

1-2-3 Magic

Effective Discipline for Children 2 – 12 years

Developed by Thomas Phelan, a Clinical Psychologist and the parent of a child with ADHD

The programme aims to help parents manage – gently and firmly - to:

- Control unacceptable behaviour (eg whining, arguing, tantrums, sibling rivalry etc) using simple techniques
- Encourage good behaviour – (eg tidying up, homework, chores etc) by using effective methods
- Strengthen their relationship with their children – using techniques that reinforce the bond between them and their children

Books and DVDs are available for loan from the Information Service, but please ring before making a special journey (0115 8831157 or 58) so that we can make sure we have copies available for you:

- 123 Magic
- Surviving Your Adolescents
- 123 Magic for Kids
- Self-esteem revolutions in children
- DVDs 123 Magic and More 123 Magic

There are some copies of the books in the city/county library system so you can reserve them via your local public library.