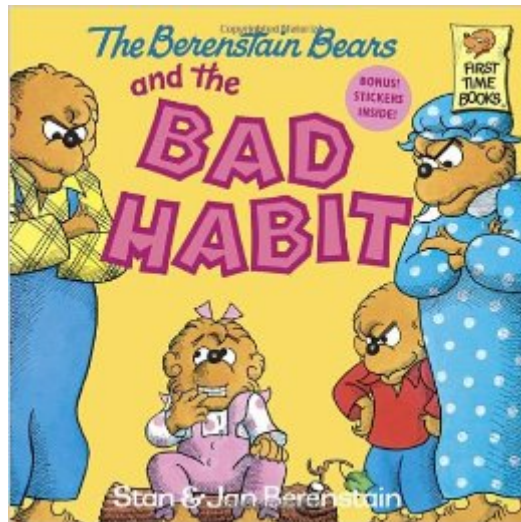


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# The Berenstain Bears And The Bad Habit



## Synopsis

Come for a visit in Bear Country with this classic First Time Book® from Stan and Jan Berenstain. Join Mama, Papa, and Brother, as they try and help Sister break a very bad habit . . . biting her nails. Will she manage to get her bad habit under control, or will she end up stuck as a nail nibbler. This beloved story is a perfect way to teach children about the importance of overcoming bad habits. Includes over 50 bonus stickers!

## Book Information

Lexile Measure: AD690L (What's this?)

Paperback: 32 pages

Publisher: Random House Books for Young Readers; 37819th edition (1986)

Language: English

ISBN-10: 0394873408

ISBN-13: 978-0394873404

Product Dimensions: 8 x 0.1 x 8 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (116 customer reviews)

Best Sellers Rank: #4,239 in Books (See Top 100 in Books) #36 in Books > Children's Books > Growing Up & Facts of Life > Family Life > Parents #41 in Books > Children's Books > Animals > Bears #46 in Books > Children's Books > Growing Up & Facts of Life > Health

Age Range: 3 - 7 years

Grade Level: Preschool - 2

## Customer Reviews

I gave this book five stars because, more than any other technique we've tried, it has helped my daughter stop sucking her thumb. Now four years old, she had been sucking her thumb since she was about six months old. We've tried rewards, sticker charts, threatening loss of privileges, talking with the dentist, the works. Nothing worked. This book, in three weeks, has taken my daughter's bad habit from an all-day activity to just one she does in her sleep. We're still applying the principles from the book, in hopes that it even eradicates the sleep-time habit as well. In any case, I could not be happier that we read this book together.

Once again Stan and Jan have made a complex issue simple for the child. I love the way they explain what a habit is and why it is hard to break. Sister's bad habit is biting her nails but we

substitute whatever we want (nose picking etc.)and our children (age 2 and 6) roar with laughter as they learn that a habit isn't easy to quit...but you can do it with practice. We love this book. I even gave it to a college student who bites her nails and she loves it too.

Bad habits are hard to break is a lesson that many adults don't even know very well. Most young children don't even have a clue what a habit is, let alone know the difference between a bad habit and a good one. This edition of The Berenstain Bears not only explains what a habit is, it also illustrates the difference between good and bad habits, and offers a helpful way how possibly to break a bad habit youngsters may have.

My 4 year old has had an issue with biting his nails ever since he was born, so we bought this and the sour nail

polish[http://www..com/gp/product/B0000YUXI0?psc=1&redirect=true&ref\\_=oh\\_aui\\_detailpage\\_o00\\_s00](http://www..com/gp/product/B0000YUXI0?psc=1&redirect=true&ref_=oh_aui_detailpage_o00_s00)the nail polish has been very effective at keeping his fingers out of his mouth, and the book was very effective at explaining to him about bad habits without making him feel like he is a bad kid.

This was a disappointment for us. The writing was really difficult and lengthy for a 3 and 5 year old to understand. I had to add so many of my own words (like when Mama Bear has an insinuated phone conversation with Gran that is one-sided) just to have the story to make some sort of sense to kids that wouldn't understand that kind of writing yet. Also, we're used to learning lessons from the whole family (especially Papa Bear!), not just Sister. Lastly, I wish that the solution was not paying Sister Bear off to stop biting her nails. We did love the stickers though!

I and my children are very happy with this book. When I catch them doing one of their bad habits we refer back to the book and they are able to discuss the situation and compare it to the characters. We read this book often and it is one of their favorites.

We are going through nailbiting issues with our 3.5 year old. She asks to read this book every day. Does she still bite her nails? Yes. Has this been a great way to talk about this issue? Absolutely. I feel like there may have a been a few awkward moments, like when papa bear made some rather harsh comments about yelling at her for biting her nails (for a 3 year old, this was a little upsetting). However, nothing we couldn't get passed. A little long for anything younger than her age. Maybe better suited for 4 and up.

I read this book with my 3 year old son yesterday and gave him a sticker from the book as a reminder not to bite his nails (he had it on his shirt all day at pre-school) and a nickel which he has to give back to me if he bites his nails today. All day today, HE DID NOT BITE HIS NAILS! It worked!!! This is first time in almost a year. Will this continue to work and will he break his habit? I don't know. This was my last resort before painting his nails with the icky stuff, which I want to avoid since I don't want to put toxic chemicals (if any) on him that he might ingest. I was so happy to find out he didn't bite his nails and we will keep on giving him the stickers and \$\$\$. I'll post a follow up later. follow up: It's been about 2 months since my initial review. My son is no longer a habitual nail biter. The sticker and a nickel per day lasted a week or two and he didn't need them any more. His habit is broken! When I see him biting his nails from time to time, I trim the nails smooth so there is nothing much to bite then he stops. It's important to keep a close eye on the nail length and trim them 1-2 times a week. I am so glad I got this book for him. This method may or may not work with everyone and the result will vary heavily depending on the disposition of your child. But it won't hurt to try this book and introduce the concept of 'habit' and discuss 'bad habits' with your child.

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