



## Parenting Books

### Train Up a Child

No one ever said parenting was easy, but it's never too late to start making positive improvements.

**Train Up a Child** is a comprehensive guide to good parenting and in it you will discover a wealth of insights and ideas for creating healthy, confident people.

The 13 chapters of **Train Up a Child** form a complete eight-week parent education programme that will help you improve your parenting skills and enrich your relationship with your child (see pages 5 & 6).

The information and principles contained in these chapters give parents the tools they need to develop techniques that will work for them in their home with their children.

**Train Up a Child** teaches:

- Are you a good parent? Are you really successful in dealing with the problems that arise daily? Find out with the fun test included at the beginning of the book.

Series: Parenting Books  
246pp Hardback  
Nancy Van Pelt



- Provides easy-to-learn, easy-to-use methods of effective discipline.
- Emphasises the importance of training during the first years of life.
- Insists that self-respect becomes the determining factor between success and failure in life.
- Presents the essentials of character building.
- Teaches how to effectively communicate with and discipline children of all ages.
- Parental intervention in drug prevention.
- Gives ideas for keeping your family happy.
- The role of the father and the mother.
- Chapter 12 presents the challenges and the opportunities we can have in today's society where we find working mums, single or step-parents, and so on.
- How to keep the family together and re-create family harmony.

This book is the product of the thought and work of many experts in the field of parenting and education, upon whose experience and clinical research the author, Nancy Van Pelt, has drawn.

Nancy assures that 'Although I cannot offer ready-made answers for every parent, nothing is more practical than the attitudes and principles you will explore in this book.'

With the help of practical and easy tests at the end of each chapter many of you will undoubtedly say to yourself, 'I wish I had had this information years ago!'

Never before has the family structure been in such peril. Indeed, no one ever said parenting was easy. Times are changing and, although most of us have received absolutely no training in parenting, we do a remarkable job.

Parent, **Train Up a Child** will help you keep your courage.

Producing a child does not require a test or a licence. Let the book be your teacher and follow the **Train Up a Child** Study Programme, because although perfection in parenting is an unattainable goal, improvement is realistic and it is never too late to start making improvements!