



# The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children

By Ross W. Greene PhD

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## The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children By Ross W. Greene PhD

Screaming, swearing, crying, hitting, kicking, spitting, biting...these are some of the challenging behaviors we see in kids who are having difficulty meeting our expectations. These behaviors often leave parents feeling frustrated, angry, overwhelmed, and desperate for answers. In this fully revised and updated book, Dr. Ross Greene helps you understand why and when your child does these things and how to respond in ways that are nonpunitive, nonadversarial, humane, and effective.

Dr. Greene describes how best to:

- Understand the factors that contribute to challenging episodes.
- Identify the specific situations in which challenging episodes are likely to occur.
- Reduce or eliminate challenging episodes by solving the problems that cause them.
- Solve problems collaboratively (rather than unilaterally) and proactively (rather than reactively).
- Help your child develop the skills to be more flexible, solve problems, and handle frustration more adaptively.
- Reduce hostility and antagonism between you and your child.

With Dr. Greene's practical, expert guidance, you and your child will forge a new relationship based on communication and mutual respect.

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### **Editorial Review**

#### **About the Author**

Ross W. Greene, Ph.D., is the originator of the Collaborative & Proactive Solutions (CPS) model described in this book, an approach he has researched extensively, along with colleagues throughout the world. Dr. Greene served on the faculty at Harvard Medical School for over 20 years, and is currently Founding Director of the non-profit Lives in the Balance and adjunct Associate Professor in the Department of Psychology at Virginia Tech. He consults extensively to families, schools, and therapeutic facilities and lectures widely internationally. Vast free resources on the CPS approach can be found on the Lives in the Balance website ([www.livesinthebalance.org](http://www.livesinthebalance.org)).

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