

You are the most important person in guiding your children to adulthood...

“The program preserves the dignity of everyone involved and allows a child to progressively display the characteristics of normative adulthood such as respecting the human dignity of oneself and others, independently choosing and acting responsibly, and identifying with what are highly valued. This book does contain the program itself, and the reader is introduced to its basics and how it works. Resnick avoids technical terms and writes in a clear, down-to-earth style.”

*Dr. George D. Yonge - Emeritus Professor of Education
University of California at Davis, U.S.A*

This book will help you deal with:

Behaviour | Temper tantrums | Sulking | Fighting
Low self-esteem | Childhood disorders | Troubled teens
ADHD/ADD | ODD | Encopresis (soiling)
Enuresis (bedwetting) and more...

Ken Resnick is a registered Educational psychologist, practising since 1987. He recently completed a doctoral thesis evaluating the SMART CHOICE PARENTING programme that he had developed. He has 20 years' of experience as a counsellor/psychologist at a private co-ed school in Johannesburg behind him, and has done numerous presentations and workshops on the SMART CHOICE PARENTING (SCPP) programme here in South Africa and the UK. He also runs a full-time private practice.



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PARENTING DECODED

Ken Resnick

PARENTING DECODED

DISCIPLINING KIDS IN THE DIGITAL AGE



A simple-to-use parenting programme that has proven effective for children from diverse ethnic and economic backgrounds.



Ken Resnick

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Foreword

I first learned of the **SmartChoiceParenting™** Program (SCPP) when Ken Resnick corresponded with me about using my English translations on some of the writings of members of the Faculty of Education, at the University of Pretoria, who carried out phenomenological studies of education from the 1960s and into the 1990s.

They studied education as an adult supporting and guiding a child to adulthood and showed that, when it comes to upbringing, education is a series of activities that occur within a special adult-child *relationship* aimed at helping (*and allowing*) a child to become an independent, responsible person (adult).

When I looked into the SCP Program, developed by Ken on the basis of years of experience helping children diagnosed with 'barriers to learning,' and his realisation of the important role of parenting in this context, I was impressed by the fact that the basic ideas, and the aim of his program, are in such high agreement with the findings of the Pretoria faculty that in my opinion, the SCP Program can serve as a clear example and expression of their thinking and findings as implemented in the context of parenting, which is the most basic and fundamental form of education there is.

When Ken recently asked me to write a foreword to this book, I eagerly accepted. The reader of this book will be treated to a discussion of the basic ideas on which the SCP Program rests and its use in real life situations of parenting that will help you with behaviours such as temper tantrums, childhood disorders like bedwetting and much more. Often parents want their children to take increasing responsibility for themselves but don't know how to *allow* them to do so and consequently their children have few opportunities to learn to make their own choices responsibly. The SCP Program takes this into account in its very structure.

The SCP Program is based on the idea that if a child can, for instance, dress him/herself, he/she must, and that all behaviour is a choice, and every choice has a consequence. A child must learn to own and accept responsibility for his/her choices.

The program preserves the dignity of everyone involved and allows a child to progressively display the characteristics of normative adulthood such as respecting the human dignity of oneself and others, independently choosing and acting responsibly, and identifying with what are highly valued.

This book does contain the program itself and the reader is introduced to its

basics and how it works. Ken avoids technical terms and writes in a clear, down-to-earth style.

There is no shortage of books on parenting but it is rare to find one like Ken's with an educational approach that establishes an adult-child educative relationship aimed at supporting and helping a child develop his or her potentialities and learn to act independently and responsibly. In contrast, there are many books on parenting that emphasise the psychology of the child, while ignoring this adult-child relationship. Thus, I highly recommend this book and the program to all parents.

The parent-child educative relationship, at the core of SCP Program, must be re-created in schools as a more formal and planned teacher-pupil educative relationship. If this relationship is not established in school, it will likely be a place where children are competently instructed but not educated.

Educative teaching in school requires more than subject matter instruction. It should have the same aim as parenting – helping a child become a morally responsible and independent adult. In this light and in addition to parents, I believe teachers, counsellors, school psychologists and others committed to rearing children will also gain valuable insights from reading this book and, if possible, reaping the full impact of this approach by participating in the **SmartChoiceParenting™** Program.

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