



# The Parent's Little Book of Lists: DOs and DON'Ts of Effective Parenting

*Jane Bluestein PhD*

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## **The Parent's Little Book of Lists: DOs and DON'Ts of Effective Parenting** Jane Bluestein PhD

Renowned author Jane Bluestein, Ph.D., has created this original parenting resource from her own vast experience and from the perspectives of dozens of parents and parenting experts. The Parent's Little Book of Lists is no primer on theory, but rather a down-to-earth blend of proven methods, tested tips and techniques, and a good dose of common sense. This book presents clear, practical advice on a wide array of topics: from combating monsters in the closet and honoring imaginary friends, to building character and school success, solving problems independently, and dealing with children's vulnerability to drugs, peer pressure and other societal dangers. Dr. Bluestein employs an engaging, easy-to-read style that will help you maintain your balance and sense of humor, even in the midst of the most trying and turbulent situations.

This book will teach you the skills to cultivate the nurturing, supportive and eternal source of parental love from which successful, confident, happy and mature adults can grow. Whether you're just starting out as a parent or at the end of your rope, you'll find hundreds of suggestions that are easily adapted to your specific needs, goals and values. These strategies will minimize conflict and maximize cooperation in a family environment built on mutual love, respect and understanding.

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