

# positive discipline

**positive discipline** is a transformative approach to guiding children's behavior, focusing on respect, encouragement, and mutual understanding rather than punishment. This method empowers parents, educators, and caregivers to nurture responsibility, self-control, and emotional maturity in children. Throughout this comprehensive article, you will discover the core principles of positive discipline, explore its proven benefits, and learn practical strategies for its implementation at home and in schools. We will delve into common challenges, offer effective solutions, and address frequently asked questions to support your journey toward fostering a harmonious environment. Whether you are new to positive discipline or looking to refine your approach, this article provides a wealth of actionable insights and tools. Read on to unlock the secrets of raising confident, respectful, and resilient children through positive discipline.

- Understanding Positive Discipline: Definition and Core Principles
- Key Benefits of Positive Discipline for Children and Adults
- Essential Strategies for Practicing Positive Discipline
- Implementing Positive Discipline at Home
- Applying Positive Discipline in the Classroom
- Common Challenges and Solutions in Positive Discipline
- Frequently Asked Questions about Positive Discipline

## Understanding Positive Discipline: Definition and Core Principles

### What is Positive Discipline?

Positive discipline is an evidence-based approach that emphasizes teaching and guiding children rather than punishing them for mistakes. Rooted in mutual respect, positive discipline encourages children to understand the consequences of their actions, make better choices, and develop intrinsic motivation. This philosophy differs from authoritarian or permissive methods by balancing kindness with firmness, fostering cooperation, and promoting problem-solving skills.

# Core Principles of Positive Discipline

Central to positive discipline are principles that prioritize connection, respect, and empowerment. These principles include:

- Encouraging respectful communication between adults and children
- Focusing on solutions instead of blame or shame
- Teaching valuable social and life skills
- Promoting autonomy and responsibility
- Maintaining consistency with clear expectations and boundaries

By adhering to these core principles, adults can create supportive environments where children learn to manage their behavior, build confidence, and develop strong moral values.

## Key Benefits of Positive Discipline for Children and Adults

### Fostering Emotional Intelligence

Positive discipline plays a crucial role in nurturing emotional intelligence in children. By modeling empathy and validating feelings, adults help children identify, express, and regulate their emotions. This leads to improved self-awareness, resilience, and healthier relationships.

### Enhancing Social Skills and Cooperation

Through collaborative problem-solving and respectful dialogue, positive discipline teaches children how to interact harmoniously with peers and adults. They develop skills such as negotiation, conflict resolution, and teamwork, which are essential for social success.

### Building Self-Esteem and Responsibility

Instead of instilling fear or shame, positive discipline encourages children to take ownership of their actions. This fosters self-esteem, accountability, and a sense of capability. Adults benefit as well, experiencing stronger, more positive relationships with

children and reduced stress in daily interactions.

## **Essential Strategies for Practicing Positive Discipline**

### **Setting Clear Expectations and Boundaries**

Consistent rules and expectations are vital in positive discipline. Clearly defined boundaries help children understand acceptable behavior and the natural consequences of their actions. Adults should communicate rules in age-appropriate language and explain the reasons behind them.

### **Using Positive Reinforcement**

Acknowledging and celebrating positive behaviors encourages children to repeat them. Positive reinforcement can include verbal praise, recognition, or small rewards that highlight effort and improvement rather than perfection.

### **Encouraging Problem-Solving and Choices**

Empowering children to make choices and solve problems builds autonomy and critical thinking. When misbehavior occurs, adults guide children to reflect on their actions, consider alternatives, and participate in creating solutions.

### **Modeling Respectful Behavior**

Adults serve as powerful role models. Demonstrating respectful communication, patience, and emotional regulation sets a standard for children to emulate, reinforcing the values at the heart of positive discipline.

## **Implementing Positive Discipline at Home**

### **Creating a Supportive Home Environment**

A nurturing home environment is essential for positive discipline to thrive. This includes establishing routines, offering emotional support, and providing consistent feedback. Family meetings can be a valuable tool for discussing challenges, celebrating successes,

and strengthening connections.

## **Handling Common Behavioral Issues**

Parents often face challenges such as tantrums, sibling rivalry, or defiance. Using positive discipline, these behaviors are addressed by staying calm, empathizing with the child's feelings, and guiding them toward appropriate alternatives. Natural consequences are used to teach lessons, not to punish.

## **Encouraging Cooperation and Independence**

Involving children in household decisions and responsibilities nurtures cooperation and independence. Assigning age-appropriate chores, involving children in rule-setting, and allowing them to make choices fosters a sense of ownership and belonging within the family.

## **Applying Positive Discipline in the Classroom**

### **Establishing Classroom Agreements**

Teachers can create a positive classroom culture by involving students in setting rules and agreements. This collaborative approach increases engagement and accountability, as students feel respected and invested in maintaining a supportive environment.

### **Using Restorative Practices**

Restorative practices focus on repairing harm and restoring relationships rather than punitive measures. Techniques such as restorative circles and guided reflection help students understand the impact of their actions and find ways to make amends.

## **Promoting Student Engagement and Motivation**

Positive discipline in the classroom encourages intrinsic motivation through recognition, encouragement, and opportunities for student choice. This enhances engagement, academic achievement, and overall classroom harmony.

# **Common Challenges and Solutions in Positive Discipline**

## **Overcoming Resistance to Change**

Transitioning from traditional discipline methods to positive discipline can be challenging for both adults and children. Consistency, patience, and ongoing education are key to overcoming resistance. Support from peers, mentors, or professional resources can ease the transition.

## **Dealing with Persistent Misbehavior**

Some children may test boundaries repeatedly. It is important to remain calm, reinforce expectations, and use natural consequences consistently. Seeking to understand the underlying causes of misbehavior—such as unmet needs or emotional distress—can lead to more effective solutions.

## **Maintaining Consistency Across Settings**

Consistency between home, school, and other environments ensures children receive clear, unified messages about behavior. Communication among caregivers, teachers, and other adults involved in the child's life is essential for reinforcing positive discipline strategies.

