



Hijos desafiantes y rebeldes: Consejos para recuperar el afecto y lograr una mejor relación con su hijo

Russell A. Barkley, Christine M. Benton

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Todos los niños se muestran rebeldes en uno u otro momento. Sin embargo, uno de cada veinte presenta problemas de comportamiento extraordinariamente difíciles de afrontar. Si usted está haciendo grandes esfuerzos para controlar a su hijo, que se empeña en mostrarse desafiante, éste es el libro que andaba buscando, una valiosa guía que le ofrecerá los consejos que necesita para tan ardua operación. Inspirándose en su vasta experiencia y en el trabajo de años y años con padres y niños, Russell A. Barkley explica con meridiana claridad qué causa esa rebeldía, cuándo se convierte en un problema y cómo puede resolverse. Y el resultado es un completo programa de ocho pasos que no sólo pone el énfasis en la coherencia y la cooperación, sino que además consigue provocar espectaculares cambios mediante un sencillo sistema de elogios, recompensas y castigos siempre moderados. Con sus abundantes esquemas, cuestionarios y escalas de valoración, HIJOS DESAFIANTES Y REBELDES resultará de gran ayuda tanto para usted como para sus hijos, pues se trata del mejor remedio conocido para reducir el estrés familiar.

Hijos desafiantes y rebeldes: Consejos para recuperar el afecto y lograr una mejor relación con su hijo Details

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Hilary Roberts says

Lee and I have been going to a counselor who has been teaching us the steps in this book. We also each read the book to further understand the concepts. I can't say for certain what the end result will be for our family, but I can say that I already see some improvements and feel like this plan is a great foundation for getting control and feeling more grounded as a parent (specifically, when you have an oppositional/defiant child).

Raenie says

I think I freak out too much about my child's behavior and I have to remind myself that he's only 2 and 2 year olds can be very defiant. This book is more for older children that display more serious problems but I did learn a few things. Hopefully it won't come to the point when I'll really need this book!

Jenneffer says

This book has reinforced that I'm doing many of the right things, and has really helped explain thoroughly why things should be done this way. The author provides real parent-child scenarios and quotes, and actual step-by-step advice. I've learned quite a bit, and intend to use some new techniques.

Jane Night says

I really enjoyed this book and found it very useful. The author talked about defiant children and really described much of the behavior I experience with my youngest child who is 4. It really helped me understand her better and also why we were having some of the challenges in our family that we were.

We have been using the program for about a month now and it has been fairly effective. One of the big topics of this book is a reward system and that has been very useful for some aspects of our life (toileting, eating, cleaning, and sleeping). We still have some struggles that the reward system has been less helpful with (aggression and volume control are still big problems).

I loved the set up of the book and really appreciated the answers to common questions. I would actually have liked to see just a little bit more of those. I think they were the most helpful part of the book.

I felt like after reading the book I understood the issues we have better and that alone made it worth the read. Also, the steps described have made a difference in our lives. Understand though that the book can't work miracles either though and that even after completely incorporation the measures in this book you may not have a fully compliant child.

Diane Todd says

This book didn't help me very much but I think my child was just too old for the "steps". By the time a child is ten years old, they're past this kind of help, in my experience and sometimes you just have a child it doesn't work on I guess. Some of the stories provided made me feel not so alone but still didn't provide much of an answer for me.

Anne says

This was an extremely helpful book. We saw positive changes in our son within a few days of starting the program and it just got better and better.

T Engberg says

I have two defiant children and an unsupportive husband. I can see this going nowhere quickly. While I appreciate Barkley's professionalism, this book needs updating in the day of the digital device.

Amy Welch says

Practical steps to parenting a defiant/challenging child. In our case we have a child with acute ADD and this was recommended by her psychiatrist. I think the eight steps are awesome - we already had most of them implemented in our parenting style which may be the reason I didn't want to rate it higher. Was really looking for additional advise for when positive reinforcement and time outs are not enough. A good start for anyone wanting help though.

