can see how they might do the task or planning their activities for themselves.
- * explain how and why they come to decisions that are important to the child
- * In advance, create consequences that fit the "crime" i.e. they are 1) meaningful, 2) relevant, 3)

proportionate, and 4) actionable (capable of being acted on).

* Teach happiness habits: engagement (activity in which they can experience “flow”; meaningful work/play; gratitude; exercise.

* Teach them the 3 P’s in trying to achieve a goal: practice, patience, and perseverance

* Encourage sensible risk-taking

* Pivot, i.e. use yes instead of no when meaning the same thing. Instead of "No, we can't go to the park until after your nap" we say "Yes, we can go to the park after your nap".

* Pause the action then reframe the situation or elect to discuss a consequence at a calmer time.

* Stage rehearsals. Coach real-life scenarios before a potentially stressful event so child can master the situation ahead of time and feel confident they can handle something (like being offered drugs at a party).

Jenny says

The format of this book is readable and easy to follow - most strategies include a tip for how to apply or practice it in real life. Her many examples made it possible to visualize what the strategy means and looks like.

It could probably have been "50 Proven Strategies" since some of them were repetitive or just an expansion of others. Overall, I felt like I learned both new parenting strategies as well as new ways of thinking about things I'm already doing or trying to do.
