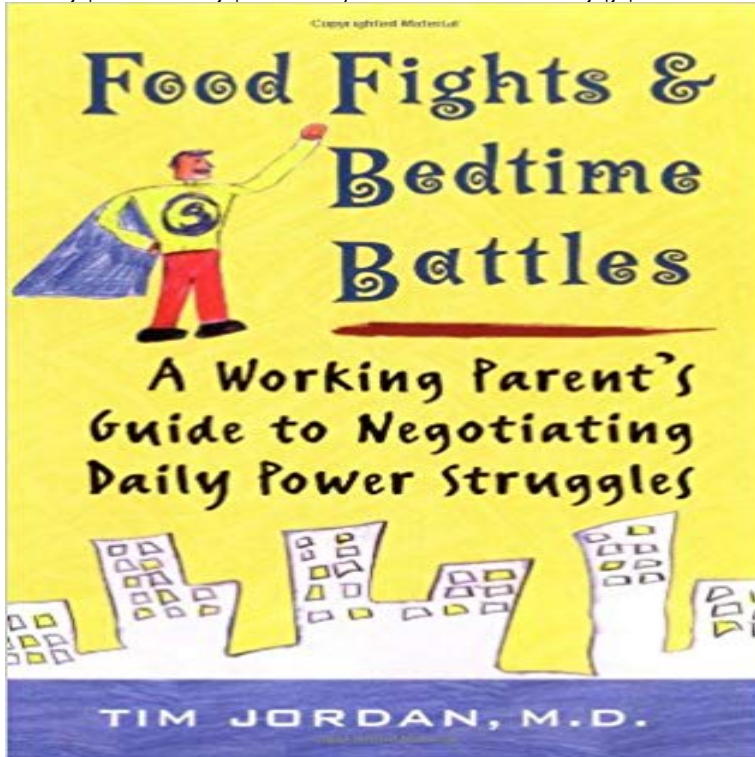


# Food Fights and Bedtime Battles: A Working Parents Guide to Negotiating Daily Power Struggles



As every parent knows, children can turn anything from taking a bath and brushing their teeth, to eating a meal and going to bed, into a daily power struggle-if not all-out war. In this informative yet down-to-earth guide, behavioral and developmental pediatrician Dr. Tim Jordan provides practical, non-judgmental solutions based on his own expertise and the experiences of real-life families. In addition to offering professional insights into every stage of a child's development, Dr. Jordan surveyed 500 working parents-and came up with a wealth of tips and tactics that really work. Food Fights and Bedtime Battles includes a special solution section filled with simple, effective advice for every situation. Designed for the special challenges of busy parents, it addresses the daily pressures and frustrations parents face. And with a little patience and love, it will help parents and children to keep the peace-from breakfast to bedtime.

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