

Download Strategies For Parenting

An expert clinician brings attachment theory into the realm of parenting skills. Attachment security and affect regulation have long been buzzwords in therapy circles, but many of these ideas—so integral to successful therapeutic work with kids and adolescents—have yet to be effectively translated to parenting practice itself. You know that saying, “you will have to take me out of here kicking and screaming”? I’m more than positive that it was a mom of young kids who turned that phrase. Every parent knows that having children is a field ripe with emotions. Frustration, anger, boredom, joy, love, or fear—name an emotion, and it’s probably there on the wild ride of parenting. Oppositional Defiant Disorder (ODD) Parenting a child who has very defiant behavior or who is diagnosed with Oppositional Defiant Disorder (ODD) can be very exhausting and frustrating.