## **Frequently Asked Questions about Positive Discipline**

### **Q: How does positive discipline differ from traditional punishment?**

A: Positive discipline focuses on teaching and guiding children, using respect and encouragement rather than fear or shame. Traditional punishment often relies on punitive measures to control behavior, while positive discipline aims to build understanding, responsibility, and long-term behavioral change.

### **Q: Can positive discipline be effective with teenagers?**

A: Yes, positive discipline is highly effective with teenagers. It promotes open communication, mutual respect, and responsibility, which are essential during adolescence. Strategies such as collaborative problem-solving and setting clear

expectations work well with this age group.

### **Q: What are some examples of natural consequences?**

A: Natural consequences are the direct results of a child's actions. For example, if a child forgets their lunch, they may feel hungry; if they break a toy, they lose the opportunity to play with it. These experiences teach responsibility without adult-imposed punishment.

### **Q: Is positive discipline suitable for children with special needs?**

A: Positive discipline can be adapted for children with special needs by using individualized strategies, clear communication, and additional support. Consistency and patience are crucial, and collaboration with specialists or therapists can enhance effectiveness.

### **Q: How can parents stay consistent with positive discipline?**

A: Parents can maintain consistency by establishing clear rules, routines, and consequences. Regular family meetings, open communication, and mutual support among caregivers help reinforce positive discipline practices at home.

### **Q: What should teachers do when positive discipline doesn't seem to work?**

A: When challenges persist, teachers should reassess their strategies, seek input from colleagues or specialists, and communicate with families. Understanding the root causes of behavior and adapting approaches can lead to more successful outcomes.

### **Q: Are rewards part of positive discipline?**

A: Positive discipline emphasizes intrinsic motivation and positive reinforcement, such as praise and recognition. While occasional tangible rewards can be used, the focus remains on encouraging effort, improvement, and self-motivation.

### **Q: How does positive discipline impact long-term behavior?**

A: Positive discipline promotes lasting behavioral change by teaching children valuable life skills, emotional intelligence, and self-regulation. Children are more likely to adopt positive behaviors and make responsible choices independently.

## **Q: Can positive discipline be used in group settings?**

A: Yes, positive discipline strategies are effective in group settings such as classrooms, clubs, and sports teams. Collaborative rule-setting, restorative practices, and group problem-solving foster cooperation and respect among participants.

## **Q: What resources are available for learning more about positive discipline?**

A: There are numerous books, workshops, and parenting programs dedicated to positive discipline. Professional guidance from counselors, educators, or child development specialists can also provide valuable support and information.

## **Positive Discipline**

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## **Positive Discipline: Raising Responsible, Respectful Children Without Punishment**

Are you tired of the constant battles of wills with your children? Do you yearn for a more harmonious family life, one built on respect and understanding rather than punishment and control? If so, you've come to the right place. This comprehensive guide explores the powerful approach of positive discipline, offering practical strategies and insights to help you raise responsible, respectful children. We'll delve into the core principles, practical techniques, and common misconceptions surrounding this transformative parenting style. Prepare to learn how to nurture your child's emotional intelligence and build a stronger, more loving family relationship.

## **What is Positive Discipline?**

Positive discipline is a proactive parenting approach that focuses on teaching children valuable life skills and fostering their self-esteem, rather than simply reacting to misbehavior with punishment. It's not about permissiveness; instead, it emphasizes respectful guidance and collaboration. The goal is to help children understand the consequences of their actions and learn to make responsible choices, empowering them to become self-regulated individuals. Unlike punitive measures, positive

discipline aims to build a strong parent-child connection rooted in trust and mutual respect.

## Core Principles of Positive Discipline

Several key principles underpin effective positive discipline:

### #### 1. Empathy and Understanding:

Before addressing a child's misbehavior, take the time to understand their perspective. What might be motivating their actions? Are they hungry, tired, or feeling overwhelmed? Connecting with your child's emotions helps build empathy and creates a foundation for respectful communication.

### #### 2. Long-Term Goals Over Short-Term Solutions:

Positive discipline focuses on shaping long-term character development rather than solely addressing immediate behavioral problems. It's about teaching children valuable life skills, such as problem-solving, self-control, and responsibility.

### #### 3. Respectful Communication:

Speak to your child with respect, even when addressing challenging behaviors. Avoid using insults, threats, or shaming language. Instead, use calm, clear, and age-appropriate language to explain expectations and consequences.

### #### 4. Natural and Logical Consequences:

Natural consequences are the outcomes that naturally occur from a child's actions (e.g., forgetting their lunch means they'll be hungry at school). Logical consequences are related to the misbehavior but are imposed by the parent (e.g., if a child makes a mess, they help clean it up). These consequences teach responsibility and help children learn from their mistakes.

### #### 5. Focus on Solutions, Not Blame:

Instead of focusing on assigning blame, work collaboratively with your child to find solutions. Ask them, "What can we do to make things better?" This empowers them to take ownership of their actions and develop problem-solving skills.

## Practical Techniques for Positive Discipline

Here are some practical techniques you can implement:

### #### 1. Active Listening:

Pay close attention to what your child is saying, both verbally and nonverbally. Reflect their feelings

back to them to show you understand. This fosters connection and helps de-escalate conflicts.

#### #### 2. Setting Clear Expectations:

Establish clear, age-appropriate expectations and rules. Explain the reasons behind these rules, ensuring your child understands the purpose and benefits.

#### #### 3. Offering Choices:

Whenever possible, offer children choices within appropriate boundaries. This helps them develop a sense of autonomy and control over their lives.

#### #### 4. Using Time-Ins, Not Time-Outs:

Instead of isolating a child in a time-out, consider a time-in where they can calm down and reconnect with you. This provides a supportive environment for emotional regulation.

#### #### 5. Positive Reinforcement:

Focus on rewarding positive behaviors rather than solely punishing negative ones. Celebrate successes and acknowledge effort.

## **Common Misconceptions About Positive Discipline**

Many mistakenly believe positive discipline means allowing children to do whatever they want. This is incorrect. Positive discipline sets clear boundaries and expectations while simultaneously fostering a respectful and loving relationship. It's about teaching, not controlling.

