



# Laying Down the Law: The 25 Laws of Parenting to Keep Your Kids on Track, Out of Trouble, and (Pretty Much) Under Control

By Ruth Peters

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*Laying Down the Law* presents 25 no-nonsense rules that teach your kids values and discipline from the inside out

NBC *Today* show expert Dr. Ruth Peters shares her best and newest advice for helping families restore order and keep the peace with proven, painless methods that once and for all get your children to:

- \* Understand and follow your family's values
- \* Do their work when and how YOU want it done-- without whining
- \* Follow your rules, even when their friends don't
- \* Develop compassion and empathy

Now, you'll know:

- \* When snooping in their rooms is okay-- and how to do it
- \* When making peace is the WORST thing you can do
- \* The 5 questions you must ask your teenager every time he leaves the house
- \* Why your kids should earn their privileges-- and how to get them to

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### Editorial Review

From Publishers Weekly

Don't worry about being too hard on your kids: the bigger problem, according to psychologist Peters, is that parents are too soft. The author of *Don't Be Afraid to Discipline* argues that refraining from imposing punishments and allowing children and adolescents to do as they please (whether it's from fear of contributing to a negative self-image or simply from weakness or indifference) produces kids that are disrespectful, uncontrollable and often disliked by peers and superiors. The key, the Today show contributor and parenting pro argues, is "for parents to take a stand, to draw a line in the sand, and to lay down the law." In a step-by-step program that explains exactly which rules are necessary to enforce, how parents can implement them properly, and why they are so integral to a child's upbringing, this guidebook is coherent, realistic, and, most importantly, makes sense—even if some of Peters's edicts ("Appoint Yourself Benevolent Dictator," "Make Consequences Catastrophic") sound a trifle harsh. Placing the responsibility squarely on parents, Peters emphasizes that it is never too late to discipline a child, and that while it may not always be fun, "effective parenting can be simple

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### Review

"If there ever was an owner's manual for your kids, *Laying Down the Law* is it. When I read Ruth Peters, it's like she's channeling my parents and grandparents with commonsense, logical advice for today's parent." ?*Al Roker, NBC's Today show*

"Dr. Peters really understands the challenges that today's parents face-- and how to help. Easy to read and often humorous, this book reminds us why old-fashioned values can still work best to guide our children. It's straightforward talk that will benefit parents-- dare I say she's the Judge Judy of parenting?!" ?*Nancy Samalin, M.S., best-selling author of Loving Your Child Is Not Enough and Loving without Spoiling*

From the Inside Flap

**Strong Values and  
Tough Discipline--  
with a mother's touch**

Ruth Peters knows what works with kids. She's raised two of her own and counseled thousands more through her private practice.

In *Laying Down the Law*, you'll learn her 25 best laws of parenting that work with kids of all ages, from preschool to high school. Firm, but fair. Tough, but compassionate.

Dr. Peters's innovative approach to parenting will help you teach your children the values and discipline they need to succeed--and give them the love they need to thrive. Her straight-talking advice is easy to follow--and works fast to improve your child's behavior!

**25 Laws. 1 Result.  
A Happier Home!**

**Teach Your Kids What Really Matters** (See Law #1)

**Turn Whining into Action** (See Law #6)

**Stop Their Bad Habits** (See Law #7)

**Go from Suspicion to Trust** (See Law #12)

**Turn Rudeness into Politeness** (See Law #13)

**Get Your Kids to Talk Openly** (See Law #16)

**Teach the Work Ethic** (See Law #25)

Dr. Peters will take you step by step through the process of establishing your family values and choosing methods of discipline that will work best for your family. She'll help you identify what's really bothering your child when he acts up and show you how to tailor a rewards-based plan that will bring out your child's best behavior.

Ruth Peters thinks it's time to take a stand for your family and lay down the law. When you practice her 25 Laws of Parenting, you will get the peaceful, happy home life that your kids need--and you deserve.

Plus . . . smart ways to deal with common problems--from biting to tattoos, from drug and alcohol abuse to fear of school, from bullies to sibling rivalry . . . and much, much more!

## **Users Review**

**From reader reviews:**

**Johnny Allen:**

Do you have favorite book? When you have, what is your favorite's book? Publication is very important thing for us to understand everything in the world. Each guide has different aim as well as goal; it means that e-book has different type. Some people experience enjoy to spend their the perfect time to read a book. They are reading whatever they consider because their hobby is reading a book. Think about the person who don't like studying a book? Sometime, man feel need book whenever they found difficult problem or perhaps exercise. Well, probably you will need this Laying Down the Law: The 25 Laws of Parenting to Keep Your Kids on Track, Out of Trouble, and (Pretty Much) Under Control.

**James Mace:**

Now a day individuals who Living in the era just where everything reachable by interact with the internet and the resources included can be true or not call for people to be aware of each facts they get. How people have to be smart in obtaining any information nowadays? Of course the answer then is reading a book. Studying a book can help people out of this uncertainty Information particularly this Laying Down the Law: The 25 Laws of Parenting to Keep Your Kids on Track, Out of Trouble, and (Pretty Much) Under Control book because book offers you rich information and knowledge. Of course the information in this book hundred percent guarantees there is no doubt in it as you know.

**Julie Slocum:**

Playing with family inside a park, coming to see the water world or hanging out with good friends is thing that usually you might have done when you have spare time, and then why you don't try issue that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Laying Down the Law: The 25 Laws of Parenting to Keep Your Kids on Track, Out of Trouble, and (Pretty Much) Under Control, it is possible to enjoy both. It is fine combination right, you still desire to miss it? What kind of hangout type is it? Oh can happen its mind hangout folks. What? Still don't get it, oh come on its identified as reading friends.

**James Floyd:**

Your reading sixth sense will not betray a person, why because this Laying Down the Law: The 25 Laws of Parenting to Keep Your Kids on Track, Out of Trouble, and (Pretty Much) Under Control book written by well-known writer who knows well how to make book that could be understand by anyone who have read the book. Written within good manner for you, still dripping wet every ideas and creating skill only for eliminate your personal hunger then you still question Laying Down the Law: The 25 Laws of Parenting to Keep Your Kids on Track, Out of Trouble, and (Pretty Much) Under Control as good book not only by the cover but also through the content. This is one guide that can break don't judge book by its handle, so do you still needing yet another sixth sense to pick this specific!? Oh come on your looking at sixth sense already told you so why you have to listening to a different sixth sense.

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