Lynda says

It seems to be a good resource with helpful advice, examples of common scenarios, and a step by step process to working towards a better, more peaceful relationship with more responsive children.

Shelley says

The first couple steps were helpful, but the rest of the book focuses on a rewards system, not discipline. The best take home message is that, with a defiant child, you must always back up your requests and check to make sure the child is complying.

Naomi Kenorak says

This book was recommended by a counselor who works with many adopted children. At the time we were in desperate need of actual practical solutions to put into place in our lives in order to deal with a child's oppositional defiance. The book gave us exactly what we needed: concrete suggestions for a step-by-step approach to handling oppositional behavior. The suggestion that we used in our family for the longest time was the home token system to reward positive behavior, discourage negative behavior, and give our kids some acceptable control over their lives. We ended up calling this the "chip system" because for a while we used actual game tokens.

Kids with oppositional defiance resist authority in practically every manner in practically every moment of the day. Despite this, they desperately need strong parental figures who can establish firm, fair, and consistent limits. After all, they are only little children. Children want to have control, but they need to have parents establish limits. If parents do not establish limits, the children are left with the horrifying feeling that they are in control, even though they are only little kids who don't know much about life. They are left feeling powerful and really, really scared.

Therefore, parents have to be able to establish limits and consistently maintain those limits. Of course doing this is incredibly draining, especially when you need to be maintain this consistency in the face of violent rage. There are reasons for the behavior of course. Some children who have experienced the profound rejection of relinquishment at an early age subconsciously expect future rejection and therefore act out with worse and worse behavior in an attempt to preempt that rejection and get it over with. Other kids are deeply shaken by the incredible disruptions in their early life that they had absolutely no control over. No one asked them if they wanted to leave their birthfamilies and go to an orphanage; no one asked them if they wanted to be adopted. Already the base rules of their lives have radically changed multiple times. Who knows what might happen next?

One technique presented in this book is to give the child as many choices as possible throughout the day, even little meaningless choices so that the child begins to feel more secure and so that you avoid giant battles over every little detail. This is how the chip system comes in. The oppositionally defiant child is not just defiant when you tell him to clean his room. He is also defiant when you tell him you are all going to the playground. And so instead of fighting that ridiculous battle, you yield those sorts of decisions to the child. In effect you bargaining with the child, "If you do these things that I want you to, I will give you chips. You can then use those chips to make decisions about how your day will go." Some people call that bribery and say that children should be taught to value good behavior for good behaviors' sake. I say that those people have never tried to raise a child with oppositional defiance.

Sometimes the chip system worked beautifully; sometimes it utterly failed. But overall, I recommend the system (and the book) highly. We even nicknamed the technique the "Cultivating Happiness In Parenting" (CHIP) system.

Karen Gareis says

This was THE book recommended by the psychiatrist I took my son to, the same one that handed me a flyer of parenting classes and said she didn't need to see us again (read - I can't help you).... There's good and bad in this one, some useful information, but leaves too many questions unanswered.

Lady Susan says

Read a good chunk of this and skimmed the rest. Might be worth revisiting at different times. Had to return back to the library.

Daniel Crews says

Our three year old was doing a lot of screaming and hitting and we had tried a host of different ways of dealing with this problem. This book gave us the perspective on our own behavior that we needed to figure out how to change his behavior.

We learned the key points of the "program," which requires that you implement certain changes in a given order, and then did not explicitly and deliberately stick with it as a program the way one sticks with a diet to achieve better eating habits. Instead, we internalized what we learned and began to see some of the levers we were pulling with our son and were able to interact differently with him in order to change his behavior.

The book could be better, but anything that works so well so fast gets five stars from me.

Jayme says

Technically I'm still reading this but it's kind of an ongoing read. I borrowed this from my son's grade 1 teacher in hopes of finding some solutions to dealing with some of my son's behaviors. There is a lot of great stuff in this book for understanding defiance, and helping cope with it, and not making your child feel like he's "bad". I especially liked how some situations had more than one child in it and how to deal with your more agreeable child so they also don't feel like they are being ignored when the other one is acting out.
