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# The Challenging Child: Understanding, Raising, And Enjoying The Five ""Difficult"" Types Of Children



## Synopsis

Most children fall into five basic personality types that stem from inborn physical characteristics: the sensitive child, the self-absorbed child, the defiant child, the inattentive child, and the active/aggressive child. Stanley Greenspan, M.D., is the first to show parents how to match their parenting to the challenges of their particular child. He identifies and vividly describes these five universal temperaments and then, with great empathy, shows parents how each of these children actually experiences the world and how to use daily childrearing to enhance an individual child's strengths and talents. A profoundly optimistic book, *The Challenging Child* reassures parents that they do not have simply to "live with" or adjust to their child's temperament, but that by creating new parenting patterns based on the child's characteristics, they can help the child overcome behavior problems and develop his or her emotional and intellectual capacities to the fullest. Parents will learn how to spot personality differences in the earliest years, and also how to build relationships that nourish growth from the start. "As parents," writes Dr. Greenspan, "we are not the cause, but we can be the solution."

## Book Information

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## Customer Reviews

In his latest book, Greenspan (psychiatry, behavioral science, and pediatrics, George Washington Univ. Medical Sch.) proposes methods for dealing with challenging children that focus on using both "nature" (the inborn temperament of the child) and "nurture" (the impact of the child's environment). Following an opening discussion of stages of child development, Greenspan devotes subsequent

chapters to each of five types of special children: the highly sensitive, the self-absorbed, the defiant, the inattentive, and the active/ aggressive. Through use of case examples, he helps parents to identify and understand problem behaviors, to develop a plan to deal with that behavior, and to find the keys to help a difficult child cope. Both those who work with difficult children and their parents and any parent seeking to enhance his or her relationship with a child will find much useful advice here. Recommended for parenting collections in public and undergraduate libraries. ?Kay Brodie, Chesapeake Coll., Wye Mills, Md. Copyright 1995 Reed Business Information, Inc.

Stanley I. Greenspan, M.D., author of the widely used and praised books *The Challenging Child* and (with Serena Wieder, Ph.D.) *Engaging Autism*, is Clinical Professor of Psychiatry and Pediatrics at George Washington University Medical School and lives in Bethesda, Maryland. Jacqueline Salmon, a staff writer on the *Washington Post*, is the mother of two young children and has lived the very issues outlined in this book. --This text refers to the Kindle Edition edition.

fabulous book for therapists and parents. gives examples of what to do and what not to do when managing the behavior of these challenging children. I arrived a little later than expected but that happens when shipping to Hawaii. I strongly recommend this book.

The thing I like most about this book is that it allows busy parents and caregivers to focus specifically on the types and behaviors that they see in their child, without having to read the entire book. We've read lots of books and this was the first one that described our son so clearly and specifically. Thank you Dr. Greenspan!

This is the second copy. I bought it to pass on so my children can better understand a grandchild. Hoping to get one into the hands of our local school too. Greenspan covers the challenges some children face when their bodies do not perform in sync which can cause them issues staying focused on learning, since they are spending so much time just trying to keep up. He talks about the problems, takes a lot of time explaining how the child feels and then offers ways to help your child work around these issues. If only our schools could understand the problems as clearly.

Definitely an informative view of children dealing with very specific issues. I only found one section to be especially relevant to my child's needs, but it was worth reading!

One of the best books by Dr. Greenspan! So helpful for every "kind" of challenging child! Respectful and effective strategies!

This book is not just for parents with VERY challenging children, but for ANY parent with ANY child. Who among us hasn't come up against a behavior or problem with our child, and felt as if we had tried everything we know of, with no result? It doesn't have to be a huge pattern of difficult behaviors to drive you crazy; it can just be that One Thing that you fight over, every day... I love that Dr. Greenspan emphasizes the point of view of the child, to help frustrated parents understand that the kid isn't being deliberately, willfully difficult. I have two friends with VERY stubborn, almost 2 year olds, and I wish they would just crack the chapter on The Stubborn Child. They seem so frustrated, and sometimes I see them making the exact parenting missteps that Dr. Greenspan outlines. I must admit that it is hard to read the book and see yourself there, in the mistakes you've made and the things you've thought and tried. But, as I tell my son, kids don't come with an instruction booklet attached, and parents make mistakes sometimes, too. This book is full of kind and sound advice and really helped our family. I wish the title was somewhat different, because at first blush it seems as though it was written only for the parents of that Kid Throwing the Huge Tantrum in the middle of the restaurant; you know, THE CHALLENGING CHILD. But, it is a great book for all of us, who want to understand our kids more and become better, more confident parents, and raise happy and loving children. I'd give it as a shower gift but I'm sure it would offend!!

I went into a bookstore in search of a different book but purchased this one instead after browsing through the chapter I identified as my 2 year old daughter, a highly sensitive child. I agreed with everything the author described in regard to this character, and I even found myself in the book. As a teacher and parent, I believe this is the best book I have seen in recognizing and nurturing the five different "challenging" children. Even my husband, who is always a bit skeptical with parenting books, was amazed at how on-target this one is. I highly recommend this book for anyone not only wishing to identify with a "challenging" child but also desiring to assist that child as he/she deals with the daily struggles that face that particular temperament.

Very nice book. Was highly recommended to us by friends. Do give us a lot of insight and understanding on how to deal with our "challenging" child.

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