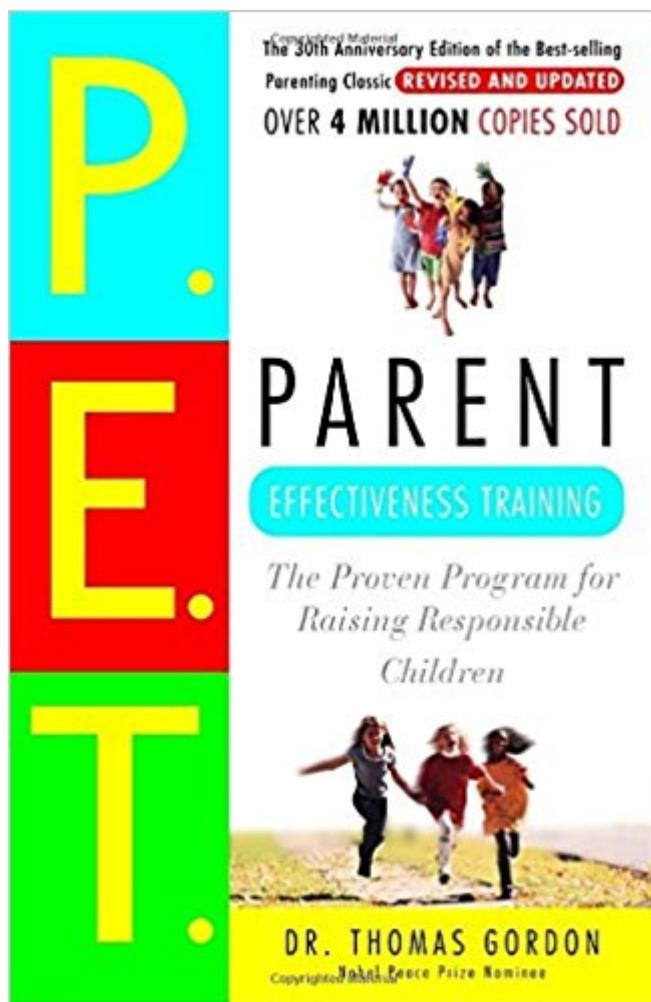


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# Parent Effectiveness Training: The Proven Program For Raising Responsible Children



## **Synopsis**

Learn to more effectively resolve conflicts, communicate, and create loving relationships with your children with the help of this relevant, practical guide to parenting. Now revised for the first time since its initial publication, this groundbreaking guide will show you how to avoid being a permissive parent, how to listen so kids will talk to you and talk so kids will listen to you, how to teach your children to "own" their problems and to solve them, and how to use the "No-Lose" method to resolve conflicts. Using the timeless methods of P.E.T. will have immediate results: less fighting, fewer tantrums and lies, no need for punishment. Whether you have a toddler striking out for independence or a teenager who has already started rebelling, you'll find P.E.T. a compassionate, effective way to instill responsibility and create a nurturing family environment in which your child will thrive. P.E.T., or Parent Effectiveness Training, began almost forty years ago as the first national parent-training program to teach parents how to communicate more effectively with kids and offer step-by-step advice to resolving family conflicts so everybody wins. This beloved classic is the most studied, highly praised, and proven parenting program in the world--and it will work for you.

## **Book Information**

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## **Customer Reviews**

P.E.T., or Parent Effectiveness Training, began almost forty years ago as the first national parent-training program to teach parents how to communicate more effectively with kids and offer step-by-step advice to resolving family conflicts so everybody wins. This beloved classic is the most studied, highly praised, and proven parenting program in the world -- and it will work for you. Now

revised for the first time since its initial publication, this groundbreaking guide will show you: How to avoid being a permissive parentHow to listen so kids will talk to you and talk so kids will listen to you How to teach your children to "own" their problems and to solve themHow to use the "No-Lose" method to resolve conflicts Using the timeless methods of P.E.T. will have immediate results: less fighting, fewer tantrums and lies, no need for punishment. Whether you have a toddler striking out for independence or a teenager who has already started rebelling, you'll find P.E.T. a compassionate, effective way to instill responsibility and create a nurturing family environment in which your child will thrive.

DR. THOMAS GORDON, a licensed psychologist, was the recipient of the 1999 American Psychological Foundation's Gold Medal Award for Enduring Contribution to Psychology, the 2000 Lifetime Achievement Award from the California State Psychological Association, and the first recipient of the Career Achievement Award from the National Parenting Instructors Association. He has been a consultant to the White House Conference on Children and the White House Fellows. Dr. Gordon is the author of several books, including Leader Effectiveness Training (L.E.T.) and Teacher Effectiveness Training (T.E.T.). He works in Solana Beach, California, and has two grown daughters and two grandchildren. For more information, please visit the Gordon Training International Web site at [www.gordontraining.com](http://www.gordontraining.com).