## **Conclusion**

Implementing positive discipline requires patience, consistency, and a willingness to adapt your approach based on your child's individual needs. It's an ongoing process of learning and growth for both parents and children. By focusing on building a strong parent-child relationship built on respect, empathy, and collaboration, you'll create a nurturing environment where children thrive and develop into responsible, well-adjusted adults. The rewards of positive discipline—a happier, healthier family life—are well worth the effort.

## **FAQs**

1. Is positive discipline effective for all ages? Yes, the principles of positive discipline can be adapted to suit children of all ages, from toddlers to teenagers. The methods may need adjustments to suit developmental stages.
2. What if my child doesn't respond to positive discipline? Persistence is key. Some children may initially test boundaries. Remain consistent with your approach, and consider seeking guidance from a parenting expert or therapist if needed.
3. How do I deal with tantrums using positive discipline? During tantrums, remain calm, offer comfort and empathy, but maintain clear boundaries. Once the tantrum subsides, discuss the situation calmly.
4. Does positive discipline work with children with behavioral challenges? Positive discipline principles can still be applied, though modifications might be needed. Working with a therapist or specialist can provide valuable support.
5. Can positive discipline replace professional help if my child has serious behavioral problems? No. For severe behavioral issues, professional help from a child psychologist or therapist is crucial alongside positive discipline strategies. Positive discipline complements professional intervention but doesn't replace it.

**positive discipline:** *Positive Discipline* Jane Nelsen, Ed.D., 2006-05-30 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.

**positive discipline:** *Positive Discipline Parenting Tools* Jane Nelsen, Ed.D., Mary Nelsen Tamborski, Brad Ainge, 2016-11-15 Do you wish there was a way to raise well-behaved children without punishment? Are you afraid the only alternative is being overly indulgent? With *Positive Discipline*, an encouragement model based on both kindness and firmness, you don't have to choose between these two extremes. Using these 49 *Positive Discipline* tools, honed and perfected after years of real-world research and feedback, you'll be able to work with your children instead of against them. The goal isn't perfection but providing you with the techniques you need to help your children develop the life and social skills you hope for them, such as respect for self and others, problem-solving ability, and self-regulation. The tenets of *Positive Discipline* consistently foster mutual respect so that any child—from a three-year-old toddler to a rebellious teenager—can learn creative cooperation and self-discipline without losing his or her dignity. In this new parenting guidebook, you'll find day-to-day exercises for parents to improve their parenting skills, along with

success stories from parents worldwide who have benefited from the Positive Discipline philosophy. With training tools and personal examples from the authors, you will learn: · The “hidden belief” behind a child’s misbehavior, and how to respond accordingly · The best way to focus on solutions instead of dwelling on the negative · How to encourage your child without pampering or praising · How to teach your child to make mistakes and follow through on agreements · How to foster creative thinking

**positive discipline:** *Positive Discipline A-Z* Jane Nelsen, Ed.D., Lynn Lott, H. Stephen Glenn, 2007-03-27 As a parent, you face one of the most challenging—and rewarding—roles of your life. No matter how much you love your child, there will still be moments filled with anger, frustration, and, at times, desperation. What do you do? Over the years, millions of parents just like you have come to trust the Positive Discipline series for its consistent, commonsense approach to child rearing. In this completely updated edition of *Positive Discipline A-Z*, you will learn how to use methods to raise a child who is responsible, respectful, and resourceful. You’ll find practical solutions to such parenting challenges as: - Sibling Rivalry - Bedtime Hassles - School Problems - Getting Chores Done - ADHD · Eating Problems - Procrastination - Whining - Tattling and Lying - Homework Battles - And Dozens More! This newly revised and expanded third edition contains up-to-the-minute information on sleeping through the night, back talk, and lack of motivation as well as tips on diet, exercise, and obesity prevention, and new approaches to parenting in the age of computers and cell phones.

**positive discipline:** **Positive Discipline for Preschoolers** Jane Nelsen, Ed.D., Cheryl Erwin, M.A., Roslyn Ann Duffy, 2007-03-27 Completely updated to report the latest research in child development and learning, *Positive Discipline for Preschoolers* will teach you how to use methods to raise a child who is responsible, respectful, and resourceful. Caring for young children is one of the most challenging tasks an adult will ever face. No matter how much you love your child, there will be moments filled with frustration, anger, and even desperation. There will also be questions: Why does my four-year-old deliberately lie to me? Why won’t my three-year-old listen to me? Should I ever spank my preschooler when she is disobedient? Over the years, millions of parents just like you have come to trust the Positive Discipline series and its commonsense approach to child-rearing. This revised and updated third edition includes information from the latest research on neurobiology, diet and exercise, gender differences and behavior, the importance of early relationships and parenting, and new approaches to parenting in the age of mass media. In addition, this book offers new information on reducing anxiety and helping children feel safe in troubled times. You’ll also find practical solutions for how to: - Avoid the power struggles that often come with mastering sleeping, eating, and potty training - See misbehavior as an opportunity to teach nonpunitive discipline—not punishment - Instill valuable social skills and positive behavior inside and outside the home by using methods that teach important life skills - Employ family and class meetings to tackle behavioral challenges - And much, much more!

**positive discipline:** **Positive Discipline in the Montessori Classroom** Jane Nelsen, Chip DeLorenzo, 2021-06-15

**positive discipline:** *Positive Discipline Tools for Teachers* Jane Nelsen, Ed.D., Kelly Gfroerer, Ph.D., 2017-06-06 MORE THAN 2 MILLION POSITIVE DISCIPLINE BOOKS SOLD The Positive Discipline method has proved to be an invaluable resource for teachers who want to foster creative problem-solving within their students, giving them the behavioral skills they need to understand and process what they learn. In *Positive Discipline Tools for Teachers*, you will learn how to successfully incorporate respectful, solution-oriented approaches to ensure a cooperative and productive classroom. Using tools like Connection Before Correction, Four Problem-Solving Steps, and Focusing on Solutions, teachers will be able to focus on student-centered learning, rather than wasting time trying to control their students' behavior. Each tool is specifically tailored for the modern classroom, with examples and positive solutions to each and every roadblock that stands in the way of cooperative learning. Complete with the most up-to-date research on classroom management and the effectiveness of the Positive Discipline method, this comprehensive guide also includes helpful teacher stories and testimonials from around the world. You will learn how to: - Model kind and firm

leadership in the classroom - Keep your students involved and intrinsically motivated - Improve students' self-regulation -And more!

