

The Seven Worst Things Parents Do

It is right there in the beginning of the book: An actual list of the seven worst things parents do. You squirm a little, take a deep breath, and then let your eyes drop casually down the page to The List. While reading you either nod in recognition or congratulate yourself --- either way you probably need to keep reading. If you experienced the latter reaction, you should read on --- there are bits of wisdom throughout the book, and you can at least empathize with the rest of the world of parents.

Between recognizing a problem and finding a solution there is the often overlooked step of determining where your family stands. Parents who realize their family is not functioning as it should, need help establishing where the problem lies. The authors excel at helping identify exactly which behaviours fall under which category. Chapters offer scenarios a parent might recognize, symptoms of dysfunctional family behaviour, and questions to help pinpoint a problem area.

The authors understand the dynamics of today's families and offer practical suggestions for improving parenting skills. Readers may recognize their families or find confirmation of beliefs, but more importantly might consider the end result --- what kind of adults are we raising? Beyond the truly horrible things that abusive parents do to children, we all need to question the affect our choices have on our children as they grow into adults.

The message here? Change is possible. A small change is preferable to a complete upheaval in parenting styles. A small change can produce big results. With that in mind we are reassured that "Life is not a test, it's an experiment..." and encouraged to try something new.

So...here they are, and each one of these is a chapter of the book.

1. Baby your child
2. Put your marriage last
3. Push your child into too many activities
4. Ignore your emotional or spiritual life
5. Be your child's best friend
6. Fail to give your child structure
7. Expect your child to fill your dreams.

[*The Seven Worst Things Parents Do*](#) is available from RecoverOz. Look for the special bargain price on the website. Some other resources include

[*Raising Healthy Children Day by Day*](#) by Jolene L. Roehlkepartain
366 Readings for Parents, Teachers, and Caregivers, Birth to Age 5

[*Sexwise*](#) by Melbourne Psychologist Dr Janet Hall
What every young person and parent should know about sex

[*What to Say or Do... From Diapers to Diplomas*](#) from Hazelden
A Parents Quick Reference Guide

[*How to Handle A Hard to Handle Kid*](#) by C. Drew Edwards
A Parents Guide to Understanding and Changing Problem Behaviours

[*How to Help Your Child With Homework*](#) by Jeanne Shay Schumm

[*Helping Your Angry Child*](#) by Darlyne Nemeth, Kelly Paulk and Maydel Morin Schnexnayder
Every Caring Parent's Guide to Encouraging Good Study Habits and Ending the Homework Wars

We have many other books and videos. Go to www.recoveroz.com.au