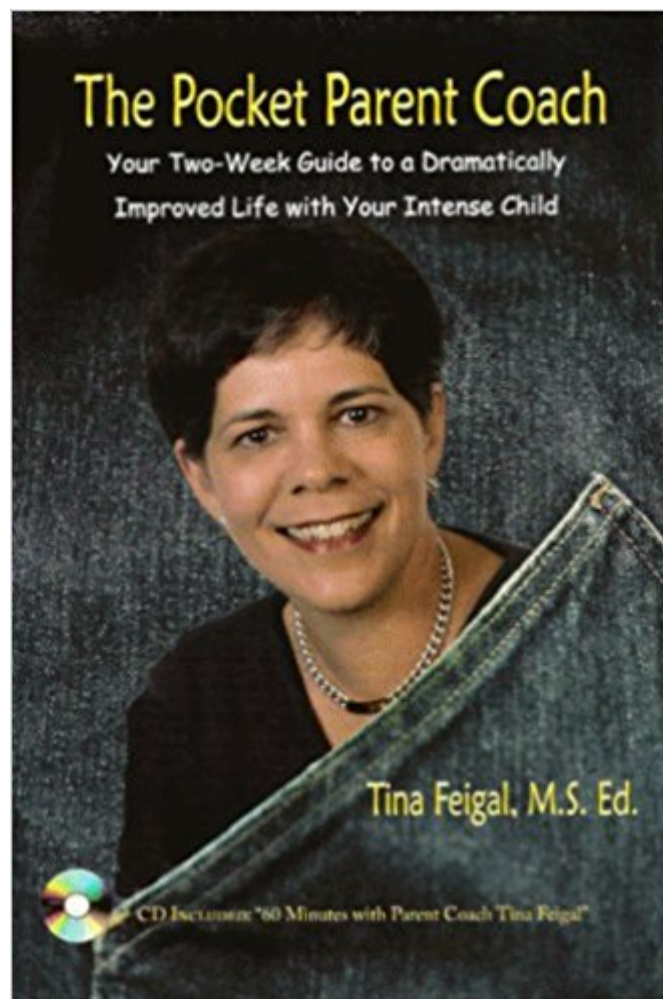


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# The Pocket Parent Coach: Your Two-Week Guide To Dramatically Improved Life With Your Intense Child



## Synopsis

At last, here's a book that walks parents step-by-step through the process of improving challenging child behavior. It's short, to the point, and in journal format: just what harried parents need to learn Tina Feigal's Present Moment Parenting. The Pocket Parent Coach provides readers with a new set of techniques that creates a whole new set of results. What's brand new in parenting intense kids?

1. You can turn child behavior around. No more regretting the past or fearing the future.
2. You can have a huge effect on your child's bodily response when you learn these techniques.
3. You don't need to punish bad behavior.
4. Your child's self-esteem soars when you learn to trust her.
5. You'll feel so much better as a parent. You can stop judging yourself and feeling guilty about techniques that don't work.

The book includes a CD - 60 Minutes with Parent Coach Tina Feigal.

## Book Information

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## Customer Reviews

Maybe your experience becoming a parent was like mine - a festive occasion where you contemplated the joyful experiences that were sure to come. Not too long into your development as a parent, perhaps, like me, you wished that children came with an instruction manual. As our children grow and develop, sometimes we feel as if we are losing our minds trying to make children comply with our desire for peace and obedience in the home. Tina Feigal, a licensed School Psychologist, has written an intriguing work in The Pocket Parent Coach that addresses dealing with intense children. At first, I believed this was exclusively aimed at children with certain maladies, such as: ADHD, Oppositional Defiant Disorder, and the like. It turns out that "present moment parenting" is ideal for children of all types between 3-18 years of age. Apparently, children with

