



Resources for Parenting & Behavior Management: For Parents¹

Child Development & Rehabilitation Center
Oregon Health & Science University



Described/listed in this handout are several resources for parents and care providers who have children with behavior problems. Not all of these will be helpful for every family. Also, reading and trying to follow some of the recommendations in these resources may be difficult for some families. In these situations, working with a psychologist or other trained provider may be best.

- 1) ***Parenting that Works: Building Skills that Last a Lifetime***, by Edward R. Christophersen & Susan L. Mortweet. This book provides practical techniques for preventing and addressing behavior problems. It also provides information about encouraging prosocial behavior in children.
- 2) ***Beyond Discipline: Parenting that Lasts a Lifetime***, by Edward R. Christophersen. This book provides information about various parenting strategies for addressing common child-rearing difficulties.
- 3) ***The Incredible Years***, by Carolyn Webster-Stratton. This book is oriented toward parents of children ages 3 to 8 and provides practical information for addressing common child rearing challenges.
- 4) ***S.O.S. Help for Parents***, by Lynn Clark. This parent-friendly book talks about practical strategies that parents can use to improve their children's behavior.
- 5) ***Parenting the Strong-Willed Child, Revised and Updated Edition***, by Rex L. Forehand and Nicholas Long. This user-friendly book provides a description of an empirically proven six-week program for improving the behavior of children ages 2 to 6.
- 6) ***Your Defiant Child***, by Russell Barkley and Christine Benton. This well-written text provides concrete advice with step-by-step instructions on strategies to use with young children.
- 7) ***The Tough Kid Parent Book***, by William Jenson, Ginger Rhode, and Melanie Neville Hepworth. This book provides great recommendations for dealing with situations that are challenging for many families and children. It also includes great reproducible handouts, tracking systems, and charts.
- 8) ***The Tough Kid Tool Box***, by William Jenson, Ginger Rhode, and H. Keaton Reavis. This book focuses on practical management and support systems for classrooms, including great reproducible tracking forms, handouts, and charts.
- 9) ***The Sleep Fairy***, by Janie Peterson. This is a bedtime story to be read to young children. The tale is about two siblings who have a hard time going to bed on their own. It details a fairy who comes to visit them in the night when they stay in bed. It provides a social story for expectations at bedtime and sets up a reward for the child if s/he stays in bed.
- 10) ***Good Night, Sweet Dreams, I Love You: Now Get Into Bed and Go To Sleep***, by Patrick C. Friman. This book details the development of sleep patterns and habits in children, the pre-bedtime ritual, and methods for addressing sleep problems in infants, toddlers and preschool children.

¹ Resources listed on this handout are available to the public. Their inclusion on this handout in no way is an endorsement of their effectiveness or usefulness for any given family. The Child Development & Rehabilitation Center, Oregon Health & Science University, and its agents accept no responsibility for outcomes based on the use of these resources.



Resources for Parenting & Behavior Management: For Mental Health & Other Providers¹

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Described/listed in this handout are several resources for mental health and other providers who work with young children with behavior problems and their families.

- 1) ***Parent-Child Interaction Therapy (PCIT)*** originally developed by Sheila Eyberg and colleagues. Information about PCIT is available either on www.pcit.org or by purchasing the treatment manual titled “Parent-Child Interaction Therapy” by Hembree-Kigin & McNeil (both former students of Sheila Eyberg’s). This is a structured parent-training program that provides guidance to mental health professionals regarding how to effectively address disruptive, aggressive, and noncompliant behavior in children 2 to 7.
- 2) ***Defiant Children, 2nd Edition*** by Russell Barkley. Dr. Barkley presents a clinician’s manual for assessment and parent training designed to address disruptive and noncompliant behavior in young children. A 10-step program is outlined, including information regarding rationale, common reactions and challenges, and parent-friendly handouts to support the interventions recommended.
- 3) ***The Incredible Years*** programs by Carolyn Webster-Stratton. This is a series of programs designed to assist families with addressing emotional and behavioral challenges displayed by young children. On their website (www.incredibleyears.com) one can find various different programs designed for professionals and educators.
- 4) ***The Tough Kid Book*** by Ginger Rhode, William Jenson, and H. Kenton Reavis and the ***Tough Kid Toolbox*** by William Jenson, Ginger Rhode, and H. Kenton Reavis. These complementary books provide information about strategies for addressing emotional and behavioral challenges displayed by children in educational settings. Though these books are geared toward the educational environment, there is valuable information that translates into home and other community settings.

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