



Positive Discipline: The First Three Years: From Infant to Toddler--Laying the Foundation for Raising a Capable, Confident Child (Positive Discipline Library)

By Jane Nelsen Ed.D., Cheryl Erwin, Roslyn Ann Duffy

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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.

From the Trade Paperback edition.

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- Sales Rank: #361717 in eBooks
- Published on: 2007-03-27
- Released on: 2007-03-27
- Format: Kindle eBook

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Editorial Review

Review

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

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From the Back Cover

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

About the Author

Jane Nelsen, Ed.D., coauthor of the bestselling Positive Discipline series, is a licensed marriage, family, and child therapist. Her books have sold over a million copies. She lives in Salt Lake City.

Cheryl Erwin, M.A., is a marriage and family therapist and the coauthor of numerous books in Prima's Positive Discipline series on raising great children. She lives in Reno, Nevada.

Roslyn Duffy, also a coauthor of several Positive Discipline books, is a child care director with over seventeen years of experience, a counselor in private practice, parent and education specialist, and public speaker.

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