

The **NEW!**
Six-Point Plan
for Raising
Happy, Healthy
Children

A Newly Updated,
Greatly Expanded
Version of the
Parenting Classic



**The New Six-Point Plan for Raising Happy,
Healthy Children: A Newly Updated, Greatly
Expanded Version of the Parenting Classic (John
Rosemond)**

John Rosemond

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Renowned and respected family psychologist John Rosemond blames child-centered parenting books from recent decades for creating a generation of dependent, often defiant children. He sets the record straight in *The New Six-Point Plan for Raising Happy, Healthy Children*, an updated version of his highly successful book published more than fifteen years ago.

Booms in technology and mass media have created significant changes in society in the last two decades. The text in this revised book has been thoroughly updated to reflect today's society, yet the foundation of Rosemond's timeless and effective approach remains constant. He encourages families to return to tried-and-true, fundamental parenting truths that people did naturally before the "new science of parenting":

* Parents aren't their children's friends; they are their leaders.

* Parents are at the center of a family-not kids.

* Your marriage must come before your children.

Each chapter includes easy-to-relate-to questions from parents, which Rosemond answers with both common sense and a sense of humor. For families feeling overwhelmed by competing advice about parenting, this book will ground them with logical, proven approaches to the most significant challenges parents face today. From issues such as self-esteem and discipline to television and chores, this straightforward guidance will facilitate a return to parent-centered families where children are raised into responsible adults.

The New Six-Point Plan for Raising Happy, Healthy Children: A Newly Updated, Greatly Expanded Version of the Parenting Classic (John Rosemond) Details

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From Reader Review The New Six-Point Plan for Raising Happy, Healthy Children: A Newly Updated, Greatly Expanded Version of the Parenting Classic (John Rosemond) for online ebook

Michelle says

I should probably read parenting books all the time. Not because I don't know what I'm doing (eh, that's kind of true), but just because parenting is a job that takes constant work, a job that I hope to always progress at, and there are always so many reminders and so much support in parenting books.

Husband and I read John Rosemond's article all the time and usually agree with him and each other, so I knew what I was in for with this book. He focuses his attention on the parent-centered family (as opposed to making kids the center of your lives, your houses, etc.); the voice of authority (don't bother being a democracy); the roots of responsibility (in two parts: children should have duties around the house AND be held accountable for their behavior); the fruits of frustration (for Pete's sake, let your kids do things on their own and figure things out for themselves, even if that means they get frustrated); toys and play (imagination, step right up; parents and electronic toys, back off); television, computers, and video games (evil).

For the most part, I do agree with John Rosemond. Reading this book was a helpful reminder, especially for a mom of a toddler, that I need to speak with more authority. Be clear and concise! It also got me thinking about discipline (punishments don't have to be fair), chores (already there), money (we'll get there eventually), and even how much time I devote to playing with my toddler. Toddler Girl does play by herself for good stretches of time when I'm doing things around the house (cooking and cleaning), but it's rare that I ask her to let Mommy have reading time, etc. That's okay to do(?)! While I like to spend more than 15 minutes in the morning and 15 minutes in the evening giving her my undivided attention (Rosemond says that amount is okay, which I feel like, REALLY?!), it is important (especially with Baby Boy coming soon) that I sometimes tell Toddler Girl, "No, Mommy's busy. Go play by yourself now."

Two parts that I felt were weak in the book, one because it was genuinely weak and the other because I don't completely agree :) Rosemond talks about his group of friends playing ball in the local sandlot, figuring out amongst other kids how to play, cheer, referee, and compete. That doesn't happen as much anymore and Rosemond is also disappointed with the amount of adult-driven competitive activities. His solution is to give games back to the kids. That's pretty much all he says about it. Don't sign up your kids for activities and let kids have their games back. But John Rosemond, this is not a practical solution. Should my kid alone not be in activities and somehow coral the other kids to the sandlot?