**positive discipline:** *Positive Time-Out* Jane Nelsen, Ed.D., 2011-05-18 Discover the Power of Positive Time-Out Time-out is one of the most popular disciplinary techniques used in homes and schools today. But instead of being the positive, motivating, experience it should be for children, it is often punitive, counterproductive, and damaging to their gentle psyches. In this book, bestselling parenting author Jane Nelsen shows you how to make time-out a positive learning experience for children. Inside, you'll discover how positive time-out can teach children the art of self-discipline and instill such invaluable qualities as self-confidence and problem-solving skills. You'll also learn how to: ·Make time-out an encouraging experience ·Develop an attitude and action plan to avoid power struggles with children ·Empower children by involving them in the behavior changing process ·Understand the mistaken goals of negative behavior Gives parents and teachers the encouragement and tools they need to help children handle their own behavior.—Sheryl Hausinger, M.D., Texas Children's Pediatric Associates and mother of three Offers more than 50 ways that parents can set limits while still encouraging their kids. It should be in every doctor's waiting room.—Jody McVittie, M.D., family physician

**positive discipline: Positive Discipline: The First Three Years, Revised and Updated Edition** Jane Nelsen, Cheryl Erwin, M.A., Roslyn Duffy, 2015-02-24 The celebrated Positive Discipline brand of parenting books presents the revised and updated third edition of their readable and practical guide to communicating boundaries to very young children and solving early discipline problems to set children up for success. Over the years millions of parents have used the amazingly effective strategies of Positive Discipline to raise happy, well-behaved, and successful children. Research has shown that the first three years in a child's life are a critical moment in their development, and that behavior patterns instilled during that time can have profound implications for the rest of a child's life. Hundreds of thousands of parents have already used the advice in Positive Discipline: The First Three Years to help set effective boundaries, forge strong foundations for healthy communication, and lay the groundwork for happy and respectful relationships with their young children. Now this classic title has been revised and updated to reflect the latest neuroscientific research and developments in positive discipline parenting techniques.

**positive discipline:** *Positive Discipline* Jane Nelsen, 2006 An updated edition of the parenting classic explains why children misbehave; discusses class and family meetings, mutual respect, and responsibility; and tells how parents and teachers can be more understanding and supportive. Original. 50,000 first printing.

**positive discipline: The Conscious Parent's Guide to Positive Discipline** Jennifer Costa, 2016-01-01 Help your child learn self-discipline, cooperation, and responsibility! When a child misbehaves, the situation can quickly escalate into an uphill battle of yelling, tears, and resistance--on both sides. But what if you could avoid all that? Conscious parenting is about being present with your child and taking the time to understand the reasons and motivations behind behaviors. This relationship-centered approach means that you respect your child's point of view as you both learn how to create a mutually-beneficial set of behavioral rules. By practicing this mindful method, you can support your child emotionally and help nurture important social development. Parent coach Jennifer Costa teaches you how to: Communicate openly with your child about proper behavior Build a supportive home environment Determine your child's behavioral triggers Learn strategies that will help your child feel calm Teach your child long-term coping skills Discipline your child without embracing anger With *The Conscious Parent's Guide to Positive Discipline*, you will learn to create a calm and mindful atmosphere for the whole family, while helping your child feel competent, successful, and healthy.

**positive discipline: Positive Discipline for Teenagers** Jane Nelsen, Lynn Lott, 2000 Positive Parenting for Those Important Teen Years Adolescence is often a time of great stress and turmoil—not only for kids going through it, but for you, their parents as well. During the teen years, kids aggressively begin to explore a new sense of freedom, which often leads to feelings of

resentment and powerlessness for parents who increasingly are excluded from their children's lives. This revised edition of *Positive Discipline for Teenagers* shows you how to break the destructive cycle of guilt and blame and work toward greater understanding and communication with your adolescents. Inside, you'll:

- Find out how to encourage your teen and yourself
- Grow to understand how your teen still needs you, but in different ways
- Learn how to get to know who your teen really is
- Discover how to develop sound judgment without being judgmental
- Learn how to use follow-through—the only surefire way to get chores done

Over the years, millions of parents have come to trust the classic *Positive Discipline* series for its consistent, commonsense approach to child rearing. Inside, you'll discover proven, effective methods for working with your teens. Over 1 million *Positive Discipline* books sold! I highly recommend this book to parents, teachers, and all others who work with young people. It is one of the best books I have seen on helping adults and adolescents turn their conflict into friendship. Remarkably, it shows how to accomplish this while helping young people develop courage, confidence, responsibility, cooperation, self-respect, and trust. I urge you to read it. —H. Stephen Glenn, Ph.D., coauthor of *Raising Self-Reliant Children in a Self-Indulgent World*.

**positive discipline: Why Is My Child in Charge?** Claire Lerner, 2021-09-02 Solve toddler challenges with eight key mindshifts that will help you parent with clarity, calmness, and self-control. In *Why is My Child in Charge?*, Claire Lerner shows how making critical mindshifts—seeing children's behaviors through a new lens —empowers parents to solve their most vexing childrearing challenges. Using real life stories, Lerner unpacks the individualized process she guides parents through to settle common challenges, such as throwing tantrums in public, delaying bedtime for hours, refusing to participate in family mealtimes, and resisting potty training. Lerner then provides readers with a roadmap for how to recognize the root cause of their child's behavior and how to create and implement an action plan tailored to the unique needs of each child and family. *Why is My Child in Charge?* is like having a child development specialist in your home. It shows how parents can develop proven, practical strategies that translate into adaptable, happy kids and calm, connected, in-control parents.

