

positive discipline for defiant child

positive discipline for defiant child is a crucial approach that helps parents and caregivers manage challenging behaviors without resorting to punishment or authoritarian measures. Defiant behavior in children can manifest as refusal to comply, frequent arguing, or deliberate disobedience. Positive discipline emphasizes respect, understanding, and consistent boundaries to guide children toward self-regulation and cooperation. This article explores effective strategies to implement positive discipline for defiant child behavior, highlighting practical techniques, communication tips, and the importance of emotional support. By adopting these methods, caregivers can foster a healthier parent-child relationship and encourage more constructive behavior over time. The following sections will delve into the principles behind positive discipline, specific techniques for defiant children, and how to maintain consistency and emotional connection.

- Understanding Positive Discipline and Defiant Behavior
- Effective Strategies for Positive Discipline
- Communication Techniques to Handle Defiance
- Building Emotional Connection and Trust
- Maintaining Consistency and Setting Boundaries

Understanding Positive Discipline and Defiant Behavior

Positive discipline is a child-rearing approach that focuses on teaching and guiding children rather than punishing them. It aims to develop self-discipline, responsibility, and problem-solving skills. Defiant behavior in children often arises from unmet needs, a desire for autonomy, or difficulties in emotional regulation. Understanding the root causes of defiance is essential for applying positive discipline effectively.

What Is Positive Discipline?

Positive discipline involves setting clear expectations, reinforcing good behavior, and using natural or logical consequences instead of punitive measures. It promotes mutual respect between adults and children and encourages children to learn from their mistakes. This approach supports a nurturing environment where children feel safe and valued, which can reduce

instances of defiance.

Characteristics of Defiant Behavior in Children

Defiant behavior can include frequent temper tantrums, refusal to follow instructions, arguing, and deliberately breaking rules. These behaviors may be a way for children to assert independence or express frustration. Recognizing these signs helps caregivers respond appropriately without escalating conflicts.

Effective Strategies for Positive Discipline

Implementing positive discipline for a defiant child requires consistency, patience, and strategic planning. The goal is to encourage positive behaviors through constructive methods that promote understanding rather than fear or resentment.

Establish Clear Rules and Expectations

Children need to know what behaviors are acceptable and what are not. Clear and age-appropriate rules help reduce confusion and defiance. Rules should be explained calmly and reinforced regularly to ensure comprehension.

Use Positive Reinforcement

Positive reinforcement involves acknowledging and rewarding desirable behavior to encourage its recurrence. This can include verbal praise, extra privileges, or small rewards. Reinforcing good behavior helps build a child's self-esteem and motivates them to comply willingly.

Implement Natural and Logical Consequences

Instead of punitive punishments, natural and logical consequences teach children about the outcomes of their actions in a respectful way. For example, if a child refuses to wear a coat on a cold day, the natural consequence is feeling cold. Logical consequences are directly related to the misbehavior, such as losing screen time for not completing homework.

Provide Choices to Foster Autonomy

Offering limited choices allows defiant children to feel a sense of control while staying within boundaries. For instance, letting a child choose between two acceptable snacks or select the order of chores can reduce power

struggles.

Communication Techniques to Handle Defiance

Effective communication is vital in managing defiant behavior through positive discipline. The way caregivers speak and listen can influence a child's willingness to cooperate and express emotions healthily.

Active Listening and Empathy

Active listening means fully concentrating on the child's words, acknowledging their feelings, and validating their experiences. Empathy helps children feel understood, which can reduce oppositional behavior and open the door for constructive dialogue.

Use Calm and Respectful Language

Maintaining a calm tone and respectful language, even during conflicts, models self-control and respect. Avoiding yelling or harsh criticism prevents escalation and encourages children to mirror positive communication styles.

Set Clear and Concise Instructions

Defiant children may resist if instructions are vague or overwhelming. Clear, simple, and direct commands make expectations easier to follow and reduce misunderstandings that can lead to defiance.

Building Emotional Connection and Trust

Emotional connection is a foundation for effective positive discipline. When children trust their caregivers and feel emotionally secure, they are more likely to respond positively to guidance.

