

As Seen on the TODAY show

MICHELE  
BORBA  
Ed.D.

The Only  
Parenting Book  
You'll Ever Need  
For Kids from  
5-13

The  
BIG BOOK  
of  
Parenting  
Solutions

*101 Answers to Your Everyday  
Challenges and Wildest Worries*



# Table of Contents

[Praise](#)

[Title Page](#)

[Copyright Page](#)

[Dedication](#)

[Note to the Reader](#)

[Acknowledgements](#)

[Introduction](#)

[THE PROBLEMS WITH MOST MODERN-DAY PARENTING APPROACHES](#)

[THE SEVEN DEADLY PARENTING STYLES](#)

[SO HOW DO WE CHANGE?](#)

[GEARING UP FOR REAL AND LASTING CHANGE](#)

[ANSWERS TO COMMON QUESTIONS ABOUT PARENTING FOR CHANGE](#)

[JUST ONE REMINDER: DON'T FORGET TO USE YOUR COMMON SENSE](#)

[HOW TO GET A NEW KID—AND STILL KEEP THE ONE YOU HAVE](#)

[The Parents Magazine “Joys of Motherhood Survey”](#)

[What Mothers Really Feel and Their Advice to Help Us Raise the Next Generation](#)

[Part 1 - Family](#)

[Adopted](#)

[THE PROBLEM](#)  
[THE SOLUTION](#)

## WHAT TO EXPECT BY STAGES AND AGES

### Divorce

THE PROBLEM

THE SOLUTION

WHAT TO EXPECT BY STAGES AND AGES

### Middle Child

THE QUESTION

THE ANSWER

### New Baby

THE QUESTION

THE ANSWER

### Oldest Child

THE QUESTION

THE ANSWER

### Only Child

THE QUESTION

THE ANSWER

### Sibling Rivalry

THE PROBLEM

THE SOLUTION

WHAT TO EXPECT BY STAGES AND AGES

## Twins and Multiples

THE QUESTION  
THE ANSWER

## Youngest Child

THE QUESTION  
THE ANSWER

## Part 2 - Behavior

### Argues

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

### Back Talk

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

### Biting

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

### Bossy

THE PROBLEM

THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Bragg

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Defiant

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Demanding

THE QUESTION  
THE ANSWER

Hooked on Rewards

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Impulsive

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Indecisive

THE QUESTION  
THE ANSWER

Swears

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Tantrums

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Time-Out

THE QUESTION  
THE ANSWER

Whining

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Won't Listen

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Yelling

THE QUESTION  
THE ANSWER

## Part 3 - Character

### Bad Manners

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES  
EIGHTY-FIVE CRUCIAL MANNERS TO TEACH YOUR CHILD

### Cheats

THE PROBLEM  
THE SOLUTION Step 1. Early Intervention  
WHAT TO EXPECT BY STAGES AND AGES

### Insensitive

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

### Intolerant

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

### Lying

THE PROBLEM

THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Materialistic

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Not Knowing Right from Wrong

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Poor Sport

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Selfish and Spoiled

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Steals

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Ungrateful

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

## Part 4 - Emotions

### Angry

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

### Dependent

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

### Fearful

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

### Grief

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

### Homesick

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Perfectionist

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Pessimistic

THE PROBLEM  
THE SOLUTION

Sensitive

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Shy

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Separation Anxiety

THE QUESTION  
THE ANSWER

Stressed

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Worried About the World

THE QUESTION  
THE ANSWER

Part 5 - Social Scene

Bad Friends

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Bullied

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Bullying

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Cliques

THE PROBLEM  
THE SOLUTION

## WHAT TO EXPECT BY STAGES AND AGES

### Clothes and Appearance

THE QUESTION  
THE ANSWER

### Crushes

THE QUESTION  
THE ANSWER

### Disciplining Other Kids

THE QUESTION  
THE ANSWER

### Drinking

THE QUESTION  
THE ANSWER

### Friendship Breakups

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

### Growing Up Too Fast

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

## Peer Pressure

THE PROBLEM

THE SOLUTION

WHAT TO EXPECT BY STAGES AND AGES

## Rejected

THE PROBLEM

THE SOLUTION

WHAT TO EXPECT BY STAGES AND AGES

## Role Models

THE QUESTION

THE ANSWER

## Sex

THE PROBLEM

THE SOLUTION

WHAT TO EXPECT BY STAGES AND AGES

## Sharing

THE PROBLEM

THE SOLUTION

WHAT TO EXPECT BY STAGES AND AGES

## Steroids

THE PROBLEM

THE SOLUTION

## Tattles

THE PROBLEM

THE SOLUTION

WHAT TO EXPECT BY STAGES AND AGES

## Teased

THE PROBLEM

THE SOLUTION

WHAT TO EXPECT BY STAGES AND AGES

## Part 6 - School

### Day Care

THE QUESTION

THE ANSWER

### Gives Up

THE PROBLEM

THE SOLUTION

WHAT TO EXPECT BY STAGES AND AGES

### Homework

THE PROBLEM

THE SOLUTION

WHAT TO EXPECT BY STAGES AND AGES

DOES YOUR CHILD NEED A TUTOR?