**positive discipline: Positive Discipline for Today's Busy (and Overwhelmed) Parent** Jane Nelsen, Ed.D., Kristina Bill, Joy Marchese, 2018-09-11 With the increasing pressure to excel at parenting, work, and personal relationships, it's easy to feel stressed and dissatisfied. This targeted *Positive Discipline* guide gives parents the tools to parent effectively without sacrificing their well-being or giving up on their life goals. Instead of creating unachievable expectations, you will instead learn to play to your strengths at work and at home. You'll integrate your seemingly disparate areas of life and use *Positive Discipline* to make the most out of your time, energy and relationships. By helping you get to the bottom of the underlying causes of misbehavior, busy parents will also be able to avoid pampering and keep permissive and punitive parenting at bay. Instead of feeling fragmented and guilty, you'll have the presence of mind to explore what works best for you and your family. Attitude is key – we'll help you feel confident in your parenting abilities and your professional choices, making your children more likely to adopt an attitude of self-reliance and cooperation. Armed with communication strategies and tips for self-reflection, moms (and dads!) won't have to feel guilty about leaving their child with a sitter during the day, or leaving work early to go to a soccer game.

**positive discipline: Positive Discipline in the Classroom** Jane Nelsen, Lynn Lott, H. Stephen Glenn, 2000 Presents strategies for increasing student discipline by promoting self-esteem, cooperation, and a positive atmosphere in class.

**positive discipline: Positive Discipline in the Classroom, Revised 3rd Edition** Jane Nelsen, Ed.D., Lynn Lott, H. Stephen Glenn, 2011-08-17 The Acclaimed Bestseller That Can Improve Your Classroom Experience Forever! Over the years, millions of parents have come to trust the classic *Positive Discipline* series for its consistent, commonsense approach to child rearing. Hundreds of schools also use these amazingly effective strategies for restoring order and civility to today's turbulent classrooms. Now you too can use this philosophy as a foundation for fostering cooperation,

problem-solving skills, and mutual respect in children. Imagine, instead of controlling behavior, you can be teaching; instead of confronting apathy, you will enjoy motivated, eager students! Inside, you'll discover how to:

- Create a classroom climate that enhances academic learning
- Use encouragement rather than praise and rewards
- Instill valuable social skills and positive behavior through the use of class meetings
- Understand the motivation behind students' behavior instead of looking for causes
- And much more!

Over 1 million Positive Discipline books sold!

**positive discipline: Positive Parenting** Rebecca Eanes, 2016-06-07 This is a must-read for every family that yearns to create peace and harmony." --Shefali Tsabary, Ph.D., New York Times bestselling author of *The Conscious Parent* Tired of yelling and nagging? True family connection is possible--and this essential guide shows us how. Popular parenting blogger Rebecca Eanes believes that parenting advice should be about more than just getting kids to behave. Struggling to maintain a meaningful connection with her two little ones and frustrated by the lack of emotionally aware books for parents, she began to share her own insights with readers online. Her following has grown into a thriving community--hundreds of thousands strong. In this eagerly anticipated guide, Eanes shares her hard-won wisdom for overcoming limiting thought patterns and recognizing emotional triggers, as well as advice for connecting with kids at each stage, from infancy to adolescence. This heartfelt, insightful advice comes not from an expert, but from a learning, evolving parent. Filled with practical, solution-oriented advice, this is an empowering guide for any parent who longs to end the yelling, power struggles, and downward spiral of acting out, punishment, resentment, and shame--and instead foster an emotional connection that helps kids learn self-discipline, feel confident, and create lasting, loving bonds.

**positive discipline: Raising Self-Reliant Children in a Self-Indulgent World** H. Stephen Glenn, Jane Nelsen, Ed.D., 2000-06-15 No parent or educator can afford to ignore this groundbreaking work! Bestselling authors H. Stephen Glenn and Jane Nelsen have helped hundreds of thousands of parents raise capable, independent children with *Raising Self-Reliant Children in a Self-Indulgent World*. On its tenth anniversary, this parenting classic returns with fresh, up-to-date information to offer you inspiring and workable ideas for developing a trusting relationship with children, as well as the skills to implement the necessary discipline to help your child become a responsible adult. Those who think in terms of leniency versus strictness will be surprised. This book goes beyond these issues to teach children to be responsible and self-reliant—not through outer-directed concerns, such as fear and intimidation, but through inner-directed behavior, such as feeling accountable for one's commitments. Inside, you'll discover how to instill character-building values and traits in your child that last a lifetime. During these turbulent days when families are in disarray and children are getting the short end of the stick, this book can be very helpful to parents who are struggling to bring up self-reliant children. Even after raising five of my own and becoming a grandfather for the seventh time, I got some new ideas out of it!—Art Linkletter An inspiring, workable formula for developing closeness, trust, dignity, and respect . . . a real gem.—Becky Ridgeway, School Social Worker

**positive discipline: Positive Discipline in Everyday Parenting** Joan E. Durrant, 2016

**positive discipline: Jared's Cool-Out Space** Jane Nelsen, Ashlee Wilkin, 2013-11-01

**positive discipline: Positive Discipline for Single Parents, Revised and Updated 2nd Edition** Jane Nelsen, Ed.D., Cheryl Erwin, M.A., Carol Delzer, 1999-07-28 A Positive, Proven Approach to Single Parenting! As a single parent in our complex world, you face the challenge of doing alone a job that was meant for two people. In addition, self-doubt and guilt may dampen the joy you experience raising your child. What do you do? Over the years, millions of parents just like you have come to trust Jane Nelsen's classic POSITIVE DISCIPLINE series for its consistent, commonsense approach to child rearing. In this completely revised and updated edition of *Positive Discipline for Single Parents* you'll learn how to succeed as a single parent in the most important job of your life: raising a child who is responsible, respectful, and resourceful. Inside this reassuring book, you'll discover how to:

- Identify potential problems and develop skills to prevent them
- Budget time each week for family activities
- Create a respectful coparenting relationship with your former

spouse ·Use nonpunitive methods to help your children make wise decisions about their behavior  
·And much, much more! Provides very important information for single parents, especially in today's violent society. Used as a resource, it can help parents deal with discipline issues in a positive way and in turn help their children become responsible citizens.—Judy Foy, international vice president, Community Relations, Parents Without Partners Another great resource for both single parents and therapists . . . practical and enjoyable to read. A must for your parenting library.—Stephen Sprinkel, marriage and family therapist