Spend Quality Time Together

Regular, focused time spent on enjoyable activities strengthens the parent-child bond. This connection fosters cooperation and reduces defiant behaviors by making children feel valued and supported.

Recognize and Validate Feelings

Children often act out when they feel misunderstood or overwhelmed. Acknowledging their emotions without judgment helps them learn to express themselves appropriately and reduces frustration-driven defiance.

Encourage Problem-Solving Skills

Involving children in finding solutions to conflicts empowers them and teaches responsibility. Collaborative problem-solving encourages cooperation and reduces power struggles associated with defiant behavior.

Maintaining Consistency and Setting Boundaries

Consistency and clear boundaries are essential components of positive discipline for defiant children. They provide structure and predictability, which help children feel secure and understand limits.

Be Consistent with Rules and Consequences

Consistency in enforcing rules and consequences ensures that children know what to expect. Inconsistent responses can confuse children and inadvertently encourage defiance as they test limits.

Establish Routines

Daily routines create stability and reduce anxiety, which can decrease defiant behaviors. Predictable schedules help children anticipate expectations and transitions, making compliance easier.

Model Appropriate Behavior

Children learn by observing adults. Modeling respectful communication, patience, and problem-solving demonstrates the behaviors caregivers want to instill. This approach reinforces positive discipline principles in everyday interactions.

- Set specific, realistic boundaries
- Follow through with consequences calmly
- Reinforce positive behaviors regularly

- Maintain patience and avoid power struggles
- Seek professional support if needed

Frequently Asked Questions

What is positive discipline for a defiant child?

Positive discipline is an approach that focuses on teaching and guiding children through respectful communication, setting clear expectations, and encouraging good behavior rather than punishment, especially helpful for managing defiant behavior.

How can positive discipline help a defiant child?

Positive discipline helps defiant children by promoting understanding, building trust, improving communication, and teaching problem-solving skills, which reduces power struggles and encourages cooperation.

What are some effective positive discipline strategies for defiant children?

Effective strategies include setting clear and consistent rules, using natural and logical consequences, offering choices, reinforcing positive behavior, and practicing active listening to understand the child's feelings.

How do I set boundaries with a defiant child using positive discipline?

Set clear, consistent boundaries by explaining expectations calmly and respectfully, involving the child in rule-making, and following through with agreed-upon consequences in a supportive manner.

Can positive discipline reduce defiant behavior in children?

Yes, positive discipline can reduce defiant behavior by addressing underlying needs, fostering emotional regulation, teaching appropriate ways to express feelings, and building a positive parent-child relationship.

How do I stay calm when disciplining a defiant child positively?

Stay calm by taking deep breaths, pausing before responding, reminding

yourself of the goal to teach rather than punish, and using empathetic language to connect with the child's emotions.

What role does communication play in positive discipline for defiant children?

Communication is key; open, empathetic, and respectful dialogue helps children feel heard and understood, which reduces resistance and encourages cooperation.

How can I encourage cooperation instead of defiance using positive discipline?

Encourage cooperation by offering choices, acknowledging the child's feelings, using positive reinforcement, and involving the child in problem-solving to give them a sense of control.

Are time-outs effective in positive discipline for defiant children?

Time-outs can be effective if used as a calm-down period rather than punishment, helping the child regain self-control, but they should be brief, consistent, and explained clearly.

When should I seek professional help for a defiant child despite using positive discipline?

Seek professional help if defiant behavior is severe, persistent, impacts daily functioning, or if you feel overwhelmed, as specialists can provide tailored strategies and support.

Additional Resources

1. Positive Discipline for Preschoolers: For Their Early Years—Raising Children Who Are Responsible, Respectful, and Resourceful

This book offers practical strategies tailored for parents of young children who exhibit defiant behavior. It emphasizes teaching respect and responsibility through positive reinforcement and clear communication. The authors provide tools to create a nurturing environment that encourages cooperation and self-discipline.

2. The Defiant Child: A Parent's Guide to Oppositional Defiant Disorder

Focused specifically on children with Oppositional Defiant Disorder (ODD), this guide helps parents understand the roots of defiance and how to manage challenging behaviors constructively. It combines psychological insights with practical discipline techniques to foster empathy and improve parent-child relationships. The book also includes real-life examples and action plans.

