

Positive Discipline Jane Nelsen

Positive Discipline Jane Nelsen positive discipline jane nelsen has become a cornerstone concept in contemporary parenting and educational philosophies. Rooted in the belief that discipline should nurture, teach, and guide children rather than punish them, Jane Nelsen's approach emphasizes building respectful and connected relationships. Her principles advocate for fostering children's intrinsic motivation, emotional intelligence, and problem-solving skills, ultimately promoting healthier development and stronger family bonds. This article delves into the core ideas of positive discipline as presented by Jane Nelsen, exploring its foundational principles, practical strategies, benefits, and how it can be implemented effectively in everyday life.

Understanding Positive Discipline According to Jane Nelsen

What Is Positive Discipline? Positive discipline is a parenting and teaching philosophy that focuses on teaching children self-control and responsibility through encouragement and guidance rather than punishment. Jane Nelsen emphasizes that discipline should be a positive, respectful process that helps children develop internal motivation and ethical behavior.

The Philosophy Behind Jane Nelsen's Approach

Jane Nelsen's positive discipline philosophy is built on several key beliefs:

- Children are motivated by a sense of belonging and significance.
- Discipline should teach rather than punish.
- Respectful communication fosters cooperation.
- Failures and mistakes are opportunities for learning.
- Parents and teachers should serve as role models.

Core Principles of Positive Discipline

- Respect for the Child** One of the fundamental principles in Jane Nelsen's philosophy is treating children with respect, recognizing their dignity and individuality. Respectful interactions promote trust and open communication.
- Encouragement Instead of Praise** Nelsen advocates for encouragement that fosters intrinsic motivation rather than superficial praise. Encouragement emphasizes effort, persistence, and progress.
- Connecting Before Correcting** Before addressing misbehavior, it's essential to connect emotionally with the child. Building a relationship first creates a foundation for effective discipline.
- Understanding the Purpose of Behavior** Children's behaviors often serve a purpose.

Recognizing the underlying needs or feelings behind actions helps in addressing issues constructively. Teaching Problem-Solving Skills Instead of dictating solutions, positive discipline encourages children to think critically and develop their problem-solving abilities. Practical Strategies for Implementing Positive Discipline Effective Communication Techniques Implementing positive discipline involves using respectful and empathetic language: Use “I” statements to express feelings (e.g., “I feel worried when...”). 1. Avoid harsh words or threats. 2. Active listening to understand the child's perspective. 3. Setting Clear and Consistent Limits Children need boundaries to feel secure. Clear rules should be age-appropriate, consistently enforced, and explained: State expectations positively (e.g., “Please walk inside” instead of “Don’t run”). Follow through with consequences calmly and consistently. Using Natural and Logical Consequences Allow children to experience the natural outcomes of their actions or implement logical consequences related to misbehavior: Natural consequence: If a child refuses to wear a coat, they feel cold. Logical consequence: If a child draws on the walls, they help clean it. 3 Implementing Teaching Moments Turn misbehavior into an opportunity for learning: Discuss feelings and alternative behaviors. Help children understand the impact of their actions. Offering Choices and Encouraging Autonomy Empower children by giving them options within limits: “Would you like to do your homework now or after dinner?” Encourages responsibility and reduces power struggles. The Benefits of Positive Discipline Promotes Emotional Development Children learn to identify and regulate their emotions, leading to greater emotional intelligence. Builds Trust and Respect Respectful communication fosters stronger parent-child relationships. Encourages Internal Motivation Children develop intrinsic motivation to behave well because they understand and value the reasons behind rules. Reduces Behavioral Issues By teaching children appropriate ways to express themselves, behavioral problems tend to decrease over time. Prepares Children for Society Positive discipline instills social skills, empathy, and responsibility necessary for successful social integration. Challenges and Misconceptions of Positive Discipline Myth: Positive Discipline Means No Rules Reality: Rules are necessary, but they are set with respect and explained clearly. The focus is on teaching rather than punishment. 4 Myth: It’s Permissive Reality: Positive discipline is firm but respectful, establishing boundaries while fostering independence. Handling Resistance and Difficult Situations It’s common for children to test boundaries; patience,

consistency, and empathy are crucial in managing resistance. Implementing Positive Discipline in Daily Life For Parents - Practice patience and self-awareness. - Model respectful behavior. - Use calm, firm language. - Involve children in setting rules. - Focus on solutions rather than punishment. For Educators - Create a classroom environment based on respect. - Use positive reinforcement. - Incorporate problem-solving activities. - Build relationships with students. - Address conflicts with empathy and understanding. Resources and Further Reading - Jane Nelsen's books, including Positive Discipline series. - Workshops and training sessions on positive discipline. - Support groups and parenting communities adopting these principles. Conclusion Positive discipline as advocated by Jane Nelsen offers a compassionate and effective approach to raising well-adjusted, responsible, and emotionally intelligent children. By emphasizing respect, encouragement, and teaching, this philosophy transforms traditional notions of discipline into opportunities for growth and connection. While it requires patience, consistency, and practice, the long-term benefits for children, parents, and educators make it a worthwhile approach. Embracing positive discipline fosters a nurturing environment where children can thrive, learn from their mistakes, and develop the skills necessary for a successful life.

