

Several books for parents

By Amy Phelps

With the kids back to school, here are a few new parenting books for moms and dads to get into!

Ever wish you had a guidebook of what to do besides yell when kids ignore you, fight with their siblings or otherwise get into trouble? Look no further than "Dr. Riley's Box of Tricks: 80 Uncommon Solutions for Everyday Parenting Problems" by Douglas A. Riley, Ed.D (Lifelong Books, \$15.)

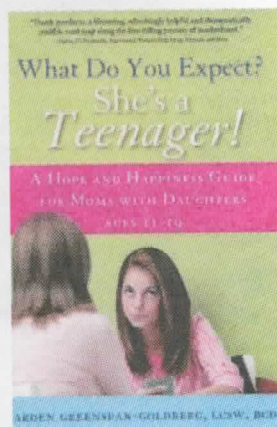
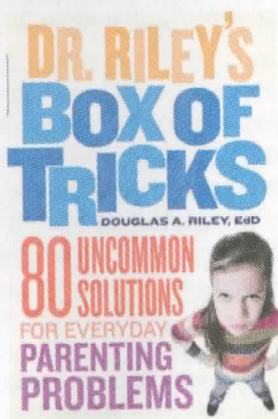
In an easy-to-read format, Riley tackles everyday problems parents face with a touch of humor and an easy script for kids to follow.

Kids ignoring you when asked to do something? Employ the "Two Times for Free" method. Tell the child you will ask them to do something only twice, then you will charge them, anywhere from 25 cents to a dollar for each time you have to ask them to do something and they not do it. Kids don't get an allowance? They will have to do a job if you have to ask them three times, like scrubbing a toilet.

Teenager shouting? Either insist that since they believe shouting is the only way to communicate, they must shout EVERYTHING or stand too close to them and say since they think you are hard of hearing, you'll stand closer so they don't have to shout.

Most of the tricks involved here involve adding a sense of humor instead of getting mad and blowing up. And they all feel like things that would work, instead of things that a parent may scoff at and say, "Yeah, like that's gonna happen." This is definitely a book I'll be coming back to time and again.

In a similar vein but geared entirely to the parents of teenage daughters is "What Do You Expect? She's a Teenager!" by Arden Greenspan-Goldberg, LCSW, BCD (Sourcebooks,



\$14.99.)

A nationally known family and marriage psychotherapist, Greenspan-Goldberg again tackles common issues and problems parents can face with their teenage girls and provides "scripts" for parents to follow to get the conversation going in the proper direction.

It discusses issues related to Technology, Independence, Family Dynamics, School, Peers, Bullying, Dating, Sex, Body Image, Health and Personal Identity, Alcohol and Drugs, Mental Health and Special Needs. Each chapter is broken down into smaller subsections, often with little stories related to the issue at hand.

There's everything from cell phone usage, texting on the road, too strict or too passive, moving, dealing with divorce, dealing with boyfriends, private school, friend drama, bullies and much, much more.

This book is almost set up like a "Dear Abby" column but with parenting issues, so its an easy format to go through and interesting. Parents of girls need to check this out, no matter what the age.

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An interesting book that gets parents thinking about siblings (both their own and their kids) is "The Sibling Effect: What the Bonds Among Brothers and Sisters Reveal About Us" by Jeffrey Kluger.

Since I'm an only child or what the book referred to as a "singleton," I never quite understand sibling rivalry and the like, so I found this book endlessly fascinating. Written by one of several brothers, Kluger's book is a clinical love letter to siblings and the bonds they share. In the book he discusses why siblings fight (sister vs. sister fights are usually the most hostile, surprisingly), how birth order affects your personality, the consequences of favoritism, both on the favored child and the ones not, how divorce affects siblings (it actually often strengthens sibling bonds), how a blended family can become strong and even addresses twin behaviors and the world of the "singleton" - they are really no better or worse off than those children with siblings.

For anyone who has a sibling or wants to better understand their kids' dynamics, this is an extremely interesting read.

THE SIBLING EFFECT

WHAT THE BONDS AMONG BROTHERS AND SISTERS REVEAL ABOUT US

JEFFREY KLUGER