3. *Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills*

A foundational book in the positive discipline movement, it provides parents with effective, respectful methods to guide defiant children. The approach emphasizes mutual respect and encouragement rather than punishment, helping children develop critical social and emotional skills. It is widely praised for its compassionate and practical advice.

4. *Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic*

This book is ideal for parents dealing with particularly strong-willed or defiant children whose temperament can be challenging. It offers insights into understanding and embracing spirited behavior while setting firm, loving boundaries. Parents learn how to use positive discipline techniques tailored to their child's unique personality.

5. *1-2-3 Magic: Effective Discipline for Children 2-12*

A straightforward and easy-to-implement discipline program that helps parents manage defiant behavior without yelling or arguing. The book focuses on counting techniques and consistent consequences to reduce undesirable behavior. It encourages calm and clear communication, fostering a positive parent-child dynamic.

6. *How to Talk So Kids Will Listen & Listen So Kids Will Talk*

Though not exclusively about defiance, this classic communication guide is invaluable for parents facing challenging behavior. It teaches skills to improve listening and speaking with children, which can defuse defiance and encourage cooperation. The book includes practical examples and exercises to build respectful dialogue.

7. *The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children*

This book addresses children who frequently exhibit intense defiance and emotional outbursts. It offers a compassionate approach to understanding the child's perspective and teaches parents how to help their child develop flexibility and coping skills. Strategies focus on collaboration rather than confrontation.

8. *Positive Discipline in the Classroom: Developing Mutual Respect, Cooperation, and Responsibility in Your Classroom*

While aimed at educators, this book provides valuable insights for parents on positive discipline techniques that work with defiant children. It highlights the importance of creating a respectful environment that encourages cooperation and accountability. Parents can apply these principles at home to foster positive behavior.

9. *Calm Parents, Happy Kids: The Secrets of Stress-Free Parenting*

This book emphasizes the importance of parental calmness in managing defiant behavior effectively. It offers strategies for maintaining composure and using positive discipline to guide children lovingly. Readers learn how reducing stress can improve family dynamics and promote better behavior in

children.

Positive Discipline For Defiant Child

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positive discipline for defiant child: Positive Discipline for Children with Special Needs

Jane Nelsen, Steven Foster, Arlene Raphael, 2011-03-08 Over 2 Million Positive Discipline Books Sold! A Positive Approach To Helping Children With Special Needs Realize Their Potential Every child deserves to lead a happy and fulfilling life. For parents and teachers of children with special needs, helping their child to not only negotiate daily challenges, but to live fulfilling, meaningful lives, can be the most difficult challenge they will face. Over the years, millions of parents and teachers have come to trust Jane Nelsen's classic Positive Discipline series for its consistent, commonsense approach to childrearing. Now, the bestselling series addresses the specific challenges that parents and teachers of children with special needs face, and offers them straightforward advice for supporting them in positive ways. In these pages are practical solutions to challenges such as: Learning to look beyond diagnostic labels ● Believing in each child's potential regardless of his/her stage of development ● Helping children integrate socially and interact with their peers ● Coping with the frustration that inevitably occurs when a child is being difficult ● Strengthening a child's sense of belonging and significance ● And Many More! Use this book to answer such questions as: • How do you accommodate a disability, while still teaching a child to try their best? • How do you help a child cope with anger they may have trouble expressing, especially when that anger may on some level be justified? • How do you teach a child who may struggle with seemingly straight forward tasks to contribute to the world around them in a way that will be meaningful to them? "If you are raising or teaching a child with special needs, this book is a must-read. As the mother of a child with autism, my hopes and dreams for my son were no different than those of other parents. I wanted a parenting approach that helped my child grow up to be self confident, happy, and prepared for success in relationships, work, and life. I also needed practical, effective methods for addressing the significant, challenging behaviors I faced on a daily basis. Finally, in this amazing book, I found both....Thank you, thank you, thank you to the authors of this groundbreaking book." - Rachel Fink Parks, MS, PCC

