Contents

Preface	xi
Acknowledgments	xiii
Chapter 1. Why Do We Need to Understand Aggression? Understanding Your Child's Behavior Helps You	1
Devise Strategies for Child Rearing	3
Chapter 2. What Is Aggression and What Causes It?	5
A Working Model for Understanding Aggression	5
Implications for Parenting	15
Chapter 3. Dealing Constructively with Excessive	
Unpleasure Experiences	23
Rationale	24
Know What Your Child's Experience of Excessive	
Unpleasure Looks and Feels Like	26
Recognize that the Child Turns to the Caregiver for	
the Relief of Pain	30
Be Emotionally Available and Responsive to the	
Child's Need for Help	31
Try to Identify the Source of the Excessive Unpleasure	32

viii CONTENTS

Chapter 4.	Recognizing the Need for and Allowing Children	en
_	Sufficient and Reasonable Autonomy	39
Ration		41
	Motivates This Type of Behavior?	43
What	Can the Parent Do?	45
Chapter 5.	Setting Limits Constructively	49
Ration	,	51
	entional Steps	54
	to Set Limits	57
	o Set Limits	61
	asic Limit-Setting Model	65
A Crit	ical Point in Setting Limits	70
Chapter 6.	Teaching the Child to Express Hostility in	
	Reasonable and Acceptable Ways	75
Ration		76
Interve	entional Steps	79
Chapter 7.	How to Handle Rage Reactions and	
_	Temper Tantrums in Growth-Promoting Ways	95
Ration		97
Interve	entional Steps	99
Chapter 8.	Helping the Child Cope with Painful	
	Emotional Feelings	113
Coping	g with Anxiety	113
Ration	ale	116
Interve	ntional Steps	117
	g with an Anxiety Reaction	123
Coping	g with Depression	127
Ration	ale	128
Interve	ntional Steps	131
Dealing	g with a Reaction of Depression	133
Chapter 9.	Optimizing the Parent-Child Relationship	137
	Ve Know about Human Attachment	141
	ion–Individuation: Becoming a Self Related to	-,-
Oth	ers	154

CONTENTS ix

The Emergence of Infantile Sexuality and Its Impact of	on	
Relatedness	164	
Later Major Trends in Relationships	170	
Further Thoughts on Optimizing the Parent-Child		
Relationship		
The Quality of Relatedness Largely Determines		
the Quality of the Child's Aggression		
Chapter 10. Recapitulation	191	
Index	199	