

# Using Parenting Prescriptions in Real Life

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[This is the fourth (and last) article in the first issue (Volume 1, Number 1) of Glenn Latham's *Parenting Prescriptions* magazine, and it is written as a success-story meta-report, referring to the author as a resource. As one of the four Founders of TIBI and a *Behaviorology Today* staff writer, Dr. Latham's work has appeared in the pages of this journal before. We are thankful to have received permission to occasionally reprint one of his helpful, science-based practical articles, like this one, for parents and other child caregivers. (Readers can obtain all four issues of *Parenting Prescriptions* magazine through the "Products" section of [www.parentrx.com](http://www.parentrx.com) which is the web site that Glenn established as an information resource.)—Ed.]

Dr. Glenn Latham's parenting techniques, or prescriptions, are not just theories. Based on scientific research, these parenting prescriptions have been tested by thousands of parents with real-life problems. The results are astounding. For example, we recently spoke to Elaine Adler, who explained that parenting prescriptions have not only made her a better mother but also a better grandmother.

Elaine and her husband, Doug, recently volunteered to tend their daughter's three children—a ten-year-old girl, a seven-year-old boy, and a three-year-old boy—for two weeks. Although appreciative, their daughter worried how her mother and father would handle the three children: The children fought constantly, and the three-year-old was especially difficult to manage. He typically had two or three tantrums a day.

To further complicate things, Elaine and Doug were taking the children to a cabin near Bear Lake, a beautiful lake shared by Utah and Idaho. Although Bear Lake offers fishing, swimming, and waterskiing, it is a quiet resort with few shops or entertainment centers. There are no video arcades, movie theaters, or televisions. How could Elaine and Doug keep the children occupied and prevent them from fighting?

Knowing the problems they might face in taking care of the children, Elaine and Doug determined that they would use Dr. Latham's parenting prescriptions during the entire two weeks they were with the children. Two hours after picking up the children, this resolve was put to the test: Not surprisingly, the three-year-old began to have a tantrum.

Elaine explains that she carefully followed Dr. Latham's parenting prescriptions. First, she remained calm and gently took the child to the timeout chair. She quietly explained that his behavior was not acceptable at Grandma and Grandpa's cabin. Furthermore, Elaine told the child how she expected him to act. The child quit crying, and the incident was over.

The three-year-old had only one more tantrum during the two weeks they were at Bear Lake. Once again, Elaine took the child to the timeout chair and quietly explained that this behavior was not acceptable at Grandma and Grandpa's cabin. She reiterated how she expected the child to behave. That was it. For the rest of the two weeks, the three-year-old was a delight to be with.

Elaine and Doug also had to deal with the children's fighting. After being at Bear Lake several days, Elaine, Doug, and the children had a long talk. They talked about siblings, and Elaine explained how she felt when they fought. She also explained that fighting was not acceptable at Grandma and Grandpa's cabin, and she told the siblings how she expected siblings to behave. Throughout the discussion, Elaine never raised her voice and remained completely calm.

That talk was a turning point for the children. From then on, they began to get along and enjoy their time together. Elaine and Doug read the children stories and told them stories about their mother and their uncles and aunts. Elaine says the children especially liked to hear stories about their mother.

Thanks to Dr. Latham's parenting prescriptions, Elaine and her husband had a wonderful time with the children and can't wait to spend time together again.

A week after leaving the children with their parents and returning home, Elaine and Doug received a call from their daughter. "What have you done with these children?" she asked. "They are so nice to each other. I've just spent the best week with them." Their daughter also explained that the family was soon going on vacation, and she couldn't wait to go because her children were suddenly so "compatible."

Parenting prescriptions work, whether you are a parent, grandparent, aunt, uncle, or teacher. Try them. You'll be amazed by the results. [For further information, see Latham, 1999, video program, and CD program.—Ed.]✦

## Editor's References

- Latham, G.I. (1999). *Parenting with Love: Making a difference in a day*. Salt Lake City, UT: Bookcraft.
- Latham, G.I. (2-part video program). *The Making of a Stable Family*. Logan, UT: P&T ink.
- Latham, G.I. (2-part CD program). *An Angel Out of Tune*. Logan, UT: P&T ink.✦