



# The Pocket Parent

*Gail Reichlin, Caroline Winkler*

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## **The Pocket Parent** Gail Reichlin, Caroline Winkler

It's instant relief for when your 2-year-old is on the floor of the toy store, pitching a fit. Or when brother and sister discover that they can't stand each other. Or when your son can't say no to video games.

*The Pocket Parent* is, literally, a pocket-size book of tried-and-true advice, common sense, parental wisdom, and sanity. Written by two professionals who've reared six children between them and made a career out of helping others with parenting issues, this handy book will be a lifesaver for every parent of a 2-to-5-year-old. It begins with an overall view of the Pocket Parent approach to discipline. Based on unconditional love but firm limits, and aimed at keeping the child's dignity and self-esteem intact, here are strategies that include "I" statements, modeling, family meetings, and "one word" requests. Once the ground rules are set, the guide moves to an A-to-Z compendium of common problems. Just look it up-Anger, Bad Words, Biting, Chores, Doctor Visits, Fears at Night, Lying, Separation Anxiety-and find the "Sanity Savers" list of suggestions, easy-to-follow bullets, anecdotes, and more.

For the bag, glove compartment, backpack, or shelf in the kitchen, it's there for you whenever you need it.

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