



Good Kids/Bad Habits

Charles E. Schaefer, Theresa Foy DiGeronimo

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Overcoming a bad habit is always difficult. It is even more of a challenge to help a child understand why something that brings so much pleasure is not necessarily good for them. Nail biting, thumb and finger sucking, knuckle cracking, stuttering, tics, head banging, body rocking, nose picking, teeth grinding, hair pulling, finger tapping, and excessive masturbation are some of the habits addressed by the award-winning team of Dr. Charles E. Schaefer and Theresa Foy DiGeronimo in *Good Kids/Bad Habits*. Presented here are five easy-to-implement steps for taking charge of these obsessions to enable your toddler (or teenager) to forego bad habits before they cause long-term health and social consequences or destroy self-esteem.

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