

THE EXPERTS

comment on Say Goodbye to Whining

"This is the best book on the subject I have ever read. I need it, my kids need it, and you need it! It will do wonders for your attitude and your children. Barbara and I could have really used this fifteen years ago, but you can use it today."

- **Dennis Rainey**
Executive Director
of FamilyLife

"If you are tired of all the legalistic child-training books and programs that focus on the parents' maintaining carnal control with superficial solutions to a myriad of symptoms, then you will want to read and begin applying this book's life-changing principles in your relationships. Honor will address the heart-related issues which bring lasting change."

- **Marilyn Howshall**
author of *Wisdom's Way of Learning*, and developer of the Lifestyle of Learning approach to Home Education

"Our listeners at New Life love this book. The principles work — I know, because I've used them in my own family and have seen great results!"

- **Steve Arterburn**
author of *Toxic Faith*, and founder of Women of Faith conferences



Dr. Scott Turansky is married to Carrie. They have five children and live in Lawrenceville, NJ. Scott has been a pastor and missionary for over 20 years and teaches, counsels, and writes about the family. People especially appreciate Scott's practical approach to parenting and the emphasis on helping children change their hearts.



Joanne Miller, RN, BSN is married to Ed and they have two sons. Joanne is a public speaker and author and a pediatric nurse, working at the Bristol-Myers Squibb Children's Hospital in New Brunswick, NJ.

Together the Millers and the Turanskys formed the nonprofit organization Effective Parenting. Dr. Turansky and Mrs. Miller have written three books entitled, "**Eight Secrets to Highly Effective Parenting**," "**Say Goodbye to Whining, Complaining, and Bad Attitudes, In You and Your Kids**," and "**Good and Angry: Exchanging Frustration for Character In You and Your Kids**."

They teach over 50 times a year and travel all around the United States. Visit the Effective Parenting web site where you will find many helpful resources including the ability to sign up for free email parenting tips that are sent out a couple of times a week. You may also purchase resources online as well as learn about their speaking schedule.



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GOALS

That Will Maximize Your Parenting



Consider
These



GOALS

as You Develop Strategies for Parenting

1

Be Practical

Children need to know exactly what you expect of them. How do you want your kids to respond when they're disappointed, corrected, or given an instruction? Instead of saying, "Stop having a bad attitude!" tell your children how to have a good one. Children need practical ideas for handling temptation, dealing with annoying behaviors, and obeying. Parents are the primary source for teaching children to handle life.

2

Focus on the Heart

It's much easier to focus on behavior than it is to change the heart, but the heart is the source of lasting growth. You can't force a change of heart but you can influence children to make heart-level adjustments. Ultimately, God is the one who changes hearts. That means prayer becomes a primary tool for any parent. And then, as you choose discipline strategies, look for ways to influence the heart.

3

Be Biblical

God has given the scriptures to us filled with wisdom that applies to family life. Don't just limit yourself to the passages that talk about roles and relationships in the family. Look at the entire Bible for practical solutions to relational issues and then apply them to your situation. The Bible talks about handling injustice, overcoming selfishness, appealing to authority when you disagree, obeying when you don't feel like it, and the consequences of foolishness. God's Word has strategies and answers for the issues all families face.

4

Look for Adult Solutions to Children's Problems

You are training your children for the future. The things your kids learn now about obedience, honor, sacrifice, working hard, and handling anger will carry them into adulthood. Many of the problems children face are similar to those that adults are challenged with.

Look for adult solutions and then break them down to a child's developmental stage. Then children can grow into adult solutions instead of growing out of childish ones.



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