intense behaviors have overly active brains that seek to match energy levels with what they're experiencing internally. So much of this quest causes children to "act out" in inappropriate ways. The informed parent will militate against negative energy matching and will instead seek to "download" positive energy into the children to validate their self-worth while simultaneously diffusing negativity. The method: revise current parenting strategies by attempting to "parent in the present." This brilliant book presents a two-week program to help parents deal with an intense child by actually eliminating power struggles or even directly focusing on maladaptive behavior. Instead of punishing the wrongdoing, you have had a family meeting beforehand where you inform the child that all you'll say in the future is, "Broke a rule. Take a break." The child has rehearsed this method previously and is empowered to partner with you as you attempt to redirect them toward more positive behavior. Highly recommended for parents struggling with intense children. The examples/cases seem to lend the book more readily to parents of younger intense children. All parents can benefit from the ample resource section filled with log sheets to personalize; daily reminder slips for around the home to encourage "present moment parenting"; and even a 60-minute audio CD where the author presents a fitting summary as a Q&A for parents. Armchair Interviews says: Highly recommended.

Strong-willed, spirited, intense--no matter what term you use to describe the behavior, dealing with a child who seeks to control every aspect of his life can leave you feeling angry, physically drained, and like a failure. "The Pocket Parent Coach: Your Two-Week Guide to a Dramatically Improved Life with Your Intense Child" by Tina Feigal can help. This short and easy to read book helps parents to understand where intense behavior comes from, what triggers to avoid, and brings you through a program that could improve life for every member of your household. Full of exercises, places to chart your progress, a variety of charts and forms to use with the program, and additional resources, "The Pocket Parent Coach" provides everything you need to start Present Moment Parenting in your home. I'll admit to being selfish when I asked to review this title. I have my own intense child and I am ready to do just about anything to bring peace to our home. I had tried 1-2-3 Magic for a short time, but couldn't stay committed to it. I also found the way the book was written to be condescending. But that isn't the case with "The Pocket Parent Coach". Tina Feigal approaches the subject of dealing with an intense child with compassion for everyone. By helping parents understand why an intense child acts the way she does, they are already 50% better off than they were before reading "The Pocket Parent Coach". I especially enjoyed the format of this book. Feigal starts with taking you through two weeks of how to begin implementing Present Moment Parenting

in your home one day at a time; and then moves onto how to continue past the first two weeks, how to troubleshoot real life challenges, and discusses using restorative justice with Present Moment Parenting. The accompanying CD--60 Minutes with Parent Coach Tina Feigal--is the perfect compliment to the book, showing how Feigal helps one mother to create a success story in her household by using Present Moment Parenting."The Pocket Parent Coach" by Tina Feigal, is a parenting resource that could help you get beyond the anger, the tears, and the feelings of failure, to create a loving environment for everyone in your home...without demanding that your intense child change who he is destined to be.

In this new and exciting resource book for parents, nationally acclaimed parent coach and trainer Tina Feigal, M.S., Edu., focuses on what she considers to be the most important treatment for child behavioral issues; that of the child's own parents. Focusing on the parents of children from a variety of backgrounds including ADHD, ODD, autism, anxiety, giftedness, or no label at all, the end goal, and result, is on improving challenging behavior. With the debate on the behavior of children growing more and more into a national topic of discussion, I was pleasantly surprised by Ms. Feigal's direct, yet compassionate, approach. Organized in a step-by-step format, the book is divided into sections including the overview, your two-week guide, continuing past the first two weeks, troubleshooting real life challenges, using restorative justice, plus sections on resources for parents and personal parent coaching. By not placing the primary focus on theory, I feel that the tone and layout of the book will greatly appeal to parents everywhere. I particularly enjoyed the focus on empowering parents to bring out the best in their children themselves, and not by relying on outside professionals to solve the problems. While outside help is sometimes needed, I liked how she put the primary responsibility on the parents. Parents will gain greater self-esteem and confidence while having a better understanding of parenting and helping their children with their difficult behavior. With a helpful CD as an additional resource, this book will no doubt help bring some answers and help to parents all around the world.

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