**positive discipline:** Positive Discipline for Parenting in Recovery Jane Nelsen, Jane Nelsen, Ed.D., M.F.C.C., Riki Intner, Lynn Lott, Lynn Lott, M.A., M.F.C.C., 2011-03-22 Give up guilt and shameRebuild trustCreate structure and routineImprove communicationsLearn parenting skills

**positive discipline: Positive Discipline for Children with Special Needs** Jane Nelsen, Steven Foster, Arlene Raphael, 2011-03-08 Over 2 Million Positive Discipline Books Sold! A Positive Approach To Helping Children With Special Needs Realize Their Potential Every child deserves to lead a happy and fulfilling life. For parents and teachers of children with special needs, helping their child to not only negotiate daily challenges, but to live fulfilling, meaningful lives, can be the most difficult challenge they will face. Over the years, millions of parents and teachers have come to trust Jane Nelsen's classic Positive Discipline series for its consistent, commonsense approach to childrearing. Now, the bestselling series addresses the specific challenges that parents and teachers of children with special needs face, and offers them straightforward advice for supporting them in positive ways. In these pages are practical solutions to challenges such as: Learning to look beyond diagnostic labels ● Believing in each child's potential regardless of his/her stage of development ● Helping children integrate socially and interact with their peers ● Coping with the frustration that inevitably occurs when a child is being difficult ● Strengthening a child's sense of belonging and significance ● And Many More! Use this book to answer such questions as: • How do you accommodate a disability, while still teaching a child to try their best? • How do you help a child cope with anger they may have trouble expressing, especially when that anger may on some level be justified? • How do you teach a child who may struggle with seemingly straight forward tasks to contribute to the world around them in a way that will be meaningful to them? "If you are raising or teaching a child with special needs, this book is a must-read. As the mother of a child with autism, my hopes and dreams for my son were no different than those of other parents. I wanted a parenting approach that helped my child grow up to be self confident, happy, and prepared for success in relationships, work, and life. I also needed practical, effective methods for addressing the significant, challenging behaviors I faced on a daily basis. Finally, in this amazing book, I found both....Thank you, thank you, thank you to the authors of this groundbreaking book." - Rachel Fink Parks, MS, PCC

**positive discipline: Parenting Matters** National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Supporting the Parents of Young Children, 2016-11-21 Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure.

Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

**positive discipline: Positive Discipline: A Teacher's A-Z Guide** Jane Nelsen, Linda Escobar, Kate Ortolano, Roslyn Ann Duffy, Debbie Owen-Sohocki, 2009-09-30 Take back the classroom and make a positive difference in your students' lives. Many teachers today are facing problems and discipline issues they never dreamed of when they decided to become teachers. Combine violence, behavioral disorders, and downright defiant attitudes from students with the age-old problems of bullying, poor attendance, and more, and the mix is positively lethal. However, there are effective, positive strategies for restoring order and turning the teacher-student relationship into one of mutual respect. Applicable to all grade levels, this comprehensive A to Z guide addresses modern-day problems and practical solutions for establishing an effective learning environment. Inside, you'll discover: • The 17 fundamental tools of positive discipline • Real-life stories of proven positive discipline strategies • Suggestions for establishing and maintaining respectful, nurturing relationships with students • And much more! Overcome obstacles and get back to why you became a teacher in the first place: to empower students with confidence, self-respect, and resourcefulness. —Bill Scott, principal, Birney Elementary School, Marietta, Georgia An inspiring, information-packed book. All teachers—from those just beginning to those with many years of experience—will find the tools of positive discipline easy to use. —Phillip Harris, Ed.D., director, Center for Professional Development and Services, Phi Delta Kappa International

**positive discipline: Gentle Discipline** Sarah Ockwell-Smith, 2017-08-29 As seen in the New York Times -- a practical guide that presents an alternative to shouting, shaming, and blaming--to give kids the skills they need to grow and thrive Discipline is an essential part of raising happy and successful kids, but as more and more parents are discovering, conventional approaches often don't work, and can even lead to more frustration, resentment, power struggles, and shame. Enter Sarah Ockwell-Smith, a popular parenting expert who believes there's a better way. Citing the latest research in child development, psychology and neuroscience, Gentle Discipline debunks common myths about punishments, rewards, the naughty chair, and more, and presents practical, connection-based techniques that really work--and that bring parents and kids closer together instead of driving them apart. Topics include: Setting--and enforcing--boundaries and limits with compassion and respect Focusing on connection and positivity instead of negative consequences Working with teachers and other caregivers Breaking the cycle of shaming and blaming Filled with ideas to try today, Gentle Discipline helps parents of toddlers as well as school-age kids embrace a new, more enlightened way to help kids listen, learn and grow.

**positive discipline: Positive Discipline** Eric Harvey, Paul Sims, 2005-12 Describes five key steps for addressing employee performance issues and achieving better outcomes.

**positive discipline: How to Raise a Reader** Pamela Paul, Maria Russo, 2019-09-03 An indispensable guide to welcoming children—from babies to teens—to a lifelong love of reading, written by Pamela Paul and Maria Russo, editors of The New York Times Book Review. Do you remember your first visit to where the wild things are? How about curling up for hours on end to discover the secret of the Sorcerer's Stone? Combining clear, practical advice with inspiration, wisdom, tips, and curated reading lists, How to Raise a Reader shows you how to instill the joy and time-stopping pleasure of reading. Divided into four sections, from baby through teen, and each illustrated by a different artist, this book offers something useful on every page, whether it's how to

develop rituals around reading or build a family library, or ways to engage a reluctant reader. A fifth section, "More Books to Love: By Theme and Reading Level," is chockful of expert recommendations. Throughout, the authors debunk common myths, assuage parental fears, and deliver invaluable lessons in a positive and easy-to-act-on way.

