

Contents:

Introduction:		
<i>Parenting in Windows</i>		Pg 8
Chapter 1: Rules		
<i>Recipe rescue: building rules that work</i>		Pg 16
Chapter 2: How to Catch and Build Positive Behaviours		
<i>Recipe rescue: the 'art' of giving attention to the behaviours you want!</i>		Pg 24
Chapter 3: The 'ART' of Managing Tricky Kid Behaviour		
<i>Recipe rescue: so you never have to threaten, nag or go on and on</i>		Pg 30
Chapter 4: Sibling Rivalry		
<i>Recipe rescue: steering sibling conflict in positive directions</i>		Pg 34
Chapter 5: Cranky Kids in the Car		
<i>Recipe rescue: tips to make time in the car bearable, even enjoyable</i>		Pg 42
Chapter 6: Tantrums		
<i>Recipe rescue: designs to phase-out tantruming behaviours in children and young teens</i>		Pg 46
Chapter 7: Dressing Dilemmas		
<i>Recipe rescue: tips to extinguish dramatic dressing dilemmas</i>		Pg 54
Chapter 8: "Get OFF that Computer, now!"		
<i>Recipe rescue: savvy ideas to balance the use of big and small screens</i>		Pg 58
Chapter 9: "Mum I'm Bored"		
<i>Recipe rescue: clever ideas to deal with kid's boredom</i>		Pg 68
Chapter 10: Navigating Life's Ups and Downs		
<i>Recipe rescue: being the best resilience coach for your kids</i>		Pg 74
Chapter 11: Navigating the Morning Madness		
<i>Recipe rescue: ideas to organise your way to a better morning routine</i>		Pg 84
Chapter 12: Chores, Pocket Money and Saving		
<i>Recipe rescue: teaching kids to belong to the family by contributing</i>		Pg 94
Chapter 13: Mealtime Mayhem		
<i>Recipe rescue: ideas to improve mealtime connections</i>		Pg 102
Chapter 14: Manners		
<i>Recipe rescue: likable kids, likable parents</i>		Pg 112
Wrapping up:		
<i>Critical ingredients to set kids up for success!</i>		Pg 120