

# 1-2-3 Magic

Effective Discipline for Children 2-12

**Thomas W. Phelan, Ph.D.**

## Table of Contents

---

Preface to the Third Edition	i
Parenting: Not for the Faint of Heart!	1
<b>PART I: STRAIGHT THINKING</b>	
1. Is It Magic?	7
2. Stop Behavior and Start Behavior	11
3. The Little Adult Assumption	15
4. The Two Biggest Discipline Mistakes	19
<b>PART II: CONTROLLING OBNOXIOUS BEHAVIOR</b>	
5. Counting Obnoxious Behavior	25
6. Twenty Questions	39
7. What to Do in Public	55
8. Variations: Sibling Rivalry, Tantrums and Pouting	63
9. The Kickoff Conversation	67
<b>PART III: NO CHILD WILL THANK YOU</b>	
10. The Six Kinds of Testing and Manipulation	73
11. Counting in Action	87
12. More Serious Offenses	97
<b>PART IV: ENCOURAGING GOOD BEHAVIOR</b>	
13. 7 Start Behavior Tactics	111
14. Up and Out in the Morning	127
15. Cleaning Rooms, Picking Up and Chores	133
16. Mealtimes	141
17. Homework and Practicing	147
18. Bedtime and Nighttime Waking	155
19. The Family Meeting	167
20. When Do You Talk?	173

**PART V: STRENGTHENING YOUR RELATIONSHIP**

21. Your Child's Self-Esteem	179
22. Overparenting	183
23. Affection and Praise	187
24. Real Magic: One-on-One Fun	191
25. Active Listening	197
26. Your New Life	205
Index	209