positive discipline for defiant child: *Positive Discipline A-Z* Jane Nelsen, Ed.D., Lynn Lott, H. Stephen Glenn, 2007-03-27 As a parent, you face one of the most challenging—and rewarding—roles of your life. No matter how much you love your child, there will still be moments filled with anger, frustration, and, at times, desperation. What do you do? Over the years, millions of parents just like you have come to trust the Positive Discipline series for its consistent, commonsense approach to child rearing. In this completely updated edition of Positive Discipline A-Z, you will learn how to use methods to raise a child who is responsible, respectful, and resourceful. You'll find practical solutions to such parenting challenges as: - Sibling Rivalry - Bedtime Hassles - School Problems - Getting Chores Done - ADHD ·Eating Problems - Procrastination - Whining - Tattling and Lying - Homework Battles - And Dozens More! This newly revised and expanded third edition contains up-to-the-minute information on sleeping through the night, back talk, and lack of motivation as well as tips on diet, exercise, and obesity prevention, and new approaches to parenting in the age of computers and cell phones.

positive discipline for defiant child: Positive Discipline for Single Parents, Revised and Updated 2nd Edition Jane Nelsen, Ed.D., Cheryl Erwin, MA, Carol Delzer, 1999-07-28 A Positive, Proven Approach to Single Parenting! As a single parent in our complex world, you face the challenge of doing alone a job that was meant for two people. In addition, self-doubt and guilt may dampen the joy you experience raising your child. What do you do? Over the years, millions of parents just like you have come to trust Jane Nelsen's classic POSITIVE DISCIPLINE series for its consistent, commonsense approach to child rearing. In this completely revised and updated edition of Positive Discipline for Single Parents you'll learn how to succeed as a single parent in the most important job of your life: raising a child who is responsible, respectful, and resourceful. Inside this reassuring book, you'll discover how to: ·Identify potential problems and develop skills to prevent them ·Budget time each week for family activities ·Create a respectful coparenting relationship with your former spouse ·Use nonpunitive methods to help your children make wise decisions about their behavior ·And much, much more! Provides very important information for single parents, especially in today's violent society. Used as a resource, it can help parents deal with discipline issues in a positive way and in turn help their children become responsible citizens.—Judy Foy, international vice president, Community Relations, Parents Without Partners Another great resource for both single parents and therapists . . . practical and enjoyable to read. A must for your parenting library.—Stephen Sprinkel, marriage and family therapist

positive discipline for defiant child: Parental Finesse: A Guide to Encourage Positive Behavior in Children Pasquale De Marco, 2025-05-05 ****Parental Finesse: A Guide to Encourage Positive Behavior in Children**** offers a refreshing perspective on parenting, emphasizing the profound impact of parental behavior on shaping children's actions. Drawing upon years of experience as a school psychologist and parenting workshop leader, Dr. Pasquale De Marco provides a comprehensive guide to help parents cultivate well-behaved, responsible, and happy children. This book challenges conventional approaches to discipline, advocating for a paradigm shift towards positive parenting. Through engaging narratives and real-life examples, Dr. Pasquale De Marco demonstrates how punishment and power struggles can be counterproductive, leading to resentment and further misbehavior. Instead, parents are encouraged to focus on positive reinforcement, setting clear expectations, and creating a supportive home environment. At the heart of effective parenting lies the ability to understand children's behavior. Dr. Pasquale De Marco skillfully guides parents through the developmental stages of childhood, helping them decipher the underlying motivations behind their children's actions. Armed with this knowledge, parents can tailor their parenting approach to address the specific needs and challenges of their child. Positive communication is essential for fostering healthy parent-child relationships. This book provides invaluable guidance on how to communicate with your child in a way that promotes understanding, cooperation, and respect. Learn the art of active listening, using I statements, and setting boundaries with empathy and firmness. Discover how to resolve conflicts peacefully, teaching your child valuable life lessons along the way. Recognizing that parental well-being is a prerequisite for effective parenting, Dr. Pasquale De Marco emphasizes the importance of self-care. This book offers practical tips for managing stress, maintaining emotional balance, and creating a support system that nurtures your own well-being. ****Parental Finesse**** is an invaluable resource for parents who are committed to creating a positive and nurturing environment for their children to flourish. It is a comprehensive guide that provides a wealth of knowledge, inspiration, and practical strategies to help parents raise happy, well-behaved, and responsible children. If you like this book, write a review on google books!

