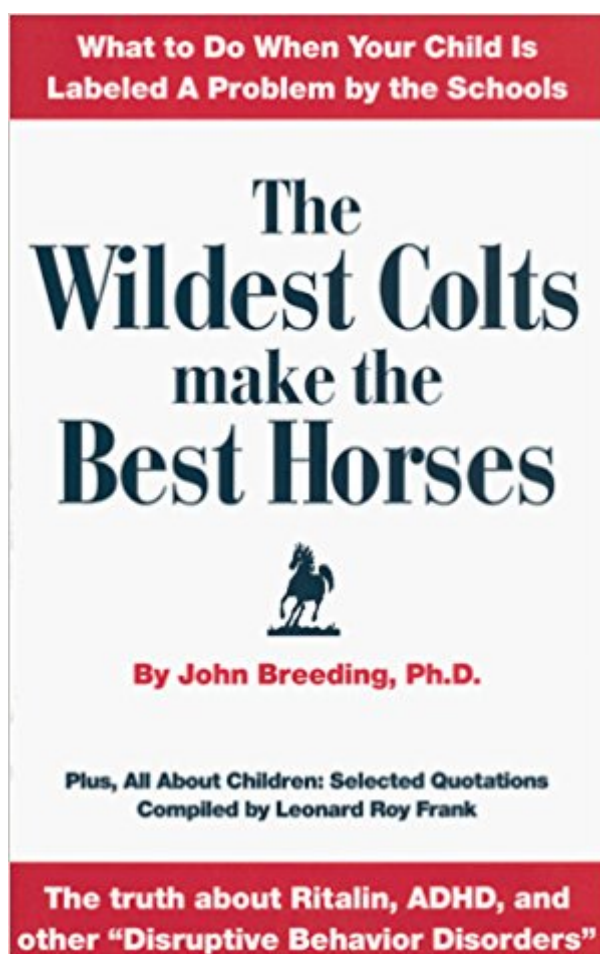


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# The Wildest Colts Make The Best Horses: What To Do When Your Child Is Labeled A Problem By The Schools



## Synopsis

Contrary to the popular homily, this is one book you can tell by its cover. The title, "The Wildest Colts Make the Best Horses," conveys an attitude that ennobles and supports an effort to defend and enhance the spirits of our young people. The subtitles also communicate a great deal of information. The first subtitle, The truth about Ritalin, "ADHD" and other "disruptive behavior disorders" reveals that the book addresses at length the specific phenomenon of labeling huge numbers of our children with these diagnoses and giving these children drugs. As suggested by the second subtitle, "What to do when your child is labeled a problem by the schools, " this book is very much oriented toward parents' or other adults who need support with this issue. The book holds a great deal of information that is generally useful to adult allies of young people in any situation. The book is divided into three major sections. Part I: RECOGNITION AND REMEMBRANCE. To respond effectively to a situation, we need a realistic picture of that situation. Our society greatly distorts reality in regard to the experience of young people and schools. Specifically, the practice of BioPsychiatry (i.e., the reduction in our thinking about human beings to biological and genetic function and the subsequent use of drugs and/or electric shock to "treat" that function) is addressed. Recognizing and understanding BioPsychiatry is crucial to effectively respond to the fact that we have about four million children on Ritalin today in the United States and to deal with the pressures we receive to drug our own children. The section on RECOGNITION also presents ideas that are important to realize about schools and a few key beliefs that influence the way we relate to our children. This part of the book is also about REMEMBRANCE. It is extremely challenging to be a parent under any circumstance (or to be a parent surrogate such as a teacher or other adult caregiver). Our society is not set up to effectively support those who care for our young. It is even more challenging, and often overwhelming, to be a parent when your child is having a hard time or not "acting right." When others, such as school and mental health authorities, are pressuring you to do something about your child's problems, the stress becomes even more intense. At these times we are most likely to forget who we really are, who our child really is, and what is really important. A goal in this section is to provide a few reminders toward re-remembering the true nature of your child and of yourself as a parent. A few pointers are offered to hold onto during this stressful time. Part II: INFORMATION AND ACTION. This section covers several areas that respond to that original question of "What are your solutions then?" The emphasis of this section is on Action - what else you can do as a parent to help your child. The author's experience was that he got precious little good information to prepare him for his role as a parent. He is very aware of how extremely difficult it is to implement the ideas presented in the face of our distressed society. What is offered

here will help you respond to the challenge of parenting and being good allies to our young people. Gender pronouns are alternated, especially in describing children, rather than attempting to neuter, pluralize or simply use the masculine for convenience sake. Sex differences need not affect parenting decisions except when determining how best to counter the heavy gender conditioning that comes down on boys and girls in their respective cultures. Part III: ON COUNSELING CHILDREN. This section contains the heart of the book. The theory presented here is a tremendous affront to much of the conventional wisdom and conditioned thinking with which we are all thoroughly saturated. It is also a tremendous challenge to implement this approach in the face of parental oppression and lack of support for children, parents and families in our society. Therefore, it is important to go into some depth on key areas including shame, crying, fear and anger. In addition, the author shares his own experience as a parent, particularly some of the trials, tribulations and successes with his son, Eric. He offers teachings that have been helpful to him with the caveat that this is one father who does not know best.

