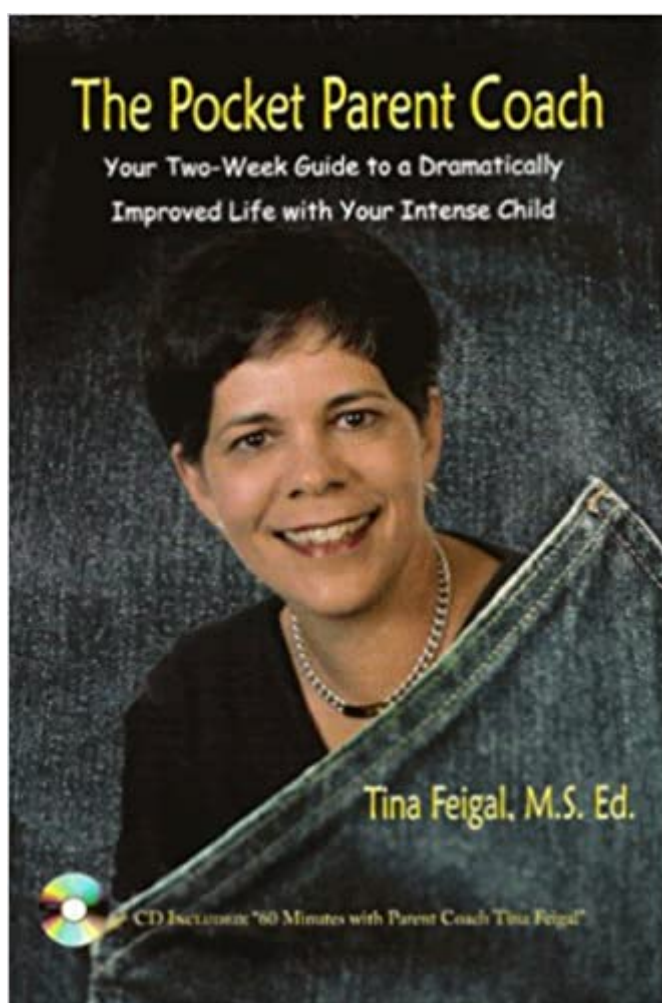


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# The Pocket Parent Coach: Your Two-Week Guide To Dramatically Improved Life With Your Intense Child



## 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

I'm pleasantly surprised by Ms. Feigal's direct, compassionate, approach... empowering parents to bring out the best in their children. -- Vianna Renaud, TCM Reviews, November 30, 2007

Tina Feigal, M.S., Ed. dedicates her life to putting healing in the hands of adults who love challenging children. She founded the Center for the Challenging Child, LLC, to introduce Present Moment Parenting to people from around the world. Tina credits her sons, Ben, Jordan, and Jacob, with being her main teachers.

The focus of the book is intense children, but the information would be good to use even for

non-intense children. It is easy to use and follow so would be a nice resource for parents to have. I really like that it has many nice clear examples and forms to help utilize the approach. I had the opportunity to walk through it in class at the Adler Graduate School coaching course and got a lot of good information from the author's own perceptions. I have used it with a few of my clients and given copies to them as it is such a good resource to have. I have also had the opportunity to follow much of her current work and know why this is a good resource.

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.

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"

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