

**MEDIA KIT**

**RESPECT**  
*Your Children*

A PRACTICAL GUIDE TO  
EFFECTIVE PARENTING



**JAY SCOTT FITTER**  
LICENSED FAMILY THERAPIST

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## Testimonials:

*"Respect Your Children is an absolutely 'must' read book for anyone who is thinking about having children, has children, or is working with children. This book is full of sound psychological principles, profound wisdom, and practical suggestions. Jay Fitter has succinctly written a treasure book for parenting. Do not miss it, it will be your loss."*

Curtis C. Rouanzoin, Ph.D.  
Licensed Psychologist (PSY 7809)  
Licensed Marital and Family Therapist (MFC 8790)  
Approved Consultant in

*"The great irony in the modern American lifestyle is that we center our schedule around our kids' activities. Soccer, piano, study groups...we invest time and energy in running our kids everywhere, but in the midst of this busy-ness we are actually spending less time with them, and our connection to them is weaker than before. Respect Your Children shows us an antidote to that, giving us the tools to make the really important investment in the lives of our kids. enjoyed the book, and will be watching for its release."*

Peggy Culp, Mentor with Big Brothers/Big Sisters

*"Excellent and easy to read and understand. I particularly like the information regarding issues that are not covered in other books, i.e. parent against parent, guided imagery, breathing as a way to relax. The methods a parent can use to help them deal with their personal issues as they face difficult parenting stressors. Excellent material and very well presented."*

George Diaz, Psychology Professor, Family Therapist

## Author Biography:

My father had a 3rd grade education, and my mother 5th grade. My childhood was spent in poverty, moving in and out of apartments and motels. Much of our food came from church donations and we had used clothing. My father was verbally and physically abusive and died when I was sixteen. I had already been working to help support the family, but after he passed, I had to work full time. My parents were told by school administrators when I was in elementary school that I was going to be a drop out. I attended in excess of twenty schools, often not even remembering what state I was in. There was virtually no adult guidance through my childhood and teen years, as a result I made a lot of poor choices. When I became an adult, I decided that I didn't want to pass this kind of life on to my children.

I was the sixth of seven children, and the 1st to go to college. I worked full time through most of undergraduate and graduate school. When our children were young, I would stay home with them while my wife taught school. I would schedule all of my counselling appointments for the late afternoon and evening. I chaperoned almost every elementary field trip and volunteered in their classrooms once a week tutoring math and science. Now my twenty one year old son is a senior bio chemistry major and interviewing for pharmacy school. My nineteen year old is a junior on a full academic scholarship, and preparing to apply to med school. My thirteen year old volunteers at church and is a straight A student.

I wrote my book and do the workshops to help people get out of the negative cycles that many of them were born into, including abuse, gangs, drugs, and poverty. I want them to be able to give their kids a chance to succeed in life, not start out in the world with two strikes against them. I have seen the positive changes that have occurred in parents, kids, and even hard core gang members in juvenile hall. I know that we can't change the past, but we don't have to repeat it either..



## Book Synopsis:

Raising a child in today's world is a challenging task. Kids don't come with instruction manuals, and no test is required to parent. So, it makes sense that many of us feel unprepared and unready for the task at hand. But, the job doesn't have to be quite so difficult.

There are strategies and skills that can help the parenting process be more effective and successful for the whole family. At the center of these techniques is one simple idea - Respect Your Children.

So, what does it mean to Respect Your Children? It's about communicating with our kids, talking to them and listening to their answers. Understanding the difference between discipline and punishment. It's caring for them with love, instead of obligation or resentment. Whether it be teaching, or simply chatting on the couch, parents need to tackle every situation from a position that starts with this one overriding principle - respect.

Throughout the course of this book, you will learn a variety of tools, skills and strategies that will help you become a better role model, and a better parent.

## Excerpt:

Now, giving respect doesn't mean that you are relinquishing your **position** of authority in the parent-child relationship. This is really about changing the way you see your children. Its time to start viewing your kids as people, not as objects or possessions.

As parents, we need to stop treating our children as less than equal they are people, even though you have a parental authority over them, so you should start treating them how you would hope others will treat them. By establishing these positive patterns, they will carry on and not only benefit your children but also your grandchildren.

