

**For Immediate Release**

**Contact:** Paula Shuster  
818-865-1096  
labookgal@msn.com  
Beth Tarson  
212-904-3346  
beth\_tarson@mcgraw-hill.com

# **Thinking Parent, Thinking Child**

## **How to Turn Your Most Challenging Everyday Problems into Solutions**

**Myrna B. Shure, Ph.D.**

**“Unlike the advice of so many 'parenting experts,' the effectiveness of Dr. Shure’s work has been scientifically validated. If you want to truly prepare your child to become a happy, successful, functional adult, this book is a must.”**

--Sam Goldstein, Ph.D., coauthor of Raising Resilient Children

**"Myrna Shure applies her unique and proven problem-solving approach to a wide range of challenges and helps parents think through sensible and usable solutions. A must-read for parents, grandparents, teachers, and anyone who spends time with kids."**

--Susan Ginsberg, Ed.D, editor and publisher of Work & Family Life newsletter

From the best-selling author of *Raising a Thinking Child*, Myrna B. Shure, Ph.D., a professor of psychology at Drexel University, brings us a parental guide on how to deal with our children’s everyday problems in **THINKING PARENT, THINKING CHILD: How to Turn Your Most Challenging Everyday Problems into Solutions** (September 2004; McGraw-Hill; \$19.95; Hardcover). By sharing her insight and unique approach Dr. Shure explains how to calm children down and help them to think through the situation to come up with their own positive ways to solve the problem. According to Dr. Shure, “Children, who can solve their own problems, feel empowered, not overpowered.”

Almost every parent has tried one of the following ways to “tell” their child what to do: talking to them, reasoning with them, yelling at them, and ignoring the situation; invariably the same problem comes around again. Based on her thirty years of research Dr. Shure has developed a

unique approach that can reduce and prevent annoying and problem behaviors, which can be taught to children as young as three or four. Using her award winning program *I Can Problem Solve*, or ICPS for short, thousands of parents and teachers have discovered that good problem solvers can better cope with life's challenges such as being picked on, excluded and peer pressure. Some of the real-life examples in **THINKING PARENT, THINKING CHILD** include the son/daughter who says "I hate you," to the child who throws a tantrum in the middle of the supermarket to the child who whines incessantly. Do young children interpret comments such as "play nice" the same way we do? What does it really mean when they say "I'm sorry?"

Dr. Shure arms parents with powerful techniques for handling these and dozens of other concerns facing today's families. Additional issues include:

- Being a good loser
- Being a good listener
- Why sibling spats are not always bad
- How to deal with bullying and teasing
- How they can best plan for homework
- Controlling their own rudeness, bad language, and back talk
- Handling stress from rigorous school testing to world events
- Talking to kids about tough topics: violence, drugs and sex
- Learning responsibility
- And many more...

**THINKING PARENT, THINKING CHILD** presents parents with an easy-to-read, wide variety of challenging everyday problems facing parents and their children from the preschool years through the preteen years. While children learn to think about their own feelings, they'll learn to appreciate that others, including their parents, have feelings too. Dr. Shure shows how parents who weigh the options and decide how to respond can help their children make sound decisions in life. A thinking parent inspires a child to think. It won't come easily, and perhaps not right away, but in time parents will be able to look forward to many more happy moments than sad-whining-crying-arms flailing-legs kicking moments. Dr. Shure is here to guide parents through the whole process.

**About the Author:**

**Myrna B. Shure** is a professor of psychology at Drexel University in Philadelphia. She is the author of two award-winning parenting books and the creator of a nationally recognized conflict resolution and violence prevention programs for schools, *I Can Problem Solve*. Dr. Shure's research has been recognized by the American Psychological Association initiative *Psychology Matters*, for research that has valuable applications and makes a difference in people's lives. She is on the Board of Advisors for *Parents Magazine*. More information on Dr. Shure can be found at her website [www.thinkingchild.com](http://www.thinkingchild.com).

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