



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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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:

Barbara Marburger:

The particular book Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills has a lot details on it. So when you make sure to read this book you can get a lot of help. The book was compiled by the very famous author. Mcdougal makes some research previous to write this book. That book very easy to read you will get the point easily after perusing this book.

Florence Croy:

Reading a book being new life style in this yr; every people loves to learn a book. When you examine a book you can get a wide range of benefit. When you read publications, you can improve your knowledge, due to the fact book has a lot of information onto it. The information that you will get depend on what kinds of book that you have read. In order to get information about your study, you can read education books, but if you want to entertain yourself read a fiction books, these kinds of us novel, comics, and also soon. The Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills will give you new experience in studying a book.

Joshua Phipps:

In this period of time globalization it is important to someone to find information. The information will make anyone to understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of references to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher this print many kinds of book. Typically the book that recommended for your requirements is Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills this e-book consist a lot of the information with the condition of this world now. This kind of book was represented how can the world has grown up. The language styles that writer make usage of to explain it is easy to understand. The writer made some investigation when he makes this book. Honestly, that is why this book suited all of you.

Carlos White:

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