



# Parenting Your Powerful Child: Bringing an End to the Everyday Battles

*Kevin Leman*

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## **Parenting Your Powerful Child: Bringing an End to the Everyday Battles** Kevin Leman

Powerful kids don't just happen. They're created. Whether loud and temperamental, quiet and sensitive, or stubborn and manipulative, powerful children can make living with them a challenge. But it doesn't have to be that way. All children need to face the realities of life, and the best place for them to do so is in the safe place of their home.

For all the parents out there at their wits' end, *New York Times* bestselling author Dr. Kevin Leman offers the fail-safe action plan to redirecting power surges into positive traits that will prepare the powerful child for a successful, happy, productive adult life. Parents will learn how powerful children are created, what makes them tick, what makes them explode, and what they can do to change the power plays...for the good of the entire family. All it takes is determination, persistence, willpower, and advice that works - guaranteed.

## **Parenting Your Powerful Child: Bringing an End to the Everyday Battles Details**

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# **From Reader Review Parenting Your Powerful Child: Bringing an End to the Everyday Battles for online ebook**

## **Hillary says**

Very informative. I love that Dr. Leman comes from a Christian standpoint on discipline. It's difficult to parent little ones which heightens stress. Dr. Leman's approach gives advice on becoming more aware of how to respond to children and their behaviors. From someone who was a bit of a reactive parent, this was enlightening. We use the strategies with our 3 year old, things are much better. He is strong-willed so we still have some work ahead. However, I feel I can handle it knowing God will give me the grace to do so, therefore, I can disciple my child in the process. Highly recommend.

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## **Cass says**

This book has a lot of info nuggets that any parent would be grateful to have in their parenting arsenal. Like all parenting books not all aspects may apply to you but it is this variety that is appealing and gives perspective. The author does a great job of being relatable and understandable and gives some great practical examples. Worth the read.

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## **City Girl Moves to The Country says**

My Reflections:

Oh how I have been needing this book! God is good, every time I think I am going to go loonie with the antics of my children I receive a life changing book. I must be a slow learner as I have read a ton of parenting books :-)

Dr. Kevin Leman is a well known and respected psychologist and humorist, who has just published his newest book titled: Parenting your powerful child.

This book covers a multitude of subjects for example:

The Anatomy of a powerful child,

The loud, aggressive, temperamental, curveball manipulator.

The quiet, shy, sensitive, walk on eggshells manipulator

The stubborn, procrastinating manipulator

Why Kids misbehave

What kind of kid do you want?

Grace based parenting.

And this is just a snapshot of the subjects this book covers.

I think my favorite thing about this book was that it was littered with common sense and easy to apply strategies. I felt that I could implement a lot of the behavioral techniques, but mostly I feel it gave me an insight into my children's lives. I particularly enjoyed chapter 16, Redirecting the Power Surge. This chapter energized and encouraged me.

This book is chock full of encouraging and easy to apply strategies. The power points at the end of each chapter are though provoking and a great way for busy parents to take away tidbits of information they have read and digest it.

I would certainly recommend this book to all parents, no one is perfect (shocking I know!) but with this book and (see full review here) <http://citygirlmovestothecountry-tany...>

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### **Ashley Coberly says**

There were some great reminders and excellent advice. I am definitely thinking about my motives and end goals in parenting. There was also a lot of pressure on saying/doing the wrong thing as a parent. I feel like I finished the book under more pressure than when I started.

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### **Nalene says**

I don't read many of these "self-help" books, but this was recommended to me based on my current power struggles with one of my children. While some of this text seemed a recap of "The Birth Order Book" (also by Leman) and a self-congratulations by Leman on his parenting successes, the basic principles were helpful. The proof is in the daily interactions I have with said child. They are not perfect yet, but I feel more in control of my emotions and prepared for the power struggles that arise. Recommended if you have a child who seems to know how to push certain buttons to get what he/she wants and/or strives for control or attention.