## **Book Information**

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## **Customer Reviews**

Are you the parent of a 'wild colt'? Is your darling child identified as a 'problem' in school, or been the target of kindly professionals suggesting Ritalin? If so, you will discover your child in John Breeding's new book.... -- Moira Dolan, M.D., "The West News," Fall, 1996  
Authors die for the perfect titles for their work. Well, John Breeding has come up with a doozy here. I wholeheartedly agree with Breeding and share his horror at what we are doing to our society's wild colts. Breeding

elects to focus mainly on today's most popular designer label for children who don't fit the mold, "Attention Deficit Disorder." He emphatically repudiates any and every psychopharmaceutical approach to the behavioral management of children... Breeding knows what he's talking about. So, parents out there, if the "psychiatric police" show up at your door, there is another way. -- Chris Mercogliano, author of "Making It Up As We Go Along, the Story of the Albany Free School" and Codirector of the Free School. Published in "Journal of Alternative Education," Summer issue, 1998.

I wrote this book from the place of the two major life tasks we all face, work and family. As a psychologist, I was appalled at the fact that we in the U.S. are placing millions of our school-age children on psychiatric drugs. I wanted to take a strong stand against this institutionalized child abuse. I also wrote the book as the father of two children, each wild and spirited in their own unique ways. I am determined to defend them well. The book is a resource for parents, teachers, counselors and all adult allies of children. Part I is called Recognition and Remembrance. Here I tell the truth about biological psychiatry, which provides the misguided rhetoric and dangerous means that allows us to do such a disgraceful thing to our children. We all need to clearly see and understand biopsychiatry, as well as other related pitfalls such as pressure and urgency. Equally important, especially in times of stress, tension, or disapproval, we need to remember the true nature of reality, especially the true nature of our children. Here I remind readers of this and of other significant "Keys to Parent Heaven." Part II is about Information and Action. I discuss crucial ingredients for successful parenting, including concerns about support, time and attention. I also discuss special gifts for your children: food, light, sound, and talk, with a special note on TV and touch. The heart of the book is on counseling children. I share with readers the best of my thinking and experience on how to help our children with their emotions. I discuss basic theory and principles, then include specific chapters on topics such as crying, fear, shame and anger. This information is for everyone. A final treasure in my book comes from my friend, Leonard Frank. It is an appendix called "All About Children," 40 pages of delightful and stimulating quotations, a dessert I know you will enjoy.

John Breeding has written an important book for all parents, not just folks struggling with a child's developmental difficulties. His warnings about Drugging children need to be taken seriously. We are headed for extreme trouble as more and more children are controlled with mind altering drugs to further the profits of the manufacturers. ADD and ADHD are not medical conditions and it is a huge mistake to treat them as though they are. Dr. Breeding offers REAL solutions for a growing cultural

problem.

This book is very good and was exactly what I expected to get. The description was dead on and helpful.

I sent this book to my daughter who is raising a 7 year old with ADHD. She got so much from it, and so did her husband. Beautiful title, wonderful concept.

John Breeding has put together information we really need to know. He explains how we can relate constructively to our children and what we need to do for ourselves to become skillful at it. Very interesting and extremely helpful.

Great book! Our future leaders are energetic young people and could easily be labeled "hyperactive" or "ADHD". This book debunks a lot of the myths about that.

I'm on the author's side in this debate, but the arguments are so biased that even I questioned its relevance and authority on the topic.

This book just made sense to me in so many ways. One of the best quotes from this book is: "see your children through the eyes of delight." I thought that was so great. They are our children, not adults. We expect other young animals (yes, we're mammals:) to act like young animals and accept that they will act that way, but adults want to drug our young adults if they don't act like grown adults. We don't drug our puppies for acting like puppies, but society thinks it's great to give our kids speed. They're not adults, they are children and they will act like children. The most foolish statement I've ever heard from an adult is "children are so childish." Believe it or not you weren't born an adult, you were once a kid yourself. Enjoy the life your children force into you. Enjoy their energy. Treasure them-you're raising our future. Play. Live. Love life. Pay attention to them. They'll be gone before you know it and then we'll have whiplash:)

This book will make any parent a better parent. While it is a challenge to the epidemic of "ADHD" diagnoses and the massive drugging of our children, it is also a beautiful book that offers strength, courage, hope and specific techniques to better help our children through their difficult times. Breeding exposes the dangers of "biopsychiatry" and its mad rush, driven by drug company

profits, to drug our children. The intention of these efforts are to make the children more manageable, more controllable, more able to fit into the school system, a structure that is inherently child-unfriendly. My daughter was "diagnosed" with "ADHD," and the teachers and counselors at her school pressured me to medicate her. John Breeding's work has been an incredible resource for me, helping me to resist that pressure, and seeing her wonderful spirit for the treasure that it is. Parenting is incredibly difficult. This book will help you, challenges you to get good support for yourself, because only when you get that help for yourself can you rise to the huge task of attending to your child's emotional needs. Without good help for yourself, you can't help them. The main resource so many parents hear about when their child is diagnosed with ADD or ADHD is CHADD (Children and Adults with Attention Deficit Disorder). Many of them don't know that CHADD is funded by the drug company that produces Ritalin!!! This book offers a sane alternative to the voice of the drug companies. It is a challenge to step outside the current mainstream thinking about children and "behavior disorders." Breeding shows how there is something terribly, terribly wrong with the fact that millions and millions of our children are being drugged ... because of high-spiritedness, because of boredom with the mind-numbing school experience. Every parent, every person who works with children, should read this book!

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