



The Everyday Parenting Toolkit: The Kazdin Method for Easy, Step-by-Step, Lasting Change for You and Your Child

Alan E. Kazdin, Carlo Rotella

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“Alan Kazdin delivers the evidence-based, gold-standard method for parents who want simple, effective responses to the everyday challenging behaviors of their children.” —Martin E. P. Seligman, author of *Flourish* and *The Optimistic Child*

Alan Kazdin’s *The Kazdin Method for Parenting the Defiant Child* is the gold standard for research-backed advice on being a better parent for difficult children. But what about children who are not “defiant”? Now, in *The Everyday Parenting Toolkit*, Dr. Kazdin addresses how parents can deal with the routine challenges that come with raising a child.

Dr. Kazdin’s methods are based on the most up-to-date research and are implemented in real-world ways. These are the problems that plague parents on a day-to-day basis: from getting ready for school on time to expanding the palates of picky eaters to limiting computer time, no parenting book does a better job at helping parents understand and correct problematic behaviors. Dr. Kazdin’s methods foster lifelong positive character traits such as respectfulness, honesty, kindness, and altruism. With *The Everyday Parenting Toolkit*, Dr. Kazdin helps transform parenting and helps develop ideal child-parent relationships.

“Jam-packed with solid advice any parent can use.” —*BookPage*

“A useful guide to eliminating stress, improving communication and providing a more nurturing family environment.” —*Kirkus Reviews*

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