I don't think TV, etc., is evil. Yes, I have noticed my kid gets cranky if she gets too much screen time. But my pediatrician recommended no more than 2 hours and that's what we stick with (even if you don't believe I'm counting honestly, John). I've seen her grasp concepts through songs that TV characters do that I wouldn't have bothered to teach her yet because I thought she wasn't ready (waiting her turn, colors). Or there have been lessons I did teach her that TV just reinforced. Or she took an interest in something because of the combination of TV, books, and stuff I've showed her, and that kicked us off in the right direction (hello, potty-training). And as my mother reminds me all the time when I start to worry about the evils of TV, I watched TV *constantly*. I don't want my kid to watch constantly, and I'm certainly not like that one mom that wrote in, admitting that her under 2-year-old was watching *six hours of TV*, so I'll only half agree with John Rosemond on this one.

In general, Rosemond says things I don't think quite apply to toddlers, so you have to read it and decide what's right for you and your family, now or later. (For example, instead of TV, send your kid outside to make mudpies. But John...my child is two and can't be alone outside.)

In the end, I have the belief that everything will turn out okay with my kids, even if I don't do things perfectly. As Rosemond points out a couple of times, he had different parenting philosophies when his kids were young. They watched TV when they were young. Etc. But he now goes with this philosophy and though he started later (I think his kids were roughly 10 and six?), his kids are terrific (according to him). Also, I think Willie, John's wife is the main brains behind all of this and I salute her.

If you want to read some old-school, down-to-earth parenting advice, go with Rosemond!

Di says

The only issue I have with Rosemond's books is if you happen to read all of them, after a while they are a bit repetitive. I have been reading his column for years and completely agree with about 99% of his thought process when it comes to child rearing. Now, when my pediatrician actually referred me to his books when my son was born, it made me feel even better about my choice of using his principals. Plain and simple common sense. I love the fact that he tries to hammer in the idea that the end goal...our true job as parents...is to raise healthy, responsible, respectful, self sufficient adults that will eventually have a life of their own and need to have the proper tools to manage that life...through easy times and not so easy times. And we need to give them those tools, build as a strong foundation, during their short time with us. They are not kids forever and we need to prepare them for that. Those "tools" range from being able to stand for what is right, having integrity, a strong work ethic, balancing a check book to being able to do laundry, mow the lawn, even cook a simple meal, etc. at an early age. His thought process is not for everyone, that's for sure. But it works for me. It is about creating last memories with your children, loving times, fun times, etc focus less on the material things and create memories as a family...but always with a goal of teaching them to help themselves. The only way a child is going to learn to stand on their own two feet is by putting some weight on their shoulders.

Diana says

I'm reviewing the copy I own, his older edition which I picked up for \$2 at the library book sale. I also checked out his *new* six-point plan which he revised a few years ago, to see what I'd be missing. Some ideas were more fleshed out, but I'm glad to have this one as a reference.

This book covers much of the same material as Family Building so check that review for most of his points. His 5 points there make up the first 4 points of this book.

Point 5, then is about choosing appropriate toys since less is more. Creativity is the key with toy selection, so the more uses a toy has, the better. Legos are his idea of a perfect toy, followed closely by other building toys (blocks, tinker toys, lincoln logs), toy cars or electric trains, small plastic figures or dolls, dollhouses, art materials, and hobby supplies. This chapter also has a section about giving kids back their games, meaning all the organized sports we're signing our kids up for are much less helpful than the sandlot games when the

kids were in charge. Too bad there are no sandlots left anymore-- at least our kids have plenty of recess!

Point 6 is about turning off the TV. Less television viewing results in more creativity, better behavior, and fewer ADD diagnoses. Enough said!

A great read, but I'll be interested to read his Parenting by the Book next...

Paul Smolen says

I must admit, I never read the old Six Point Plan for Raising Happy, Healthy, Children by Dr. Rosemond. I assume that the "points" are the same as in the original edition, but that the newer book has more supporting research and anecdotes to validate his recommendations. So, first the basics: this "new" edition is well written with clear, approachable language; it is practical in layout, with part of each chapter including a question and answer format; it is not full of psychological jargon, thank goodness; and even though Dr. Rosemond does not provide footnotes, I have to assume that he is accurately summarizing and paraphrasing the research which he references.

Now to some of the solutions to parenting problems that he stresses in the book. Dr. Rosemond provides what he sees as easy answers to many behavior problems parents may encounter. If you have children who don't listen and are prone to whining, he thinks it is likely that your discipline is failing and that your child is getting too much attention. If you have a child with ADHD, he believes that the TV and video games are likely the culprit; he recommends getting rid of them and the problem may be solved. If your child is self-centered, Dr. Rosemond thinks you are giving them too many "things." He contends that if a child can't entertain himself, he probably has too many toys and outlets for amusement. All these circumstances may be true for certain children, but certainly not all.