positive discipline for defiant child: The Child Psychotherapy Treatment Planner Arthur E. Jongsma, Jr., L. Mark Peterson, William P. McInnis, Timothy J. Bruce, 2023-03-01 Now in its sixth edition, The Child Psychotherapy Treatment Planner is an essential reference used by clinicians around the country to clarify, simplify, and accelerate the patient treatment planning process. The book allows practitioners to spend less time on paperwork to satisfy the increasingly stringent demands of HMOs, managed care companies, third-party payors, and state and federal agencies, and

more time treating patients face-to-face. The latest edition of this Treatment Planner offers accessible and easily navigable treatment plan components organized by behavioral problem and DSM-5 diagnosis. It also includes: Newly updated treatment objectives and interventions supported by the best available research New therapeutic games, workbooks, DVDs, toolkits, video, and audio to support treatment plans and improve patient outcomes Fully revised content on gender dysphoria consistent with the latest guidelines, as well as a new chapter on disruptive mood dysregulation disorder and Bullying Victim An invaluable resource for practicing social workers, therapists, psychologists, and other clinicians who frequently treat children, The Child Psychotherapy Treatment Planner, Sixth Edition, is a timesaving, easy-to-use reference perfectly suited for busy practitioners who want to spend more time focused on their patients and less time manually composing the over 1000 pre-written treatment goals, objectives, and interventions contained within.

positive discipline for defiant child: Parenting And Disciplining Strong Willed Children: Advanced Parenting Techniques For Defiant Children! Suzzie Santos, 2015-09-27 The word discipline can have some negative connotations associated with it. When it comes to parenting, discipline is used to civilize your children. Discipline does not have to be a bad thing. It can be a fun and awarding time for you to show your child what the limits of their behavior are. All children are different, and not all discipline styles will work for every child. So if you are looking for a quick fix solution to help your child grows as an individual. I am sorry. Finding the right discipline style for your child or children is a trial and error process. On this book you'll learn how to go about this systematically both for average children, including the super stubborn, strong willed kids!

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positive discipline for defiant child: PARENTING: Guide to Positive Discipline Parenting Magazine Editors, 2013-03-27 A guide to discipline grounded in love and respect. Savvy parents have come to rely on PARENTING magazine for its focused advice and expert guidance on all the tough issues of raising children. Now PARENTING readers are delighted to find the same winning blend of upbeat writing, quick information, and up-to-the-minute research in the PARENTING books. This latest volume in the series takes parents through the ins and outs of raising children with healthy, loving discipline, from infancy to age 6 and beyond. Featured topics include: Discipline and punishment: Knowing the difference , Defining realistic, age-appropriate goals for your child , Why cooperation works better than coercion Why kids misbehave: Heading off bad behavior by understanding its underlying causes , How to be a guide rather than a cop , Rechannelling all that energy Avoiding common pitfalls and mistakes: Side-stepping power struggles and defiance , Making rules your children can understand and obey , Creating win-win situations through patience and consistency , Using positive reinforcement instead of criticism and control Discipline through ages and stages: Expectations your children can meet from infancy to elementary school , Dealing with sibling rivalry , Working with a babysitter or day care provider , Dialogues, routines, and strategies geared for each phase of childhood Raising responsible children: Chores your child is ready for , Using rewards fairly and effectively , Getting compliance without nagging or policing

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positive discipline for defiant child: Positive Discipline: The First Three Years, Revised and Updated Edition Jane Nelsen, Ed.D., Cheryl Erwin, MA, Roslyn Ann Duffy, 2015-02-24 The celebrated Positive Discipline brand of parenting books presents the revised and updated third edition of their readable and practical guide to communicating boundaries to very young children and solving early discipline problems to set children up for success. Over the years millions of parents have used the amazingly effective strategies of Positive Discipline to raise happy, well-behaved, and successful children. Research has shown that the first three years in a child's life are a critical moment in their development, and that behavior patterns instilled during that time can have profound implications for the rest of a child's life. Hundreds of thousands of parents have already used the advice in Positive Discipline: The First Three Years to help set effective boundaries, forge strong foundations for healthy communication, and lay the groundwork for happy and respectful relationships with their young children. Now this classic title has been revised and updated to reflect the latest neuroscientific research and developments in positive discipline parenting techniques.

