



The Incredible Years: A Trouble-Shooting Guide for Parents of Children Aged 3-8

Carolyn Webster-Stratton

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All children misbehave for a variety of reasons, sometimes simply to test how far they can go or to get the attention they crave. Parents unprepared for this may react with anger, more likely escalating the problem than solving it. Or, they may be overwhelmed by feelings of helplessness. The Incredible Years is a practical guide, filled with examples of everyday problem situations and concerns, and step-by-step suggestions on how to handle them. It is based on over 12 years of detailed research with more than 1000 families as well as the author's personal experience as a child psychologist, teacher and parent.

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