Readers need to be warned that this book is full of Dr. Rosemond's own opinions, replete with "in your face" classic Dr. Rosemond style. I am sure his blunt advice will rub many readers the wrong way. I think the reason for this is Dr. Rosemond's insistence on only paying attention to the limit-setting side of the successful parenting formula and ignoring the leadership-love side. Yes, limits need to be set, I totally agree, and a child needs to provide labor for his or her family, and TV and video games are undoubtedly a negative force in some children's lives, but equally important to a child's healthy psychological development are a parents' ability to provide consistent love and acceptance, making children feel needed, creating an atmosphere where children want to please their parents, and setting a good example for children to model. I am sure Dr. Rosemond understands how important leadership is to parenting, but I think he needs to articulate it more as he gives parenting advice. Maybe he will do exactly that in the New-New Six Point Guide to Raising Happy, Healthy Children... the next edition? In my opinion, that would make a good book into a great one. I give him four Doc Smo stars on this edition. Until next time.

- See more at: <http://www.docsmo.com/the-new-6-point...>

Leigh says

I wish I had found this book two years ago. I have just had the best two weeks with my nearly four old since she turned two. The program is not so much a program as a paradigm shift, and I am finding it hard to get out

of the habit of yelling at my kids and feeling overwhelmed, but I just stop and remember, this doesn't have to be hard. The book is similar to another book that felt empowering to me, The Blessing of Skinned Knee, but it gives practical ways of implementing discipline, which is what I was lacking. The author isn't very gentle in his presentation (I am now reading The Well Behaved Child and he is even more blunt in that one) but maybe he feels has to use this approach to get his point across. As with any book, I don't agree with everything 100%, but I think his general ideas right on, and I hoped have changed this household for the better, for good.

Nate says

John Rosemond offers a style of parenting that is pretty radical by today's standards. His overall premise is that 1) the family's foundation is based on the marriage, not the child; and that 2) we should be raising our children to be completely self-sufficient by the time they reach their 18th birthday.

The book is logical and very easy to read (it's just over 300 pages, but could be read in an afternoon if you really wanted). Within this easy to read format, Rosemond gives his seven major points, all of which fit neatly into the two main concepts above. The way that the author lays out his main point and then gives credible evidence is appreciated. Even better, he adds dozens of difficult questions that he has received over the years that speak to each point, with concrete solutions that easily tie back to his main themes (see paragraph one above). Also, he uses his own early parenting failures as examples, giving him even more credibility.

I found that I whole-heartedly agree with about 85-90% of what the author puts forward, and can see his point on the remaining 10-15%. He addresses everything from kids who won't eat their dinner, to enrolling kids in a multitude of sports while the parents go crazy trying to manage their schedule, to open defiance in the teenage years...each situation (and solution) is related back to the marriage (i.e. relationship) of the parents and children becoming self-sufficient.

Let me say that I know first-hand how difficult parenting can be, and that I appreciate (meaning I both understand and value) that there are millions of different parenting styles and norms. However, this book is well worth paying \$5 and reading it on Amazon. It will, if nothing else, put things into perspective and help you to figure out what you think is most important.

Ilana R says

So helpful

Although there's a lot to swallow and I didn't agree with everything, it was well worth the read! And I think the overall theme of the book is right on the money. I'm currently using the ticket system with my kids (5 and 4) and am sneakily taking away TV.

Katie says

This is a great parenting book. We're not having any major discipline problems right now, but this book was

still worth reading. It's definitely a conservative view point though and will most likely strike a nerve for those who adopt a more child-centered style of parenting.

Kirstin says

I do not like this man. I do not like this man for the same reasons I do not like Dr. Dobson. His tone is patronizing and often unkind. And, like Dobson, while other people parent terribly, he was raised perfectly. His mother was a saint. And he, in turn, raised perfect children with the help of extraordinarily wise wife. Well bully for you John Rosemond.

However, I must emphasize, the chapters on toys and television I happen to agree with. Less toys, less tv time, more use of imagination. This rang true for me. However, there are a LOT of parenting books out there, and if you're looking for good advice on parenting in the 21st century, there are other less self-satisfied authors who have good things to say.

