



Happy Kids: The Secrets to Raising Well-Behaved, Contented Children

Cathy Glass

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A fresh and practical guide to successfully managing children's behaviour – from babies to young adults.

Cathy Glass has been a foster carer for over 20 years, during this time fostering more than 50 children, as well as bringing up three of own. Many of these children have had severe behavioural difficulties and have come to Cathy as a last resort, when their parents or carers were no longer able to cope.

Drawing on a combination of years of training and extensive personal experience, in this comprehensive guide, Cathy passes on her tried and tested methods for guiding, nurturing and disciplining children.

Approaching child development chronologically, this book guides you through Cathy's incredibly simple and effective 3Rs technique: Request, Repeat and Reassure.

Within this framework, Cathy addresses a host of childcare issues, including, amongst others, why children misbehave and what parents can do to change this, how diet can affect children's behaviour, what parents can do to avoid sibling rivalry, and how to spot and address the behavioural symptoms of special needs such as dyslexia, autism, ADHD and bipolar.

Applicable to all age groups - from newborn babies to young adults - Happy Kids is a clear and concise guide to raising confident, well-behaved and happy children.

Happy Kids: The Secrets to Raising Well-Behaved, Contented Children Details

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Nicky says

This book was full of simply, easy to follow advice on helping your kids behave, without resorting to smacking or harsh punishment. Cathy Glass is a longterm foster carer with years of experience in managing the behaviours of abused and neglected children.

The one thing I didn't like was that once or twice Cathy's opinions made me a little twitchy, such as not sharing personal details with children eg. your age. Occasionally, her gramma was a little hard to follow as well and there were a number of typos throughout the book.

Overall, this book was very useful and practical with sensible advice.

Jules says

I found this book really informative...I read the whole book with the exception of the chapter on Stepchildren. I found the book was full of simply, easy to follow advice and strategies without resorting to harsh punishment. I don't agree with punishing children and would rather follow gentle discipline.

NoBeatenPath says

Written by an author responsible for some of the big sellers of 'misery-lit' (something I didn't know when I took this book off the shelf at the library) it offers no startling new techniques. Essentially it advises to be calm, keep control and that most kids really just boundaries that parents stick too. Extremely simple BUT if you are looking for technique to use, it could be helpful to have a 'script to follow' if you are trying to turn your household around.

Sam Andrews says

this isn't actually a true story its a book cathy wrote for tips on fostering, so didn't read it all only the first couple of chapters

Jenette says

Too mechanical. Not enough love.

†Roxanne†(Death by Book Avalanche) ? says

I'm currently pregnant with my first child and so I have no experience with children yet, because of this I thought this book may help. I just can't put my finger on why in some areas this book just wound me up. It took me quite a while to get through as reading it felt very heavy...like being a parent is a massive chore and you'll have nothing but problems. Perhaps this was a bit too one sided for me, however, there are some great pointers in here so it wasn't a complete waste of time. I'll be sticking to her true life stories in the future.

Kathryn says

I liked this take on parenting. It gave solid advice on how you could raise your kids in a stress free home and gave good examples. After reading this I could see how she used these techniques in her memoirs.

Brittany says

Straightforward, easy to read book with great parenting advice. I agree with the majority of the content but think she's overly strict at times. Definitely worth reading if you're responsible for children.

Jennifer says

Otroligt bra bok med rådgivning samt olika tips och trix för att bättre kunna hantera barn med svåra/aggressiva beteenden ~

Elizabeth Ray says

This book was extremely simple and straightforward. I really liked how much detail Cathy went into and the examples she provided. She organized the book by chronological child ages (first talking about infants and ending with young adults). Her suggestions seemed very easy to follow. Cathy even included information for teachers and other professionals who work with children. I personally wish she would have talked a little bit more about fostering in particular and the specific issues that children from the system face, but I understand she was making a parenting book for the general public. Not everything in this book was new, but it had great "common sense" information for struggling parents. Again, I really appreciated how long the book was and all the detail she provided.