**positive discipline:** Grit Angela Duckworth, 2016-05-05 UNLOCK THE KEY TO SUCCESS In this must-read for anyone seeking to succeed, pioneering psychologist Angela Duckworth takes us on an eye-opening journey to discover the true qualities that lead to outstanding achievement. Winningly personal, insightful and powerful, *Grit* is a book about what goes through your head when you fall down, and how that - not talent or luck - makes all the difference. 'Impressively fresh and original' Susan Cain

**positive discipline: Zero to Five** Tracy Cutchlow, 2015-04-21 When you're a new parent, the miracle of life might not always feel so miraculous. Maybe your latest 2:00 a.m., 2:45 a.m., and 3:30 a.m. wake-up calls have left you wondering how "sleep like a baby" ever became a figure of speech—and what the options are for restoring your sanity. Or your child just left bite marks on someone, and you're wondering how to handle it. First-time mom Tracy Cutchlow knows what you're going through. In *Zero to Five: 70 Essential Parenting Tips Based on Science (and What I've Learned So Far)*, she takes dozens of parenting tips based on scientific research and distills them into something you can easily digest during one of your two-minute-long breaks in the day. The pages are beautifully illustrated by award-winning photojournalist Betty Udesen. Combining the warmth of a best friend with a straightforward style, Tracy addresses questions such as: Should I talk to my pregnant belly / newborn? Is that going to feel weird? (Yes, and absolutely.) How do I help baby sleep well? (Start with the 45-minute rule.) How can I instill a love of learning in my child? (By using specific types of praise and criticism.) What will boost my child's success in school? (Play that requires self-control, like make-believe.) My baby loves videos and cell-phone games. That's cool, right? (If you play, too.) What tamps down temper tantrums? (Naming emotions out loud.) My sweet baby just hit a playmate / lied to me about un-potting the plant / talked back. Now what? (Choose one of three logical consequences.) How do I get through an entire day of this? (With help. Lots of help.) Who knew babies were so funny? (They are!) Whether you read the book front to back or skip around, *Zero to Five* will help you make the best of the tantrums (yours and baby's), moments of pure joy, and other surprises along the totally-worth-it journey of parenting.

**positive discipline: Positive Discipline: The First Three Years, Revised and Updated Edition** Jane Nelsen, Cheryl Erwin, M.A., Roslyn Ann Duffy, 2015-02-24 The celebrated Positive Discipline brand of parenting books presents the revised and updated third edition of their readable and practical guide to communicating boundaries to very young children and solving early discipline problems to set children up for success. Over the years millions of parents have used the amazingly effective strategies of Positive Discipline to raise happy, well-behaved, and successful children. Research has shown that the first three years in a child's life are a critical moment in their development, and that behavior patterns instilled during that time can have profound implications for the rest of a child's life. Hundreds of thousands of parents have already used the advice in *Positive Discipline: The First Three Years* to help set effective boundaries, forge strong foundations for healthy communication, and lay the groundwork for happy and respectful relationships with their young children. Now this classic title has been revised and updated to reflect the latest neuroscientific research and developments in positive discipline parenting techniques.

**positive discipline: Peaceful Parent, Happy Kids** Laura Markham, 2012-11-27 A groundbreaking guide to raising responsible, capable, happy kids Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham's approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested

phrasing for parents of toddlers right through the elementary years. If you're tired of power struggles, tantrums, and searching for the right "consequence," look no further. You're about to discover the practical tools you need to transform your parenting in a positive, proven way.

**positive discipline: Positive Parenting** Susan Garcia, 2020-10-28 Have you tried different discipline methods but nothing seems to work with your child? Are you afraid that your child may have problems in the future if he does not receive good discipline now? Don't you know which strategy to use anymore? Are you going to give up? Keep reading... My name is Susan Garcia and a few years ago I was in the same situation as you. I am the mother of two wonderful children and thanks to my work as an educator and family counselor I have been in contact with thousands of children and parents throughout my career. The problem that happened to me most frequently is the fear of discipline. Discipline is always associated with something negative by parents. But this is not the case at all. Discipline is a good thing if you know how to use it. The first thing to understand is that there is a big difference between discipline and punishment. While discipline is essential to raising your child, punishment is not always the right technique to use. Today's children are growing faster, and the techniques that worked a few years ago today are no longer effective. You need something completely different, a new approach to educating children. Positive Discipline is just what you need. Positive disciplines completely changed my way of approaching children's education. Since I started using this technique with my children I have seen some incredible improvements in our relationship since the first few weeks. Later I also transferred my experience to my work and in a few years I achieved sensational results. Not only did the parents solve their daily problems quickly, but they improved the connection and communication with their children thanks to positive discipline. In this book I transferred all my experience on the revolutionary technique of Positive Discipline and the best way to apply it to everyday life In this book you will discover: All you need to know about positive discipline Why the old techniques doesn't work today Practical examples of daily life with children How to impose logical consequences without punishment How to improve communication with your child How to avoid most common mistake every parents make How to connect with your child How to raise a happy and disciplined children Being a good parent is easier than you think. Following this guide you will notice improvements in your family life in less than a month. This simple but comprehensive guide is fine even if you have already tried other methods in the past without good results. Suitable for both parents with young children (For Teenagers I have written another book that you should read) and to those about to become a parent. Stop being afraid for your child's future. Start now to build a relationship of trust, to improve communication and to understand how to correct his behavior. This way you will improve his self-esteem and prepare him for a successful life. Don't think about it too much. Scroll up and click Add to Cart RIGHT NOW!

**positive discipline: The Everything Parent's Guide to Positive Discipline** Ellen Bowers, 2011-10-15 A child talks back to her mother. A teenager starts slamming doors and giving dirty looks. A naughty toddler seems to enjoy the negative response he gets from his exhausted parents. When misbehaviors begin, they can quickly escalate into an uphill battle of yelling, tears, and resistance--on both sides. This guide is a reassuring and realistic resource for parents struggling to find a positive balance with their kids, featuring guidance on how to: Set priorities for children of any age Open the lines of communication both ways Enforce punishments that teach rather than torture Work successfully with your partner Cultivate an environment of mutual respect With short takeaways at the conclusion of each chapter, this guide is the only resource you need to cope with behavior issues and raise a well-behaved child!

