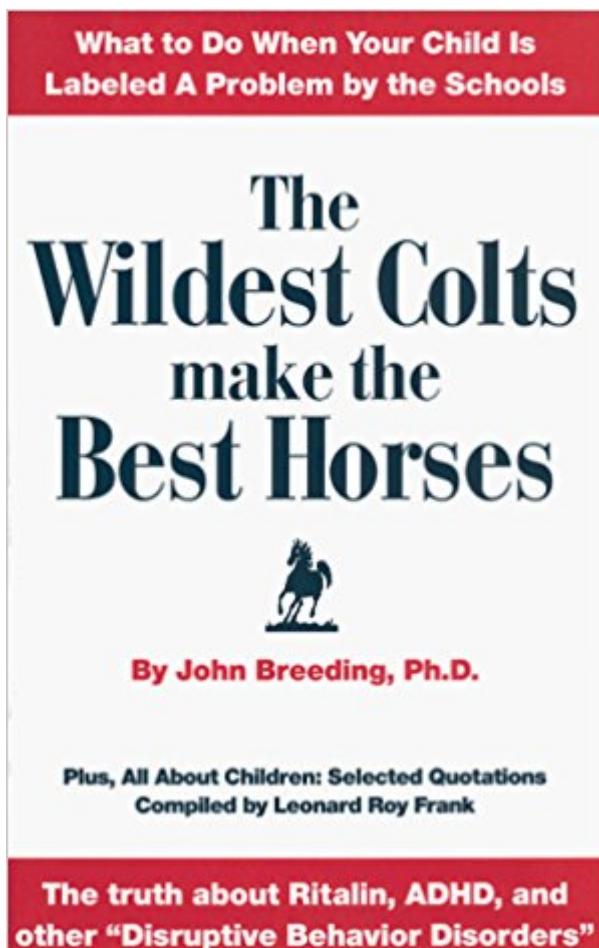


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# The Wildest Colts Make The Best Horses: What To Do When Your Child Is Labeled A Problem By The Schools



## 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**

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!

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:)

I am a Wild Colt, much older and wiser now. Breeding has a way of showing that every child (and adult) is as unique as a snowflake and should be given the chance to become who they really are without chemical leashes. I was on Ritalin until I figured out I could refuse it. What Dr. Breeding proposes in this book is what I needed as a child, the space to become myself. My loving parents did what they thought was best for me but all I remember was feeling drugged and shuffling around kicking dirt during recess instead of interacting and socializing with the other kids. My grades were

awesome and I was well behaved; I was miserable. Read this book, there is truth here. Norman Moore

I thought Dr. Breeding's book was outstanding, because anyone dealing a child who is labeled a problem/disabled/special education would find comfort and understanding reading this selection. Appropriately dealing with situations that involve children who are considered a problem is a very daunting job if you do not know what you are doing. This book clearly describes and defines the problems that labeled children face in America. Dr. Breeding has a style of writing which is easy to comprehend, because he does an excellent job at explaining the topics he presents. For example, he doesn't just claim "drugging children is harmful." He provides a full and complete explanation of why parents should look at other options outside of medication for their children. So often parents are pushed, bullied, and shoved into the easy way to resolve problems with children, and end up paying greatly at a latter date. If you want an open and honest insight Dr. Breeding's book is a page turner. I was impressed with Dr. Breeding's anti drugging stance, because almost every child I have ever seen be placed on medication perform poorly socially, academically, and emotionally in the long run. Even the few that do demonstrate excellence academically end up latter on with either a drug problem or taking even more drugs to focus. I appreciate a doctor's willingness to just tell the truth. This book also highlights the important aspect of becoming a better parent, because it is much easier or more successful to parent children when you actually understand them. I think most parents find frustration with thier childre, because they do not understand, therefore, do not know how to effectively respond. To date, I have now read a lot of writings by Dr. Breeding, and I find him to have a superior grasp of children's behavior. Typically I've resented any mental health professionals, but I like and trust Dr. Breeding. His website is a valuable source of information also for any parent or even teacher searching for the truth and understanding.

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.

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