The book would have been good if it had more examples and guidance with a lot of examples. Instead, it just talks about how they teach these things in the PET class, and felt it was more of an advertisement of the class than trying to provide actual solution. But, I like the concept and ideas even though I don't yet know how to use it.

Parents are blamed, not trained. As a psychologist who worked with kids and families in a private practice setting for more than 30 years, I have read many books on parenting. I always recommend Dr. Gordon's books at the top of the list. P.E.T. is a step-by-step process to help parents build SKILLS. True, it's also about ideas, but its strength is the ability to teach parents practical, useable, intelligent, and responsible parenting SKILLS that work. These ideas and SKILLS work, period. Parents can know all about what they should do and not do. But until they have the SKILLS to walk the talk, raising kids can be one of the most difficult jobs on the planet. I'm confident that this book will still be valuable hundreds of years from now.

This book makes a lot of sense, but I have found it challenging to put into practice. I continue to find small ways to incorporate things into my relationship with my 5 year old. One of the first was to change what I praise her for. For example, when she masters something I let her know how proud I am of the effort she put into learning to do it rather than telling her how smart she is. The effect has been seen already. She doesn't get as frustrated because, as she puts it, she just has to work a little harder and she'll get it.

If you read no other book on parenting ever in your life, or have never read a parenting book. This is the book I'd recommend! And if you simply cannot bring yourself to read a book. He has audio options, either an Itunes audio book, an audible book or a book on CD selection. I enjoyed reading Connection Parenting, Unconditional Parenting, and How to talk so your kids will listen and listen so your kids will talk. But this book, is just my favorite of them all. And I believe that many of the ideas in How to Talk so your kids will listen are taken from Dr. Gordon's method, but PET has a bit of an easier to understand and implement concept if I were to compare the two books. So what makes this my favorite: It's clear and easy to understand. -It tells you exactly what steps a parent should follow (and how to follow them in your own home) to eliminate being a parent that uses punishment or rewards or from being a permissive parent. -His methods are able to be used with all age children, non verbal children, to teens. -He talks about the misconception of the wild uncontrollable teen and how that is a fallacy. -It's a respectful, kind loving way to parent. But is not permissive. -He has quite a good bit of info on both the controlling and permissive parenting style and the effects of using them with children. Especially because many parents who are new to respectful parenting mislabel it as permissive. Key points of this book: -Punishment can be discarded forever, all kinds, not just the physical kind. -Parents can raise children who are responsible, self-disciplined, and cooperative without relying on the weapon of fear. -He teaches about a conflict resolution method that has no losers and no winners. -He helps parents discern behaviors. A behavior is something your child does or says, not your judgement of that behavior. -Door openers: These are constructive ways of responding to a children's feeling messages or problem messages. (He gives a list of these, to help us parents out!) -Talks about how to figure out what is your child's problem and what is a parent problem. -Effective ways to deal when a child's behavior interferes with a parents need. -He has great information on Parental Power and all the negatives about using this method on your children. If you use a traditional parenting model, this will really be informative. -He talks about ways to change unacceptable behavior and gives concrete ways to help you make those changes. If you want to treat your children with respect and kindness but have no idea what to replace traditional

parenting models/methods with, this book will provide the answer.I am a Christian Mom and found this book and these methods to fully support gentle Christian Parenting.\*Please excuse any typos.

If you read this with an open mind and are willing to try a new approach, it will change your life. You will be astonished at how quickly your kids will respond to your new methods. I hope you buy this book, read it, accept and try these methods because you will feel more at peace and you will enjoy your children the way you want to. I am so grateful to the author and to the angel who recommended it to me.

i have been intensely interested in parenting and child develop all my life. I read widely on the subjects when I had babies, desperately looking for help. P.E.T. was by far the most effective and loving approach. To this day (I'm 69 years old with 2 grandchildren) I find that everything I ever learn about human behaviour, be it the latest neuroscience or anecdotal descriptions, supports the principles and skills of P.E.T. I guarantee that everyone who reads the book will find it profoundly helpful in all their relationships, not only with their children. It will be the best gift you can give a new parent. Hopefully s/he will do the course after reading it. There is nothing like living experience of how the skills work.

This book was an inspiring read, though my children are still young it especially helps with my four year old who is beginning to communicate and this will ensure that I engage in effective communication with her from the beginning. The concepts have been outlined in other reviews so I won't go into it more here. But I would highly recommend if you're tired of trying to find the right way to parent, you know you fall in to either commanding or over lenient depending on the situation which isn't helpful to your child at all and very damaging. This shows you how to not walk over your kids but not let them walk all over you either.

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