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### **Jeanne says**

Free read

Very disjointed and has basic advice

Much better book is '1-2-3 Magic'

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### **Christian Fiction Addiction says**

Dr. Kevin Leman provides another life-saving book in "Parenting Your Powerful Child", a book that any parent can benefit from reading. Written in his signature easy-to-read style, and chock-full of practical

advice, Leman's latest book will help parents act with authority, "not as an authoritarian or permissive parent". I think what I most appreciated about this book is that the author includes story after story of real life parenting situations, anecdotes that readers will no doubt read and think "Hooray! I'm not alone!" While all of us would like to pretend that we are perfect parents, the truth, of course, is that we are not (I hope I didn't shock anyone). Dr. Leman draws on years of experience to help give parents confidence on how to handle the most extreme of behaviours. The book is very well laid out, and can be read in one sitting or over a period of time if it is easier for you to glean the truth from its pages in small doses. Leman writes in a non-judgmental way, and yet he doesn't hesitate to give you advice on exactly what to do to remedy a challenge you are having with your child. I really appreciated the "What you can do" sections that provide clear and easy to follow guidance.

If you are tearing out your hair trying to deal with your child, or perhaps you just want to learn some new parenting strategies to keep things going well, then plan on picking up a copy of "Parenting Your Powerful Child". You'll be glad you did! 4.5 out of 5 stars.

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### **Andrea Di salvo says**

Some time has lapsed since I actually finished this book, but I do believe this book can be helpful to anyone who has a "powerful" child and I do intend to read it again.

Parenting Your Powerful Child has the typical self-help book drawbacks: occasional vagueness and generalities were frustrating when I felt I needed specific guidance. It's the nature of the beast, though, when an author is writing to a broad audience. I also suppose it's natural that he geared many examples toward older children and teens, since that seems to be when many parents recognize the problem for the first time. I, however, was looking for early warning signs and would have appreciated more examples and strategies geared toward younger children, as well as strategies for home-schoolers who can't let the school principal put a scare in their wayward child.

Those negatives aside, I would recommend this book for any parent of any child as long as that parent is willing to change his or her own behaviors in order to change the child's...because that's what it comes down to. While Leman addresses genetics and birth order as factors in a child's behavior, he still lays accountability squarely at the feet of parents. He does so, though, with humor that is often laugh-out-loud funny and makes this book not only easy to read but enjoyable. Also, he provides "power points" and a few exercises geared toward helping parents create strategies beyond those frustrating self-help generalities. Definitely a parenting must-read.

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### **Kelly Mayer says**

I like Kevin Leman but I was disappointed that this book made exactly zero references to homeschooling. As a homeschooling parent, my challenges have unique nuances, and they persist, not only into my child's school experience, but also all day long. It would have been great to read a chapter on what to do with my powerful child in the at-home school setting instead of always about how parents who send their kids to

school for most of the day should respond. It is a VERY different scenario. :/

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### **Alexa Price says**

I needed this because I can already tell that I have 3 powerful children. Every parent should read this book, because as the author says, each family has at least one "powerful" child. I've already noticed a difference in my older son when I applied some of Dr. Leman's suggestions.

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### **Lobug says**

A book all parents need to read as soon as possible. This will bring so much clarity to your family. Read it. Now.

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### **Donna says**

I would have given this book a 5 if I had never read Kevin Leman's previous books, some of which are so humorous that I would select them sometimes just because it is easier to deal with a heavy subject when there is humor. His exaggerated humor makes the reader feel as if his feelings are understood by the author; the reader is not inhuman, incompetent and stupid... he has feelings which can sometimes be intense... but they are okay.

Leman's understanding of human relationships is deep but his writing style is simple and practical. What he says works. But I have to admit that when I read something with a humorous slant, I tend to remember it more and find it easier to apply. Plus there are times in human relationships when the tension can be broken only by laughing or crying... and Kevin Leman makes it easy to laugh. You are not laughing at the situations or the people involved, just his exaggerated vocabulary. This book did not have as much humor as I remember in previous books.

However, I cannot do justice to this book in a summary. It would take 20 pages.

There is so much material in this book that is applicable. it is the kind of book that should be read daily with just one different method applied each day.

