



Eating, Sleeping, and Getting Up: How to Stop the Daily Battles with Your Child

Carolyn Crowder

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Renowned for her no-nonsense, realistic, and extremely effective advice, parenting expert Carolyn Crowder has observed that the ultimate parent-child standoffs center around mealtimes, bedtimes, and the start of day. For anyone whose child is more likely to rise and whine than rise and shine, **Eating, Sleeping, and Getting Up** restores sanity to the household, with proven insights on:

- Why nagging, reminding, coaxing, or bribing don't work in the long run
- How to break the cycle of arguing, threatening, and spanking
- The keys to starting a new-and-improved routine
- Specific language for ending a variety of standoffs

The skills Crowder teaches here can be applied to any parenting situation. Presented in a concise, clear format and complete with worksheets of exercises for both adults and kids, **Eating, Sleeping, and Getting Up** is a lifesaver that will help end the chaos forever.

From the Trade Paperback edition.



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