

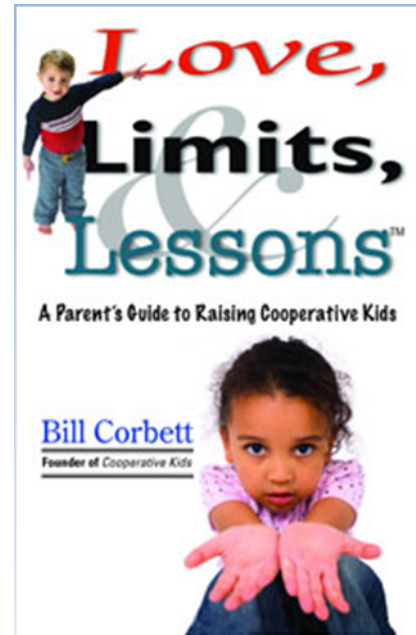
Book Review: Bill Corbett's "Love, Limits, & Lessons"

By ANDREA BUGBEE Special to Valley Kids

"Love, Limits, & Lessons" is Bill Corbett's new book.
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After nearly 15 years working as a parent educator, Hatfield, Massachusetts native Bill Corbett has released his first book, titled "Love, Limits, & Lessons: A Parent's Guide to Raising Cooperative Kids" (Cooperative Kids Publishing, 224 pages, \$15). The work is a culmination of Corbett's experience as a parent, a speaker, a trainer and a syndicated columnist with national audiences.

"My own father had a distorted view of parenting," Corbett wrote in his introduction. "His abusive parenting actually started me on a journey that led to writing this book and my other work in the field of parenting and discipline. In a strange sort of way, I may have him to thank for some of my success."



Hence the theme Love, Limits, & Lessons which fronts Corbett's seminars, articles, parenting classes and, now, this book. "The whole undercurrent for my methodology and for my book is for parents to learn how to be firm and loving at the same time -- and that can be difficult," he acknowledged.

Setting limits

A good example of these loving limits can be found in chapter eight, Setting Limits to Help Children Grow. Here, Corbett describes his announcement to his three children that he was no longer willing to leave work in order to deliver forgotten lunch money or homework to school. A few weeks later, his then 9-year-old daughter called him at work to plead with him to bring an important project she had left at home.

"One of the hardest moments while raising our kids was my decision to tell her that I was abiding by the new family rule, and I was unwilling to retrieve the poster. I wished her a good day, hung up the phone, and cried in my office. My goal," he wrote, "was to create responsible and capable children."

Throughout his book, Corbett reminds parents to lecture less, to get down to their children's eye level and to communicate with calm respect. He stresses that children who feel loved, valued, and connected are more cooperative -- and that all of those worthy feelings can and should be built into a family environment in which there are clearly stated rules, expectations and consequences.

Take 5

Corbett also reminds parents to, "Take 5 to 10 minutes a day to reestablish the emotional connection with your children. Sit next to them or in front of them and clear your mind. Use direct eye contact and refrain from talking; let them do it all. If you have to speak, ask them questions or react to their comments with simple phrases like: Wow! Then what happened? and Really!"

The format of *Love, Limits, & Lessons* is as basic as the principles it teaches. The book has 42 short, readable chapters addressing common parenting conundrums ranging from handling whining, to socializing an only child, to teaching gratitude. One chapter is even titled "Help! My Child Visited an Adult Web Site!"

Corbett's advice is uncomplicated, broken into steps, and rich with examples from his own experience as a father, a step-father, and now a grandfather. *Love, Limits, & Lessons* is not a book to read at once, cover to cover. Instead, it is more of a helpful manual to peruse when your parenting skills need priming or when your child's behavior has you fantasizing about life before kids.

"The concepts and methods you will learn are designed to treat the child with fairness and respect, using unconditional love," Corbett wrote. "When children feel like they have a place in the family, their behavior can change drastically."

"*Love, Limits, & Lessons: A Parent's Guide to Cooperative Kids*" may be ordered online at www.CooperativeKids.com or on Amazon.com.