

“You Can Say ‘NO’ and Your Child Will Still Love You”

by Norma Ross

reviewed by Margery C. Quackenbush

In her book “You Can Say ‘NO’ and Your Child Will Still Love You” Norma Ross discusses working with children from the very young to teenagers in an analytic way.

In her book Norma tells how pre-schoolers can be taught to control themselves and prepared for school by their parents. Older children are encouraged to share in the chores as part of a team. Teenagers are mentored so that they do not engage in risky behavior. All ages are helped to verbalize their thoughts and feelings.

Parents are urged to stay calm when their children upset them. She encourages parents to follow Dr. Hyman Spotnitz’s model in which the father supports the mother emotionally. The parents are to operate as a unit and discuss their differences away from the child. Norma uses actual material from sessions with parents and children to illustrate the points she makes. This book is filled with information that families can use to improve their functioning.

In the July 27, 2006 Wall Street Journal, Jeffrey Zaslow expresses many of the ideas found in Norma’s book in his article, “Out of Line: Why We’re Reluctant To Reprimand Other People’s Children.” “The truth is,” Zaslow writes, “today’s kids often welcome discipline.” He suggests that mothers and fathers share parenting by creating a team of 5 or 10 friends, colleagues, or neighbors. These people can mentor, admonish and love your children, and you can do the same for theirs.

Norma’s book made an excellent impression on me. I only wish that her book had been available when we were raising our son.