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Families Books Navneet Singh, Introduction Parenting and family life shape the foundation of a child's emotional, intellectual, and social well-being. The best parenting books offer guidance, reassurance, and evidence-based strategies for raising happy, healthy, and resilient children. This guide highlights 100 must-read parenting and family books, covering child development, positive discipline, communication, modern parenting trends, and strengthening family bonds. Whether you're a new parent, a seasoned caregiver, or a family-focused reader, these books will provide valuable insights and practical advice.

positive discipline for defiant child: The Child Psychotherapy Progress Notes Planner Arthur E. Jongsma, Jr., Katy Pastoor, David J. Berghuis, Timothy J. Bruce, 2023-03-01 Create effective treatment plans for children quickly and efficiently The newly revised sixth edition of the Child Psychotherapy Treatment Planner is a timesaving, easy-to-use reference for practitioners seeking to clarify, simplify, and accelerate the treatment planning process so you can spend less time on paperwork and more time with your clients. Each chapter begins with a new evidence-based Short-Term Objective and two new Therapeutic Interventions, emphasizing evidence-based and empirically supported interventions likely to be effective and meaningful in therapy. The latest edition also contains new and revised evidence-based Objectives and Interventions, more professional resources and best-practice citations for the non-EBT chapter content, and more suggested homework assignments. The book also offers: Two entirely new chapters: Bullying Victim and Disruptive Mood Dysregulation Disorder An updated self-help book list in the Bibliotherapy Appendix A Integrated DSM-5/ICD-10 diagnostic labels and codes in the Diagnostic Suggestions section of each chapter Updated and expanded references to research supporting the evidence-based content contained within An essential resource promoting the efficient use of practitioner time, the Child Psychotherapy Treatment Planner belongs in the libraries of clinicians responsible for the development of treatment plans for children.

positive discipline for defiant child: The Parenting Skills Treatment Planner, with DSM-5 Updates David J. Berghuis, Sarah Edison Knapp, 2015-07-31 This timesaving resource features: Treatment plan components for 31 behaviorally based presenting problems Over 1,000 prewritten treatment goals, objectives, and interventions A step-by-step guide to writing treatment plans that meet the requirements of most insurance companies and third-party payors The Parenting Skills Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal review agencies. A critical tool for mental health professionals addressing today's complex family structures and the increased pressures on children and adolescents from school, peers, and the general culture Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized treatment plans for parents and other caregivers Organized around 31 main presenting problems with a focus on giving parents the skills they need to effectively help their children navigate contemporary issues such as the trauma associated with divorce, school pressures, and sexual abuse Over 1,000 well-crafted, clear statements describe the behavioral manifestations of each relational problem, long-term goals, short-term objectives, and clinically tested treatment options Easy-to-use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies (including HCFA, JCAHO, and NCQA)

positive discipline for defiant child: Children Who Society Has Lost or Abandoned Michael W. Simon, 2022-11-15 This is a book that every parent, grandparent, family member, social worker, childcare provider and educator must have. It presents, reviews and discusses the serious dark side of pediatrics, children and adolescents with psychiatric and mental health issues and conditions, their warning signs and symptoms and directions for help, care and intervention. It guides adults who are in a position to make a difference with early intervention to be diligent and recognize signs of children having mental disorders, anxiety or depression, or at risk for suicidal behavior. Other topics addressed are obsessive-compulsive behavior, conduct disorder, eating disorders, PANDAS and developmental learning disorders like autism spectrum disorder and