Respect is something that most of us demonstrate regularly, everyday, in the workplace. For example, many adults find it easy to show respect for their boss, despite the fact there is little personal investment in this relationship other than a paycheck. Yet, consider the sacrifice you would make for your child you would die for them; you would give up anything to make your kids safe and healthy. If this is true, then why do you choose to show respect to a co-worker but not to the child whom you love more than anything?

Similarly, many parents demonstrate respect, kindness, and patience towards their child's friends, yet fail to apply the same politeness towards their own offspring. Its time that we start applying these respectful behaviours that were completely capable of, towards our own family on a daily basis. You may even find that you receive the same respect in return!

## **Book Information:**

Title: Respect Your Children

Author: Jay Scott Fitter

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Distributors: Ingram

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# Frequently Asked Questions

## Communication Skills

### True-False

Circle the best answer for each statement.

1. Strong communication skills are the key factor in how a relationship between a parent and child develops.

True False

2. If a child notices that his/her parents are too busy, he/she will continue coming to them for help in solving problems.

True False

3. Many parents start to damage the lines of communication between themselves and children as early as high school.

True False

4. Children should be seen and heard.

True False

5. If you establish a relationship built on listening, communication and educated information, your children will want your feedback and input.

True False

6. Sex should be a taboo topic in any household.

True False

7. Children observe and mimic the way parent listen, share, and chat with others. Therefore, it is critical that parents set a good example as a role model toward their children.

True False

8. It's OK to tell a child to do something because "I said so."

True False

9. Children will forget your negative comments.

True False

10. Active listening involves focus, removing background distractions, feedback, and practice.

True False

11. It's OK to tell children about your problems as an adult.

True False

# Press Release

FOR IMMEDIATE RELEASE

**For more information, contact:**

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## **Parents Don't Mess Up Their Kids By Disrespecting Them.**

*While that makes a great headline, it just isn't the case. In child-rearing respect is a two-way street. Parents can learn how this works by reading Jay Fitter's [Respect Your Children](#).*

**December 9, 2010 – Corona, Calif.** – Most of us are raised on the notion that children should respect their parents. What we don't hear is that respect happens to be a two-way street and that parents also need to respect their children. As with any relationship, it takes hard work and understanding to build mutually respectful communication between parent and child. It starts with learning the difference between punishment and discipline, says author Jay Fitter, licensed marriage and family therapist.

"Many of us had parents who lashed out at us in anger," says Fitter. "It may have been screaming and calling us degrading names. They may have slapped, punched, or maybe even hit us with a belt. These are examples of punishment. They are done spontaneously out of anger and often with a sense of retaliation. Discipline on the other hand has an objective of correcting, teaching values, and helping your child understand right from wrong. It is not done spontaneously out of anger but instead from carefully considered consequences and rewards that lead to healthy growth in your children."

Breaking the cycle of disrespect can be accomplished in any family with the proper guidance. That is what I help families to do in therapy and what I hope to achieve with this book.

"What many of us fail to recognize is that we can be the change point in our family," explains Fitter. "We are not predestined to put our children and grandchildren through the same traumas that we experienced as children. The cycle can be broken through awareness."

To watch a trailer for the book or to contact the author directly, visit [www.jayfitter.com](http://www.jayfitter.com) and visit the media page. Be sure to friend Jay on Facebook from his contact page, too.

**Author Jay Fitter** – *Jay Fitter is a Licensed Marriage and Family Therapist from Corona, California. He received his undergraduate degree in psychology from Hope International University and his graduate degree in family counseling from Azusa Pacific University. He was the recipient of academic awards from both schools. For the past nineteen years, he has counseled with children, adolescents and parents alike, helping them to work through their issues and improve their lives. He has worked in private practice settings, and foster care, as well as juvenile detention facilities. For more information, visit [www.jayfitter.com](http://www.jayfitter.com).*



## **Media Appearances:**

KGAB 650AM morning show Location:central wyoming western nebraska northern Colorado

Stephen Kelbreath 94.1 fm Seattle, Washington

Mike Kakuk Host of morning drive 800 AM Ontario, Canada

Gary Pozsik 620 AM South Carolina

Upcoming interviews scheduled for

The Virgin Islands Senator Holland Redfield Dec 14

Las vegas station as well

Dresser after dark radio interview tomorrow

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