**positive discipline: Dare to Lead** Brené Brown, 2018-10-11 In her #1 NYT bestsellers, Brené Brown taught us what it means to dare greatly, rise strong and brave the wilderness. Now, based on new research conducted with leaders, change makers and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Leadership is not about titles, status and power over people. Leaders are people who hold themselves accountable for recognising the potential in people and ideas, and developing that potential. This is a book for everyone who is ready to choose courage over comfort, make a difference and lead. When we dare to lead, we don't pretend

to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it and work to align authority and accountability. We don't avoid difficult conversations and situations; we lean into the vulnerability that's necessary to do good work. But daring leadership in a culture that's defined by scarcity, fear and uncertainty requires building courage skills, which are uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the same time we're scrambling to figure out what we have to offer that machines can't do better and faster. What can we do better? Empathy, connection and courage to start. Brené Brown spent the past two decades researching the emotions that give meaning to our lives. Over the past seven years, she found that leaders in organisations ranging from small entrepreneurial start-ups and family-owned businesses to non-profits, civic organisations and Fortune 50 companies, are asking the same questions: How do you cultivate braver, more daring leaders? And, how do you embed the value of courage in your culture? *Dare to Lead* answers these questions and gives us actionable strategies and real examples from her new research-based, courage-building programme. Brené writes, 'One of the most important findings of my career is that courage can be taught, developed and measured. Courage is a collection of four skill sets supported by twenty-eight behaviours. All it requires is a commitment to doing bold work, having tough conversations and showing up with our whole hearts. Easy? No. Choosing courage over comfort is not easy. Worth it? Always. We want to be brave with our lives and work. It's why we're here.'

**positive discipline: The Old Man and the Sea** Ernest Hemingway, 2022-08-01 DigiCat Publishing presents to you this special edition of *The Old Man and the Sea* by Ernest Hemingway. DigiCat Publishing considers every written word to be a legacy of humankind. Every DigiCat book has been carefully reproduced for republishing in a new modern format. The books are available in print, as well as ebooks. DigiCat hopes you will treat this work with the acknowledgment and passion it deserves as a classic of world literature.

**positive discipline: Find Momo** Andrew Knapp, 2014-03-04 Play hide-and-seek with Instagram's favorite border collie, hiding in every page of this New York Times best-selling book of beautiful landscape photography. Momo and his best buddy Andrew Knapp travel all over—through fields, down country roads, across cities, and into yards, neighborhoods, and spaces of all sorts. The result is a book of spectacular photography that's also a game for kids or adults of all ages. Perfect for fans of coffee table books, a must-have for kids on a long car trip, and a great dog lover gift.

**positive discipline: The Everything Parent's Guide To Positive Discipline** Carl E Pickhardt, 2003-12-01 *The Everything Parent's Guide to Positive Discipline* gives you all you need to help you cope with behavior issues, both large and small. Written by noted psychologist Dr. Carl E. Pickhardt, this authoritative, practical book provides you with professional advice on dealing with everything from getting your kids to do their homework to teaching them to respect their elders. *The Everything Parent's Guide to Positive Discipline* shows you how to: - Set priorities; - Promote communication; - Establish the connection between choice and consequence; - Enforce punishment; - Change discipline style to reflect the age of the child; - Work with your partner as a team. *The Everything Parent's Guide to Positive Discipline* is guaranteed to help you keep the peace, and raise a well-behaved child in any home!

**positive discipline: Lost Boys** James Garbarino, 1999-08-10 In the first book to help parents truly understand youth violence and stop it before it explodes, national expert Dr. James Garbarino reveals how to identify children who are at risk and offers proven methods to prevent aggressive behavior. After more than a decade of relentless increase in the urban war zones of large cities, violence by young boys and adolescents is on the rise in our suburbs, small towns, and rural communities. Twenty-five years as a psychologist working in the trenches with such children has convinced James Garbarino that boys everywhere really are angrier and more violent than ever before. In light of the recent school-based shootings, it's now clear that no matter where we live or how hard we try as parents, chances are our children are going to school with troubled boys capable of getting guns and pulling triggers. Beyond the deaths and debilitating injuries that result from this

phenomenon are the staggering psychological costs -- children who are afraid to go to school, teachers who are afraid of their students, and parents who fear for their children's lives. Building on his pioneering work, Garbarino shows why young men and boys have become increasingly vulnerable to violent crime and how lack of adult supervision and support poses a real and growing threat to our children's basic safety. For these vulnerable boys, violence can become normal, the right thing to do. Terry, one of the boys Garbarino interviews, says I just wasn't gonna take it anymore. I knew I would have to pay the price for what I did, but I didn't care. We've seen how the deadly combination of ignoring excessively bad behavior and allowing easy access to guns has destroyed families in Pennsylvania, Oregon, New York, Washington, Kentucky, and Arkansas. Fortunately, parents can spot troubled boys and take steps to protect their families from violence if they know what signs to look for -- lack of connection, masking emotions, withdrawal, silence, rage, trouble with friends, hypervigilance, cruelty toward other children and even animals -- all warning signs that every parent and peer can recognize and report. Dr. Garbarino, whom Dr. Stanley Greenspan of the National Institute of Mental Health hails as one of the true pioneers in our understanding of the inner life of our youth, addresses the wide range of issues that boys of every temperament and from every background may have to confront as they grow and develop. By outlining the steps parents, teachers, and public officials can take to keep all children safer, Dr. Garbarino holds out hope and solutions for turning our kids away from violence, before it is too late. This is one of the most important and original books ever written about boys.

**positive discipline:** *Positive Discipline* Jane Nelsen, Ed.D., 2011-05-25 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.

**positive discipline: The Kazdin Method for Parenting the Defiant Child** Alan E. Kazdin, Carlo Rotella, 2009 Features a step-by-step method for parents that experience problems with their children; discusses seven myths of parenting; and offers advice for solving common issues with children in different age groups, from toddlers to adolescents.

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