

# Books and Websites for Managing Disruptive Behaviors

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## Books

You can find many of these books at your local library or bookstore or online.

### **The Incredible Years: A Troubleshooting Guide for Parents of Children Aged 2-8**

Carolyn Webster-Stratton, 1992.

Guidelines and strategies for parents to promote children's social and emotional competence. [incredibleyears.com](http://incredibleyears.com)

### **The Difficult Child**

Stanley Turecki and Leslie Tonner, 2012.

Offers compassionate and practical advice to parents of hard-to-raise children.

### **1-2-3 Magic: Effective Discipline for Children**

Thomas Phelan, 2010.

This book offers a foolproof method of disciplining children ages 2 to 12 without arguing, yelling or spanking. With 3 easy-to-follow steps, parents learn to manage troublesome behavior, encourage good behavior, and strengthen the parent-child relationship.

### **How to Raise an Emotionally Intelligent Child**

John Gottman, 1998.

This book will equip parents with a five step "emotion coaching" process that teaches children how to be aware of, recognize, listen to and label their emotions. It will also teach them how to problem solve or deal with an upsetting situation.

### **SOS Help for Parents**

Lynn Clark, 2005.

Provides easy-to-learn methods for helping children to improve their behavior and emotional adjustment.

### **No More Meltdowns**

Jed Baker, 2008.

Offers strategies for preventing and managing meltdowns using a 4-step model to help manage your own emotions by adjusting your expectations, learn strategies to calm a meltdown in the moment, understand why a meltdown occurs, and create plans to prevent future meltdowns.

### **Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love**

Scott Sells, 2002.

This guide offers seven steps to positive, permanent change for you and your teenager.

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## To Learn More

- Psychiatry and Behavioral Medicine  
206-987-2164
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

## Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



### **Taking Charge of ADHD**

Russell Barkley, 2013.

Includes information on medicines, new strategies for school success, a step-by-step plan for behavior management and more.

### **Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship**

Russell Barkley, Arthur Robin and Christine Benton, 2013.

By following the authors' clinically proven 10-step program, parents can reestablish their authority while also promoting teens' growing independence. The book includes realistic examples of how to identify and enforce rules; use rewards and incentives that work; build trust; and communicate and problem-solve effectively, even in the heat of the moment.

### **Your Defiant Child: 8 Steps to Better Behavior**

Russel Barkley and Christine Benton, 2013.

Discover a way to end constant power struggles with your defiant and oppositional, 5- to 12-year-old, with an approach that is research based, practical and leads to lasting behavior change.

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## Videos

### **1-2-3 Magic**

Thomas Phelan, 2005.

This video is based on the 1-2-3 Magic book and includes a presentation by Dr. Phelan, real-life family stories and easy-to-learn techniques for managing difficult behaviors.

### **Managing the Defiant Child**

Russell Barkley, 1997.

This DVD shows clips from actual parent training sessions including the description of child management concepts and principles of managing defiant behavior. Dr. Barkley provides commentary on effective incentive systems for motivating children and the crucial role of parent training.

### **The Kazdin Method for Parenting the Defiant Child (book and DVD)**

Alan Kazdin and Carlo Rotella, 2009.

### **Raising an Emotionally Intelligent Child**

John Gottman, 2005.

In this 90-minute live presentation, Dr. Gottman provides an overview of how to raise an emotionally intelligent child. Parents and caregivers will learn how to listen and verbalize a child's feelings, label emotions in words a child can understand and help children problem-solve.

### **The Incredible Years**

[incredibleyears.com](http://incredibleyears.com)

Disclaimer: The inclusion of any website link, or resource accessed through a link, does not imply endorsement by Seattle Children's. Please seek the advice of your child's healthcare provider before you act or rely upon any information from these resources.

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Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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