### Leadership

THE QUESTION  
THE ANSWER

Organized Sports

THE QUESTION  
THE ANSWER

Procrastinates

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Reading

THE QUESTION  
THE ANSWER

Sick Enough to Stay Home

THE QUESTION  
THE ANSWER

Teacher Conference

THE QUESTION  
THE ANSWER

Test Anxiety

THE QUESTION  
THE ANSWER

## Part 7 - Special Needs

### Attention Deficit

THE PROBLEM

THE SOLUTION

WHAT TO EXPECT BY STAGES AND AGES

### Autism Spectrum Disorder

THE PROBLEM

THE SOLUTION

WHAT TO EXPECT BY STAGES AND AGES

### Depressed

THE PROBLEM

THE SOLUTION

WHAT TO EXPECT BY STAGES AND AGES

THE DIFFERENCE BETWEEN BOYS AND GIRLS

### Eating Disorders

THE PROBLEM

THE SOLUTION

WHAT TO EXPECT BY STAGES AND AGES

### Gifted

THE PROBLEM

THE SOLUTION

WHAT TO EXPECT BY STAGES AND AGES

## Learning Disabilities

THE QUESTION  
THE ANSWER

## Overweight

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

## Part 8 - Day to Day

### Bathroom Battles

THE QUESTION  
THE ANSWER

### Boredom

THE QUESTION  
THE ANSWER

### Chores

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

### Communicating

THE QUESTION

THE ANSWER

Disorganized

THE QUESTION  
THE ANSWER

Money

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Moving

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Overscheduled

THE QUESTION  
THE ANSWER

Pets

THE QUESTION  
THE ANSWER

Picky Eater

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Safety

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Sleepless

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Traveling

THE QUESTION  
THE ANSWER

Part 9 - Electronics

Cell Phone

THE QUESTION  
THE ANSWER

Cyberbullying

THE PROBLEM  
THE SOLUTION  
WHAT TO EXPECT BY STAGES AND AGES

Internet Safety

[THE PROBLEM](#)  
[THE SOLUTION](#)  
[WHAT TO EXPECT BY STAGES AND AGES](#)

[TV Addiction](#)

[THE PROBLEM](#)  
[THE SOLUTION](#)  
[WHAT TO EXPECT BY STAGES AND AGES](#)

[Video Games](#)

[THE PROBLEM](#)  
[THE SOLUTION](#)  
[WHAT TO EXPECT BY STAGES AND AGES](#)

[Notes](#)

[About the Author](#)

[Index](#)

# More Praise for Michele Borba— America's Trusted Parenting Expert

"Award-winning educator and author Michele Borba heads to the top of the class again with a comprehensive go-to guide for parents looking for advice on behavior and development. These 101 practical solutions to parenting cover all ages and stages of childhood and address traditional problems like temper tantrums and sibling rivalry as well as issues unique to the Internet generation of kids. *The Big Book of Parenting Solutions* should be at every parent's fingertips for no-nonsense, straightforward answers about childhood behavior challenges."

—**Jennifer Shu, M.D.**; editor, *American Academy of Pediatrics' Baby and Child Health*; and coauthor, *Heading Home with Your Newborn and Food Fights*

"*The Big Book of Parenting Solutions* is a comprehensive resource packed with real-life parenting solutions that you can really trust!"

—**Bobbi Conner**, host of the nationally syndicated public radio show *The Parent's Journal*, and author, *Unplugged Play*

"Michele Borba offers insightful, realistic, and straightforward advice that is sure to get immediate results."

—**Sally Lee**, editor-in-chief, *Ladies Home Journal*

"Michele Borba has gathered together some of the finest ideas and activities ever collected in one volume for parents. Consistently using the ideas Michele suggests will help your kids lead more successful lives not only now but also for the rest of their lives."

—**Jack Canfield**, coauthor, *Chicken Soup for the Soul®*

"This step-by-step, here's-how manual is almost like having Michele Borba as your personal parenting trainer."

—**Thomas Lickona**, author, *Educating for Character and Raising Good Children*

"Michele Borba is an inspiring educator, an experienced parent, and a terrific writer. She has identified the core issues for parenting moral kids and presented them with passion, wit, and enormous practicality."

