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# Little People: Guidelines For Common Sense Child Rearing



## Synopsis

Dr. Christophersen takes the commonsense approach that children are little people but still people. How well children are prepared for life and how much they will enjoy life has a lot to do with how they are raised. "Catch 'em Being Good" is one of Dr. Christophersen's favorite pieces of advice. The entire book, *Little People*, is built around guidelines that will help you to encourage your child's positive behavior. The book discusses the importance of touching to support a child's emotional development and self-esteem. Dr. Christophersen's advice also comforts parents by discussing what is normal and acceptable behavior. Dr. Christophersen emphasizes the importance of "time-in" with children. Only with enriched time-in, is "time-out" even possible.

## Book Information

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## Customer Reviews

Now in it's Fourth Edition (and 10th Printing), *Little People* has been a very popular book on parenting. Written by a well known clinical psychologist, *Little People* is often recommended by pediatricians and family physicians. The Written Handouts of Dr. Christophersen's recommendations, that are printed in the last Section of the book such that they can be photocopied or removed from the book, have been a very popular feature of all of his books.

Little did I know when I wrote the original edition of *Little People*, that was published in 1977, that I would be coming out with a 4th Edition in 1998. The popularity of *Little People* has given me a tremendous sense of pride. It's great to know that I've been able to help so many parents and their children.

My husband and I took a parenting class before the birth of our daughter 26 years ago. Dr. Christopherson was one of the course lecturers. I loved his down-to-earth advice and delightful sarcastic manner. "Little People" is a terrific book. We followed Dr. Christopherson's advice and our baby slept through the night at 5 weeks! The grandmothers thought it was awful that we woke our baby up every 2-3 hours during the day. But, it was a terrific way to teach our daughter the difference between day and night. Great book!

The book was full of helpful hints and strategies about handling all the difficult behaviors children face as they grow up. Although it may seem somewhat outdated e.g. car seats being optional not mandatory, I was comfortable knowing that the techniques in the book are definitely time tested not some fad of the moment behavioral intervention. The book also has a nice little appendix of outlining the strategies for different situations, e.g. problems during mealtime, dressing, out in public etc. I highly recommend it for those parents who have tried everything and still have a preschool/school age child who is extremely strong willed, to put it mildly.

This book is excellent. The guidelines are so simple; I highly recommend. My boy has behavioral problems and as new parents we were completely lost, not knowing how to help him. This book is really worth reading; I highly recommend to all parents with all types of children.

Required reading for all parents

Christophersen provides a simple perspective for parents to apply to in raising their children - you are a full-time, non-stop teacher. Based on this perspective, the best way to be the best teacher is to spend time with your children. Christophersen's guidelines are easy to follow and produce immediate results. An easy and indispensable read for every parent, even if your children are beyond the toddler age. The best child-raising book I've ever read.

A must have book for new parents of active children. This was a "turning point" for me in dealing with my ADHD child.

Loved this book. It provides practical ideas in child rearing. It clearly gives your home life a positive atmosphere.

Arrived as expected.

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