QuestionAnswer 5 What is the core philosophy of Positive Discipline by Jane Nelsen? The core philosophy of Positive Discipline by Jane Nelsen emphasizes respectful, encouraging, and solution-focused approaches to parenting and teaching, fostering cooperation and self-discipline in children without punishment. How does Jane Nelsen suggest parents handle misbehavior using Positive Discipline? Jane Nelsen recommends understanding the underlying cause of misbehavior, setting clear boundaries, and guiding children with empathetic communication and logical consequences rather than punishment. What are some key principles of Positive Discipline according to Jane Nelsen? Key principles include mutual respect, encouragement, understanding the child's feelings, fostering problem-solving skills, and emphasizing long-term character development over immediate compliance. How can Positive Discipline improve a child's self-esteem? By focusing on respectful communication, avoiding punishment, and encouraging problem-solving, Positive Discipline helps children develop confidence, self-control, and a sense of responsibility, thereby boosting their self-esteem. What role does empathy play in Jane Nelsen's Positive Discipline approach? Empathy is central; it involves understanding

and validating the child's feelings, which helps build trust, encourages cooperation, and teaches children to understand and manage their emotions. Can Positive Discipline be effective in academic settings or only at home? Positive Discipline principles are applicable both at home and in academic settings, promoting respectful relationships, encouraging responsibility, and fostering a positive environment for learning. What are some practical strategies from Jane Nelsen's Positive Discipline for dealing with sibling rivalry? Strategies include teaching problem-solving skills, encouraging empathy, setting clear boundaries, and praising positive interactions to promote cooperation and reduce conflicts. How does Positive Discipline differ from traditional punitive discipline methods? Unlike punitive methods that rely on punishment and threats, Positive Discipline focuses on teaching, guidance, and encouragement, fostering intrinsic motivation and respectful relationships. Where can parents learn more about implementing Jane Nelsen's Positive Discipline techniques? Parents can learn more through Jane Nelsen's books, workshops, online courses, and resources available on the Positive Discipline website and affiliated educational platforms. Positive Discipline Jane Nelsen has become a cornerstone concept for many parents, educators, and caregivers seeking to foster respectful, responsible, and cooperative children. Rooted in the principles developed by Dr. Jane Nelsen, this approach emphasizes connection over punishment, encouraging children to develop internal motivation and self-discipline through understanding, empathy, and guidance. In this comprehensive guide, we will explore the core principles of positive discipline Jane Nelsen, its practical Positive Discipline Jane Nelsen 6 applications, benefits, and how to implement it effectively in everyday parenting and teaching scenarios. --- What Is Positive Discipline According to Jane Nelsen? Positive discipline Jane Nelsen is a parenting philosophy that promotes mutual respect, encouragement, and problem-solving rather than punitive measures. It is based on the idea that children want to learn and grow, and that discipline should be an opportunity to teach rather than punish. Dr. Jane Nelsen, a licensed marriage and family therapist, emphasizes that discipline should nurture a child's sense of belonging and significance, fostering intrinsic motivation and social-emotional skills. Core Principles of Positive Discipline - Mutual Respect: Recognizing children as capable individuals, deserving of respect and understanding. - Encouragement: Focusing on children's strengths and efforts to build confidence. - Connection Before Correction:

Building a strong emotional bond to facilitate learning and cooperation. - Teaching Responsibility: Guiding children to understand the consequences of their actions. - Problem-Solving: Involving children in finding solutions to behavioral issues. --- The Foundations of Jane Nelsen's Positive Discipline Model 1. Focus on Connection At the heart of positive discipline Jane Nelsen is the idea that building a genuine connection with children creates a foundation for effective discipline. When children feel understood and valued, they are more receptive to guidance. 2. Emphasize Teaching and Learning Instead of punishing misbehavior, the approach encourages teaching children about appropriate behavior, empathy, and self- regulation. Discipline becomes a teaching opportunity rather than a punitive response. 3. Use of Encouragement Encouragement is a powerful tool in positive discipline. It involves acknowledging effort and progress, which boosts children's self-esteem and motivates positive behavior. 4. Understanding Developmental Stages Recognizing that children are continually developing helps caregivers set realistic expectations and tailor their discipline strategies accordingly. --- Practical Strategies of Positive Discipline Based on Jane Nelsen's Principles 1. Setting Clear and Respectful Limits Children thrive when they know what is expected of them. Clear, respectful boundaries are essential. - Use simple, positive language ("Please walk inside," rather than "Don't run.") - Explain the reasons behind rules to foster understanding. 2. Using Empathy and Active Listening Listening intently to children's feelings and perspectives helps validate their emotions and promotes cooperation. - Reflect their feelings ("It seems like you're upset because you can't play with that toy.") - Show empathy before offering solutions. 3. Redirecting and Problem-Solving When misbehavior occurs, redirect children to appropriate activities or involve them in solving problems. - Offer alternatives ("You can build with blocks or draw a picture.") - Engage children in finding solutions ("What do you think we can do to keep everyone safe?") 4. Fostering Independence and Responsibility Encourage children to take responsibility for their actions through age-appropriate tasks and choices. - Assign chores or responsibilities. - Allow children to experience natural consequences. 5. Using Natural and Logical Consequences Natural consequences teach children about the impact of their Positive Discipline Jane Nelsen 7 actions naturally, while logical consequences are directly related to misbehavior. - Natural: If a child refuses to wear a coat, they feel cold. - Logical: If a child draws on the wall, they help clean it. --- The

