



# Helping Families with Troubled Children: A Preventive Approach

*Carole Sutton*

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## **Helping Families with Troubled Children: A Preventive Approach** Carole Sutton

In 'Helping Families with Troubled Children' Carole Sutton stresses the importance of attempting to work with families before difficult behaviour becomes entrenched and resistant to intervention, preferably at or before the age of 2 years. Drawing on social learning theory and cognitive behavioural principles, she provides a structured approach to intervention (ASPIRE -Assessment, planning, implementation, review and evaluation) and guides practitioners to work supportively with parents.

Updated with the latest research findings in a number of areas of children's difficulties, specific chapters address sleep problems, anxiety and depression, eating problems, wetting and soiling, serious behaviour problems and ADHD.

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