Basically, he describes how powerful children are acting out because they have deep needs; meet these needs and you solve the problem. The children become co-operative rather than competitive.

He places the responsibility for the behavior on the parents, not in a judgmental way, but in an optimistic manner... it didn't take more than a few words to create this problem; it will take only a few words to correct this problem. It gives hope because it is not a problem without a cause. It is a simple cause-effect, what he calls action and reaction.

He uses extensive examples of child-parent interaction, shows why each approach does not work, and then rewrites the scenario with recommended changes, and explains why these changes are better. There are so many simply written real life examples in the book; you practically see them happen before your eyes.

He deals with many different topics: the 3 kind of power personalities in children, the effect of birth order, the effect of genetics and environment, the role of forgiveness and a comfortable secure environment where a child feels free to make mistakes, the blessings of encouragement and the problems of praise, parents being people-oriented instead of achievement-oriented, and recognizing the natural talents of a child so that he can be what he was born to be instead of what you want him to be.

In every case, he explains simply and clearly with several examples how a few words are all that are needed to destroy a child's desire to connect with his parents, siblings and friends or to achieve in any task or situation.

He uses situations explaining the effects of parents' words on their children's hearts, and the effects of timing on communication, such as when a child needs to be alone for awhile after a bad day at school in order to process the day before he can talk to others about it.

He shows how important it is for parents to not be drawn into a fight because then they are the ones being controlled.

He shows how important it is for a child's esteem to allow him to experience the consequences of his behavior, instead of letting the child manipulate the parent into feeling a responsibility to fix his problem. He shows how, if you love your child, you will discipline him, but discipline is not punishment.

At the same time, through the entire book, he makes you aware that your children are there to be loved, they are a gift from God, a blessing, and that you have the necessary common sense tools to help them become a wonderful part of your family.

How can any author get so much wisdom into a small book and have it organized and logical? I don't know. But that is Leman's style that makes his books worth reading.

Two words of caution:

1) He tells you that there is nothing in this book that will help if your children have gone to Stage 3 (Revenge) and 4 (Display of Inadequacy) of power struggles. In those cases, you probably need professional help. If your child has reached the power struggle level, he is already in Stage 2, past the stage of seeking attention.

2) I disagree with some of Leman's methods. I know that they would not have worked for each one of our children and grandchildren. Leman warns you that children are individuals and they each need different ways of being treated. Treating them all the same is not fair. Their differences need to be respected and valued.

Leman does not (and cannot) have a scenario for every possible situation. But the principles can be applied in order to come up with a method that works.

Two things that he does not deal with which I think are important factors are:

1) when there are deep feelings of hurt in children that close up their desire to communicate with parents. The chapter on forgiveness (grace) did not deal with inner hurts and healing, and

2) the psychological addiction that comes from computer-dependent activities, even computer games, that desensitize a person to natural human relationships, especially if they are related to the occult. These

situations take more than words to correct.

I also disagree with Leman in some of his suggestions about the physical and emotional needs of a child. Children need longer periods of physical contact than adults. When they need to be held, it is more effective to give them 5 minutes of hugging as soon as they need it than to wait until they have cried for hours... then they need a lot more hugging. I do not agree with putting a child in a room to let him cry something out. When he is upset is not the time to isolate him; it is the time to give him the security that only you as a parent can give. Yes, they can be left to cry alone if they prefer, but only after they are confident of the parents' love first and they can separate the need for comfort from the need to deal with the emotions of the situation.

I also disagree with leaving children, especially preschoolers, alone to work out interpersonal problems themselves. That is a recipe for disaster unless the children are taught some methods of dealing with problems, analyzing the causes, looking at possible solutions and their likely consequences in the present and in the future, and making reasonable decisions. Children are not born with this understanding. They need to be taught it. There also needs to be reasonable discreet supervision to protect the child from bullies or from children who are being unreasonable or determined to have their own way and not co-operate. There are times when a child must be removed from the group for his own protection or peace. There are also times when a child must be removed from the group for discipline.

But every child is different. Every situation is different.

