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## Parents need to assert authority, expert tells audience at Wilson High School

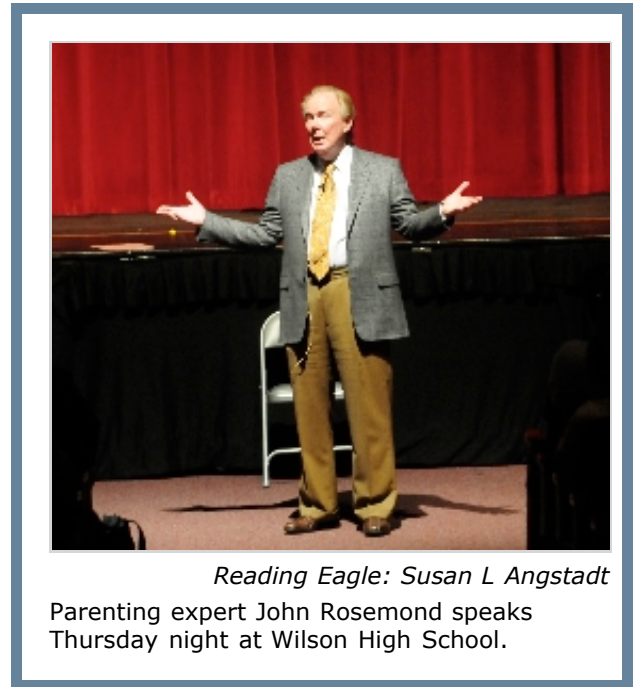
Giving children chores will solve behavior problems, author tells hundreds at Wilson High School

By Erin Negley  
*Reading Eagle*

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- Parenting isn't a complex, difficult job. Rather, it's simple when you take away the big, wet blanket of psychobabble that's dominated the topic for the past 40 years.

Child psychologist John Rosemond brought this idea and his no-nonsense parenting advice to more than 300 parents at Wilson High School on Thursday. The child psychologist has written 14 books on parenting and family



*Reading Eagle: Susan L Angstadt*  
Parenting expert John Rosemond speaks Thursday night at Wilson High School.

### **John Rosemond**

**Born:** Asheville, N.C., 1947.

**Family:** Wife, Willie; grown children, Eric and Amy.

**Career:** Writer and speaker, 1990 to present; newspaper columnist since 1976; practicing psychologist from 1971-90.

**Writing:** Rosemond's nationally syndicated parenting column appears weekly in more than 200 newspapers nationwide, including Fridays in the Life section of the Reading Eagle. He also has written 14 books on parenting.

**Fun fact:** Rosemond played in rock bands until 1972; one of his bands opened twice for REO Speedwagon.

Source: rosemond.com

issues. He also writes a parenting column syndicated in more than 200 newspapers. His column appears Fridays in the Life section of the Reading Eagle.

Rosemond is a psychologist who doesn't believe in psychology.

Instead, parents need to look at how their grandparents and great-grandparents ruled their homes, Rosemond said.

"This is a new way of thinking, but it's an old way of thinking," he said.

For example, parents focus too much on encouraging their child's self-esteem, he said.

Rosemond's mother told him that he was a little fish in a big pond.

Now, children think they're big fish in small ponds or the only fish worth mentioning, Rosemond said.

Instead, parents should embrace humility and modesty, not brag about their children's accomplishments, he said.

Parents' first line of defense should be asserting their authority. That and giving children chores will solve 50 percent to 80 percent of behavior problems, Rosemond said.

He stressed that parenting is leadership, not establishing a relationship.

Children are confused when a dad high-fives his children and then get upset when they don't respect his authority.

"There needs to be a distinction between adults and children," Rosemond said.

Consequences are parents' Plan B, but moms and dads shouldn't try behavior modification with rewards and punishments, he said. Those gimmicks work for dogs, not children.

Instead, say only what you want once in a confident manner. The punishment should be a lot more than the crime and can be delayed for a few hours or days.

After Rosemond's talk, Alex N. Simotas, a father from Wyomissing, said he now plans to hand down bigger punishments, which he said is sometimes difficult to do.

Wilson Communities That Care sponsored Rosemond's talk.

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