Emily says

It was a great book to really make me think about parenting. Seems odd that I 'parent' everyday, but rarely give it a lot of thought. I didn't agree with everything that he said, one point in particular that he made was that if a child is an only child they should be in daycare no later than age 3. He also says children shouldn't watch any TV at all until they are 6 or 7. I might believe that in theory, but don't know that I could ever actually put it into practice. I do try to limit TV, but I don't mind a little. I think the biggest thing I took away from the book was just the need for more creative play. It was an easy read and good for me to get a few new ideas. Definitely worth the time.

Shellie says

I wasn't sure I was going to learn anything new from this one, but it was recommended so I gave it a go. For people like my husband for whom parenting just comes intuitively, it might not be helpful. I saw it as more of a reminder of the best way to parent, not exactly a fountain of new information.

Rosemond, as if he was jotting notes for the book while looking through my kitchen window during dinnertime, does make some good points about child-rearing do's and don'ts. He stresses first and foremost that today's families have sacrificed the importance of the husband and wife roles in favor of the roles of "breadwinner" and "mother". When children's needs and wants are placed above the needs of the husband and wife relationship, the family becomes unbalanced and the self-esteem and security of the children actually suffer. By treating the family as a democracy instead of establishing the parents as benevolently authoritative, we as Americans are accidentally raising self-centered, irresponsible future adults.

Although some of Rosemond's wording delved into the realm of "psycho-babble" to me, I enjoyed the comparisons Rosemond made between the use of coddling, persuading and threatening to gain obedience from our children to how a referee or a business enforces rules. We should just hand over the rules without emotions and pleading, etc. and expect obedience. The refs do or the game quickly gets out of hand. Overall, interesting and a good reminder to not feel guilty for putting my husband and me where we belong: at the top of the priority list.

Beth A. says

I enjoyed this book. It's an easy read. Some recommendations I agreed with...

Think of a consequence for misbehavior before the situation comes up. Assigning chores teaches responsibility and helps kids feel needed in the family. Putting your marriage first gives children security. Children need to learn to entertain themselves with "high play value" toys that use the imagination, and spend less time with toys that don't encourage creative play. Good toys are legos, tinker toys, lincoln logs, play dough, paints, paper, crayons, dolls, dollhouses, blocks, ect. For older children he recommends toys that encourage a hobby. No TV for any children under 8. He says it destroys their attention span. (My kids still watch TV, just not as much.)

Danielle says

Wow! How could the same man have written Parenting By the Book? This was a very engaging and helpful parenting book. His advice is inline with most of what I was taught in school and was a good refresher. There are a couple of suggestions that he gives that contradict my very "child-centered" child development philosophy education background from Meredith. But, Chad and I have quickly found with our oldest that Rosemond is right where the views contradict. For example, I was taught in school (not by my wonderful parents), that my children's misbehavior was my fault and I needed to fix what I was doing so they could behave better. While I do believe that I can create a good environment and teach correct principles, if Andrew hits Ryan, it isn't my fault. Nor is it Ryan's fault. Andrew holds soul responsibility for his behavior.

Rosemond suggests making your marriage the strong nucleus of the family, choosing to lead and be authoritative, giving your children responsibility, allowing your children to experience frustration, choosing appropriate toys, and eliminating tv until third grade.

I highly recommend this book and look forward to reading others. Just make sure not to waste your time on Parenting by the Book.

Justin Walker says

Just what my family needed!

This book has already change the way our kids behave them selves in the first week or two of following the information in this book. My wife and I are no longer societal parenting sheep! We have been awoken thanks to this book and our children will be the ones to prosper.

Dolly says

A practical, no-nonsense guide to parenting that stresses 6 points:

1. The parent-centered family
2. The voice of authority
3. The roots of responsibility
4. The fruits of frustration
5. Toys and play: the right stuff
6. Television and children: more than meets the eye

Its focus is on raising respectful, responsible children who are given boundaries and are not given everything they ask for. It reiterates that television is terrible for you and encourages more play time with simple, yet inventive and creative toys.

It's a fairly quick read; nothing I didn't already know, but a reinforcement of what I have learned to be true myself.
