



Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills

By Jane Nelsen Ed.D.

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For twenty-five years, Positive Discipline has been the gold standard reference for grown-ups working with children. Now Jane Nelsen, distinguished psychologist, educator, and mother of seven, has written a revised and expanded edition. The key to positive discipline is not punishment, she tells us, but mutual respect. Nelsen coaches parents and teachers to be both firm and kind, so that any child—from a three-year-old toddler to a rebellious teenager—can learn creative cooperation and self-discipline with no loss of dignity. Inside you'll discover how to

- bridge communication gaps
- defuse power struggles
- avoid the dangers of praise
- enforce your message of love
- build on strengths, not weaknesses
- hold children accountable with their self-respect intact
- teach children not what to think but how to think
- win cooperation at home and at school
- meet the special challenge of teen misbehavior

“It is not easy to improve a classic book, but Jane Nelson has done so in this revised edition. Packed with updated examples that are clear and specific, Positive Discipline shows parents exactly how to focus on solutions while being kind and firm. If you want to enrich your relationship with your children, this is the book for you.”

—Sal Severe, author of *How to Behave So Your Children Will, Too!*

Millions of children have already benefited from the counsel in this wise and warmhearted book, which features dozens of true stories of positive discipline in

action. Give your child the tools he or she needs for a well-adjusted life with this proven treasure trove of practical advice.

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- Sales Rank: #5059 in Books
- Brand: Random House
- Published on: 2006-05-30
- Released on: 2006-05-30
- Ingredients: Example Ingredients

- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .90" w x 5.20" l, .60 pounds
- Binding: Paperback
- 384 pages

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Editorial Review

Review

Make a Difference During the Most Important Years of Your Child's Life

From the Publisher

POSITIVE DISCIPLINE is one of our most beloved parenting titles. And the reason is very simple. Author Jane Nelsen's program works. I've used the book on my preschooler with great success. Not only does my little girl listen better, but she and I also seem to have a better relationship now. As a working mom, I hated coming home and having to yell at my child in those precious two hours a day we had together. Now we make the most of our time and we both look forward to it.

Elisa Wares, Senior Editor

From the Inside Flap

Make a Difference During the Most Important Years of Your Child's Life

The months leading up to the birth of a child are filled with joy, dreams, plans--and a few worries. As a caring parent, you want to start your child out in life on the proper foundation. But where do you go for the answers to such questions as: How do I communicate with an infant who doesn't understand words? How can I effectively teach boundaries to my toddler? Should I ever spank my child?

Over the years, millions of parents just like you have come to trust Jane Nelsen's classic "Positive Discipline series. These books offer a commonsense approach to child-rearing that so often is lacking in today's world. In "Positive Discipline: The First Three Years, you'll learn how to use kind but firm support to raise a child who is both capable and confident. You'll find practical solutions and solid advice on how to:

- Encourage independence and exploration while providing appropriate boundaries
- Use non-punitive methods to instill valuable social skills and positive behavior inside and outside the home
- Recognize when your child is ready to master the challenges of sleeping, eating, and potty training, and how to avoid the power struggles that often come with those lessons
- Identify your child's temperament
- Understand what the latest research in brain development tells us about raising healthy children
- And much, much more!

Containing real-life examples of challenges other parents and caregivers have faced, "Positive Discipline: The First Three Years is the one book that no parent should be without.

Users Review

From reader reviews:

Samantha Campbell:

In this 21st hundred years, people become competitive in most way. By being competitive now, people have do something to make them survives, being in the middle of the crowded place and notice through surrounding. One thing that sometimes many people have underestimated it for a while is reading. Sure, by reading a guide your ability to survive boost then having chance to remain than other is high. In your case who want to start reading any book, we give you that Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills book as basic

and daily reading publication. Why, because this book is more than just a book.

Brent Henderson:

Now a day those who Living in the era wherever everything reachable by connect with the internet and the resources inside it can be true or not require people to be aware of each facts they get. How individuals to be smart in obtaining any information nowadays? Of course the correct answer is reading a book. Looking at a book can help persons out of this uncertainty Information particularly this Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills book since this book offers you rich information and knowledge. Of course the data in this book hundred per-cent guarantees there is no doubt in it as you know.

Sara Pacheco:

The book untitled Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills contain a lot of information on the idea. The writer explains her idea with easy means. The language is very clear to see all the people, so do certainly not worry, you can easy to read the item. The book was written by famous author. The author brings you in the new era of literary works. It is possible to read this book because you can read more your smart phone, or gadget, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site as well as order it. Have a nice go through.

Josephine Widman:

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