attention deficit hyperactive disorder. More sensitive topics like gender dysphoria and obesity are reviewed and discussed. There are comprehensive reviews of substance abuse, alcohol and marijuana abuse disorders, PTSD, child schizophrenia and bipolar disorder. Identification and early intervention for mental illness in children does make a big difference in their ultimate outcome. * PANDAS is a real disorder and its occurrence is increasing! * Eating Disorders are not just a fad! * There is a physiological reason why gender dysphoria may occur! * PTSD does occur in children and adolescents! * Obesity is not always genetic! * Substance abuse can occur in any household! * Not all children diagnosed with autism spectrum disorder are autistic! * Identification and early intervention of mental illness in children and adolescents makes a big difference! WORDS OF PRAISE This book presents information on physical, emotion and neurologic development in a manner any parent, guardian or caregiver can digest. Each chapter packs useful information for a range of emotional and neurocognitive conditions including anxiety, depression, oppositional defiant disorder and autism. Red flags for early identification of developmental disorders are succinctly presented as well resources for evaluation and treatment. In the words of Dr. Simon, The pandemic has intensified mental health issues, stress and increased suicide among youths. This publication is brought forth at no better time. It is critical for adults to educate themselves about the challenges facing the current generation. I consider his text to be an essential behavioral health primer for all pediatric caregivers. --Erin L. Wilson, APRN, MSN, C-PNP Dr. Simon's in-depth insight into children and adolescent mental health could not be more timely. Not that there is ever a time where mental health should be overlooked, but emerging from the pandemic that created so much additional stress on kids and families, the focus is needed more than ever. Dr. Simon gives guidelines and red flags that parents and caregivers easily identify and how to act on them. Having this information right on your bookshelf should help anyone who wants to stay on top of what is happening with their loved ones! --Penne Lentz For the classroom teacher, this book is, quite literally, a lifesaver. It can help distinguish typical childhood behavior from that often-unrecognized cry for help. --Sarah Miller Dr. Simon has provided astounding information for parents, grandparents, social workers, educators and doctors on mental health challenges facing our children today. Topics discussed are to the point and thoroughly covered. Once I started reading it I couldn't put it down. It's an invaluable asset to have on any shelf. Reading this book is equivalent to thousands of dollars and hours of therapy. --Dr. Tammy Hoskins, Optometrist Dr. Simon has been our family's pediatrician for many years because we appreciate his practical approach to medical care. This book is an extension of that care our children receive in his office. As pharmacists and parents, we've seen firsthand the impact COVID had on children's mental health. Children Who Society Has Lost Or Abandoned is a comprehensive, yet understandable guideline for issues facing those who care for children. Dr. Simon breaks down each subject and presents in a way that parents and caregivers can easily find information and definitions they need to help their children themselves right away, work with their child's doctor, as well as offering resources to get help outside of their current providers. Mental health issues can be scary for both parents and children, and in this book you'll find a wealth of guidance both clinical and practical, to help you make the best decisions for your child's care. We're grateful to have a doctor who is comfortable having these conversations and is constantly looking for ways to better the care that his patients receive. This book ensures that his efforts extend beyond his current patients, to others in need as well! --Philip Almeter, PharmD and Heidi Almeter, PharmD As a Pediatric Nurse Practitioner and parent of 5 year old twins, I am grateful that Dr. Simon has taken immense time to dive deep into the challenging topic of pediatric mental health. The rates of mental health issues in our country are skyrocketing and this book provides an all-encompassing resource for recognizing and effectively treating the vast majority of them. This guide would be a wonderful compliment to any healthcare learner or seasoned practitioner seeking to update their knowledge of these emerging critical issues. His attention to explanation of the "why" behind each mental health issue gives this guide an edge beyond traditional reference books that fail to provide such unique detail. Understanding leads to empathy. Empathy leads us to provide the specialized care our children and patients deserve. --Emily E. Robinson, APRN, CPNP-PC, CLC, UK Pediatrics at Family

Care Center As parents, we have always appreciated and deeply valued Dr. Simon's professional opinion with our children and their physical and mental health. Dr. Simon recognizes the importance of early intervention with a child's mental health and he listens to not only parents, but children as they discuss how they're seeing the world and how it impacts them on a daily basis. Our oldest child needed intervention with ADHD at the age of 6 and Dr. Simon was informative, supportive and most of all, willing to help our child without expensive tests and long wait times. Today, many physicians are reluctant to intervene early or they completely dismiss concerns of parents and children as normal kid stuff when we need guidance and help for our children before the concern becomes an emergency, or worse, a tragedy. Dr. Simon recognizes and understands this need and is always "hands on" with our kids when we express a need or a concern about their mental health. --Kristin Childress, parent

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