Leman gives tools to understand and change the power struggles that some homes endure daily and not only to remove them, but to replace them with effective human relationships.

Your children deserve to have you read this book. You deserve it too... it could change your life forever in one month.

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### **Michelle says**

In response to some, yes, some of the advice is basic, but if you're an imperfect, busy parent like me, a reminder of good advice can never be a bad thing. I like Leman because his philosophies are based on Christian principles, and fit into my world view.

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### **Audrey says**

Hmm. I think this confirms that my kids defy description and categorization. (I have five.) They don't really follow the birth order theory, either. And I don't agree that all kids crave attention. Leman says he was a rowdy, attention-getting child, but when I was little, I was so shy that any attention made me cry. Still, I can see some of these strategies being helpful for some of my kids some of the time.

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## Ashley says

6/28/14 update: I planned to wait until the end of summer (test phase) to rate this book, but in the past three weeks, it's already proven itself worth its weight in gold. Wish I could put a copy into the hands of every stressed-out parent or stepparent of children ages 12 and under. Five stars, hands down.

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My husband and I finished this right on target—today my two stepsons (ages 10 and almost 8) are coming to stay for the summer. The book was a gift from my mom, and when she gave it to us I remember opening it to a page at random, reading it to my husband, and saying, “Wow, it’s like Kevin Leman has been living in our house.” There is SO much helpful-sounding info here that it’s taking everything in me not to automatically give it 5 stars. But with a book like this, it doesn’t matter how good it sounds—what matters is what happens when the rubber hits the road. So I’ll hold off on rating it for now and check back in toward the end of summer, when I can rate it based on results. In the meantime, I’ll just mention that I’ve marked the heck out of this book. Here’s some of what you can expect ...

**Children are wired to crave their parents’ attention.** Failing to get it in a positive way, they’ll seek it in a negative way, because at least it’s still attention. When that fails to satisfy, they ramp up their behavior and seek power instead—for example, by saying “I don’t care” when you dish out a punishment (such as no TV for a day). It’s easy for us parents to then want to add to the punishment (“All right, then that’s two days without TV for you, young man”)—but what does this do? It only ups the ante. Leman talks about ways the adult can take control of the situation when this happens, by not giving your kid the satisfaction of a power struggle. If the parent calmly diffuses the situation and the kid doesn’t achieve the power he or she is looking for, the kid will stop trying those tactics.

The heart of Leman’s approach is to get inside the head of your child and figure out what your child is striving for with his or her misbehavior—and to be prepared with a calm, strategic response. It’s about learning to discipline with grace, in a way that teaches your child rather than punishes. It’s about more proactively meeting your child’s needs in positive ways so that he or she doesn’t keep seeking attention or power in negative ways. **The problematic behavior may be the child’s, but the solution really is largely in the parents’ court.** (I don’t know about you, but I find that very comforting!)

Leman says it’s important to let our kids know that we don’t have all the answers and to encourage them to figure things out for themselves. This not only prepares them for life, but it also lets them know we don’t have it all together and we’re not afraid to be real with them, which will garner their respect. (“I don’t know, honey—why don’t you Google that and let me know what you find out?”) And if you have kids who are prone to arguing with each other, and they always come to you, trying to get you in the middle of it too? **Remove yourself from the battle, parent!** Don’t participate in this; let them learn to work it out on their own. These fights will die out much faster when the kids realize Mom or Dad isn’t going to step in on their side.

I will mention that I wasn’t totally sold on what Leman believes is the chief reason behind children’s procrastination (fear of not performing a task to their parents’ standards), but that’s a minor note.

My biggest takeaway: **how essential it is that we seek out ways to make our kids feel that their opinions matter and that they contribute to the family.** That way, we feed them the positive attention they crave—when they *aren’t* pushing us for it—and they don’t need to seek attention or power in negative ways. And the one thing that needs to become my parenting mantra: when things go sideways, remain calm.

Respond, don't react. (So hard to live that out!)

I don't know how all this will pan out, but I do feel a lot better prepared for having my stepsons here this summer. Very grateful to have read this book.

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