



Volume 61 | Issue 1

Article 79

5-1-2018

Leman's "Making children mind without losing yours" (book review)

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Recommended Citation

Beck, Torri (2018) "Leman's "Making children mind without losing yours" (book review)," *The Christian Librarian*: Vol. 61: Iss. 1, Article 79.

DOI: <https://doi.org/10.55221/2572-7478.1976>

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Book Reviews



Leman, K. (2017) *Making children mind without losing yours*. Grand Rapids, MI: Revell. 321 pp. \$13.99. ISBN 9780800728335

Dr. Kevin Leman, an internationally known author and psychologist, has written several best-selling and award-winning books and this is one that every parent should read. The 7 basic principles of reality disciplines are the secret to making your children mind and Leman does an excellent job of describing situations that could occur and how to respond to them. This type of discipline (not punishment) shows characteristics of both authoritarian and permissive styles of parenting, which gives kids the ability to make some choices, but also holds them accountable for their actions. Each chapter ends with a “things to think about” section and it challenges you to look at your own style of parenting. If you’re not practicing Dr. Leman’s suggestions to improve or change your parenting skills, you will! I recently tested one of his suggestions with my strong-willed 3-year-old and was amazed that it worked! Remembering that kids want attention and will do anything to get it and that your response to their actions is critical will help you succeed at remaining in control and earning their respect. Communication with your child is a key factor to listening, responding, and showing them unconditional love and encouragement. While this book is certainly a must-have for parents, it could also be beneficial for those who work with children, helping others understand why kids act the way they do and how to react to them.

Reviewer

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