—**Michael Gurian**, author, *The Minds of Boys, The Good Son, and The Wonder of Boys*

"A sensitive, thoughtful, and eminently practical book that will help parents help their children change behavior—and improve the well-being and happiness of the child and the entire family. A wonderful contribution!"

—**Alvin Rosenfeld, M.D.**, child psychiatrist, and coauthor, *The Over-Scheduled Child*

"*12 Simple Secrets Real Moms Know* is a godsend for all the anxious, stressed-out mothers who worry that they're not 'doing enough' (and that's pretty much everyone!)."

—**Christiane Northrup, M.D.**; author, *Mother-Daughter Wisdom and Women's Bodies, Women's Wisdom*

"A practical, easy-to-read guide, full of great examples to help mothers teach their children the skills that will eventually be invaluable for great success and happiness in college."

—**Richard Kadison, M.D.**, chief, Mental Health Service, Harvard University Health Services

"I hope this book finds its way into homes all across the country. I know that the strategies, ideas, and activities it provides can make a tremendous difference in the lives of our children."

—**Thomas Armstrong**, author, *Awakening Your Child's Natural Genius and In Their Own Way*

"I appreciate the message that this book champions and the guidance it provides to mothers struggling to foster a brighter future for their children."

—**Mary Bono Mack**, *member of Congress, California's 45th District*

"This smart and helpful book integrates much of what we know about raising moral children."

—**William Damon**, *professor and director, Stanford University Center on Adolescence*

"A revolutionary, wonderful, and welcome answer to a mother's prayers. Michele Borba has shown us all how to be loving moms who raise great kids, without losing our peace of mind, our lives as adults, or our true selves."

—**Phyllis George**, *former Miss America, pioneer female sportscaster, former first lady of Kentucky, and mother*

"While many people in public life decry the lack of character and moral development among our kids, few take this concern further, into the realm of practical steps to address the issue in the lives of real children and youth. Michele Borba has done so in her book *Building Moral Intelligence*."

—**James Garbarino**, *author, Lost Boys: Why Our Sons Turn Violent and How We Can Save Them*

"Every reader of this book is sure to have an ah-ha! moment and rediscover the simple joys of parenting."

—**Peggy Fleming Jenkins**, *1968 Olympic champion and ABC sports commentator*

"Michele Borba articulates the core traits that build and promote responsible citizenship among the young and old alike. Her book is a must-read for parents, educators, and community leaders."

—**Ronald D. Stephens**, *executive director, National School Safety Center*

“A must-read, user-friendly collection of stories, facts, and practical suggestions that will help parents who want their children to become competent, confident, and contributing adults.”

—**Jane Bluestein**, author, *Parents, Teens and Boundaries* and *The Parent’s Little Book of Lists: Dos and Don’ts of Effective Parenting*

“Michele Borba has done it again—she’s written another must-have, must-read book! I highly recommend this book to anyone who cares about kids.”

—**Hanoch McCarty**, coeditor, *A 4th Course of Chicken Soup for the Soul®* and coauthor, *Acts of Kindness*

# THE BIG BOOK OF PARENTING SOLUTIONS

101 Answers to Your Everyday  
Challenges and Wildest Worries

Michele Borba, Ed.D.

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*With love to my father, Daniel Ungaro, who instilled  
in me the love of writing and research, and the belief  
that a misbehaving child is discouraged and really  
needs a caring adult to show a different way*

## **Note to the Reader**

All the examples in this book are based on cases of children and their families with whom I have worked over the last years or gathered from my actual observations. A few stories are composite cases of children I have treated. All e-mails are personal queries received in my iVillage blog, Parenting Solutions, or posted on my Web site, [micheleborba.com](http://micheleborba.com). I also presented many of these solutions in over seventy parenting segments as contributor for NBC's *Today* show.

As the mother of three boys, I have a natural tendency to overuse the male gender in my examples, so in the interests of maintaining a reasonable gender balance throughout the book, I have somewhat arbitrarily alternated the gender between topics, boy-girl, boy-girl. However, some issues—such as cliques and video gaming—do tend to be gender specific; these circumstances obviate against a strict alternation of the genders within each part of the book. Overall, however, the number of entries using the male gender is equal to the number using the female.

# Acknowledgments

Countless people have helped shape my writing and philosophy and the scope of my work in child development over the past few decades. I could never have written this book without their help. I'm sure many are not even aware of just how great their influence has been. To all I extend profound appreciation. In particular . . .

To the dozens of teachers and administrators who allowed me the privilege of conducting research at their school sites to analyze the effectiveness of implementing these ideas with their students. I am grateful to each and every one of them for so honestly sharing their concerns and successes with me.

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