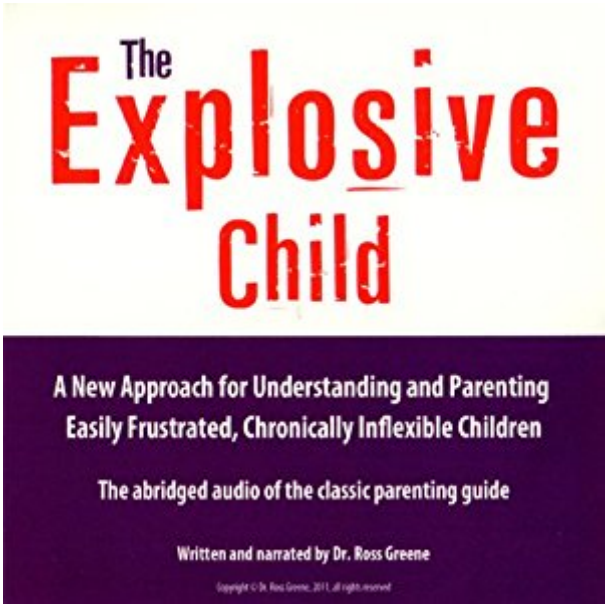
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The Explosive Child: A New Approach For Understanding And Parenting Easily Frustrated, Chronically Inflexible Children



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Synopsis

Dr. Ross Greene, a distinguished clinician and pioneer in the treatment of kids with social, emotional, and behavioral challenges, has worked with thousands of explosive children, and he has good news: these kids aren't attentionseeking, manipulative, or unmotivated, and their parents aren't passive, permissive disciplinarians. Rather, explosive kids are lacking some crucial skills in the domains of flexibility/adaptability, frustration tolerance, and problem solving, and they require a different approach to parenting. The Explosive Child is the highly acclaimed, lifechanging parenting guide in which Dr. Greene first delineated the Collaborative Problem Solving approach. Dr. Greene explains why kids exhibit challenging behaviors, why traditional behavior management strategies may not be effective for many kids, and how to use Plan B to solve problems collaboratively and teach your child the skills he or she is lacking. As the model has evolved over the years, so has The Explosive Child, and it is available here in an abridged and updated fourth edition narrated by Dr. Greene. Throughout this compassionate, insightful, and practical book, Dr. Greene provides a new conceptual framework for understanding their difficulties. He explains why traditional parenting and treatment often don't work with these children, and he describes what to do instead. Instead of relying on rewarding and punishing, Dr. Greene's Collaborative Problem Solving model promotes working with explosive children to solve the problems that precipitate explosive episodes, and teaching these kids the skills they lack.

Book Information

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Customer Reviews

Our child isn't "explosive" but just way harder to get to do stuff than some - i.e. transition from bed to

up, from TV to homework, from friend’s house to car, etc. This book really helps in explaining those behaviors so they make sense and giving techniques to avoid the threats and yelling that I hate to say was getting pretty common in our house. Maybe better title: "The Explosive Parent; A New Approach for Understanding and Dealing With the Strange Person You Become sometimes when Dealing With Your Child."

I read The Explosive Child after reading The Defiant Child (and attending a Douglas Riley-esque parenting class). The problem with the premise in The Defiant Child, and in most of the negative reviews on this book, is that there are many adults who cling obstinately to the belief that these children are capable of doing better than they are, and if the adult can just make said child’s life difficult enough, he/she will shape up.The problem with that line of thinking, and the subsequent "strategies" it produces, is that no matter how much I punish a child, if he/she is incapable of doing better, the issues we face will persist. It is akin to punishing a child who needs glasses for not being able to see. A much better solution all around would be to get him/her glasses.My daughter, in the Riley worldview, would be "punishing me" or "controlling" and "manipulating." What I saw was a little girl who was so very overwhelmed by various aspects of her environment, that she had no adaptations, no ability to cope. I can’t imagine what it must be like to live in a world where the way your plate is turned at dinner, or which direction your socks are facing, is so overwhelming a proposition that you lose the ability to function and/or think rationally. That’s the little girl I was living with. The little girl who could blow up over the most incomprehensible thing, and for whom most of life’s daily situations and frustrations were just more than she could bear.In the calm between storms, she was (and still is) a delightful girl - funny, bright, loving, and always, always remorseful after an explosion. I knew she knew what she was doing was wrong, and moreover, she didn’t want to be doing it at all. A common conversation, post-blow up, involved my baby girl, red-faced, tear soaked and shaking, saying, "Mommy, do you still love me? Even when I lose all my marbles?" What amount of punishment was going to solve that? She KNEW what she was doing was wrong, the problem was that she had no other strategies for dealing with her overwhelming frustrations.My goal in seeking treatment for her at all in the first place was not about how I could make a phone call or waste time on the computer without her "bothering" me (actual parenting class verbiage there), but how I could soothe my daughter. If I never talked on the phone without interruption again, it would be a small price to pay to help soothe my girl - to help her cope with the stuff of life.That’s what I feel like I have gotten in this book - a set of strategies to employ, as part of a complete parenting philosophy. More importantly, it accomplishes these goals without the guiding philosophy

of "I’m bigger than you, and I can inflict several different types of pain to get you to comply."That’s the best way I can describe this book: it is like getting glasses, and finally being able to see the world.

I will admit it... my first 2 kids were very easy. So easy, in fact that I was lulled into a false sense of confidence about this parenting thing. I might even have to admit that I got a bit smug and yes...it’s true...Judge-y. Yep. I would see parents with a child who was screaming and out of control and think something along the lines of "They only need to be consistent and set firm boundaries and then their little monster will become docile and compliant like my amazing kids..." So you have probably heard of the great scripture, "Judge not, lest ye be judged." well...all I can say is that Yikes. God is listening and God has a sense of humor. Yeah...I’m living that scripture out in a real world way with child #3. Trust me...in my mind I have apologized to every stranger I ever stood in arrogant judgement of...a million times over. I wish I could write them encouraging notes and tell them I know they have probably tried every trick in the book and to please know that their horribly behaved child is NOT a reflection of them and poor parenting (as I have eaten so much crow about!!!). I have apologized in person to the parents I know in real life for thinking they might have been missing the "magic touch" to tame their wild beast. I am now the weary, battle-scarred and infinitely more humble mom to one such wild beast...errrr rather, "explosive child."Our daughter’s OT suggested this book and I’m pretty sure I sounded like really enthusiastic parishioner during a great sermon because I found myself blurting out "YES!!" "That’s exactly right!" and "Amen!!" a few times...and I suddenly felt understood and human again. But, most importantly, I understood my little explosive child much better and began to learn ways to avoid her going into VAPOR LOCK and being "unreachable" and volatile.Does she still throw humiliating tantrums without regard to where we are or who might witness it? Yes. Am I still mortified in those moments and begging God to spontaneously combust me? Yes. Will that ever change...? I doubt it. lol But we are doing better now that I have a more solid understanding of her psychology and how to work with it.If you are looking at this book, perhaps it is because someone in your life (a doctor, OT, Therapist, friend, or fellow parent of an explosive child) has recommended it, so please know I am praying for you! lol I do...I pray for parents everywhere who have a child like this because it is really the hardest thing I have ever undertaken as a parent!! Please know you are not alone....and as a reformed judger, I can only say I am so so so sorry. I never knew!!! But I am humbled and wiser now...and still wondering if spontaneous combustion could save me from some of the more embarrassing locales of explosions.... :-)

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