Role of Parent and Teacher Mindset in Positive Discipline

- 1. Cultivating Patience and Consistency Consistency helps children understand boundaries. Patience is vital as children learn new behaviors.
- 2. Modeling Desired Behaviors Children learn a great deal through observation. Demonstrate respectful communication, problem-solving, and emotional regulation.
- 3. Avoiding Power Struggles Instead of engaging in battles of will, guide children collaboratively towards solutions.
- 4. Emphasizing Connection Over Control Prioritize building a trusting relationship over exerting authority.

--- Benefits of Implementing Jane Nelsen's Positive Discipline

- Builds Self-Esteem: Children feel valued and competent.
- Develops Emotional Intelligence: Recognizing and managing emotions improves social skills.
- Promotes Cooperation: Respectful boundaries encourage willing participation.
- Reduces Behavioral Problems: Children are more motivated to behave well when they understand and feel respected.
- Fosters Lifelong Skills: Problem-solving, responsibility, and empathy are cultivated.

--- Common Challenges and How to Overcome Them

- 1. Dealing with Resistance Children may test limits or act out as part of development.
 - Stay calm and patient.
 - Reiterate limits kindly and consistently.
 - Use empathy to understand underlying feelings.
- 2. Managing Parental/Teacher Frustration Discipline can be demanding; self-care is essential.
 - Practice patience and self-reflection.
 - Seek support from parenting groups or professionals.
 - Remember that change takes time.
- 3. Handling Persistent Misbehavior Some behaviors require tailored strategies.
 - Reassess expectations.
 - Collaborate with children to find solutions.
 - Reinforce positive behaviors with encouragement.

--- Integrating Positive Discipline into Daily Life

Tips for Parents and Educators:

- Start Small: Implement one or two strategies at a time.
- Be Consistent: Children thrive on predictability.
- Use Praise Wisely: Focus on effort, not just outcomes.
- Create Routines: Routines provide stability and clarity.
- Involve Children in Rules: Empower them by including their input.
- Reflect and Adjust: Regularly assess what works and modify accordingly.

--- Final Thoughts

Positive discipline Jane Nelsen offers a compassionate, effective framework for raising responsible, respectful, and emotionally healthy children. By prioritizing connection, understanding, and teaching, caregivers can navigate behavioral challenges with patience and confidence. Implementing these principles requires commitment and mindfulness but results in a nurturing environment where children can thrive both emotionally and socially. Remember, discipline is not about control but about guiding

children toward becoming their best selves. With love, consistency, and respect, positive discipline can transform the parent-child or teacher-student relationship, fostering cooperation and mutual respect that lasts a lifetime. positive discipline, jane nelsen, behavior management, respectful parenting, children discipline, effective parenting, family relationships, child development, parenting strategies, positive reinforcement

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Ed.D. Jane Nelsen, Ed.D. Jane Nelsen, Ed.D. Jane Nelsen, Ed.D. Jane Nelsen, Ed.D. Jane Nelsen Jane Nelsen, Ed.D. Jane Nelsen, Ed.D. Jane Nelsen Jane Nelsen Jane Nelsen, Ed.D. Jane Nelsen, Ed.D. Jane Nelsen Jane Nelsen, Ed.D. Jane Nelsen Jane Nelsen

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

the key to discipline is not punishment but mutual respect all parents try to do their best but the best of intentions don t always produce the best results dr jane nelsen an experienced psychologist educator and mother believes that children misbehave when they feel thwarted in their need to belong and in their need for love and attention an authoritative approach using phrases like because i said so will only lead to rebellious behavior instead parents need basic principles that bring them and their children closer they need positive discipline dr nelsen explains that parents who use kindness and firmness to teach life skills will encourage self respect self discipline cooperation good behavior and problem solving skills in their children in positive discipline revised and

updated for the 90s she shows all of us parents and teachers alike exactly how her practical program works answering step by step such important questions as what works better than punishment to teach children positive good behavior what mistakes do most parents make in the name of love how can parents turn their mistakes into assets how can praise be dangerous what are the dangers of trying to be super mom how can teachers avoid discipline problems in the classroom it is positive it works it saves your sanity and it is easy to share with others julie pope parent sacramento ca as a parent and psychotherapist i have found enormous value and practical wisdom in positive discipline it conveys a win win atmosphere for parents and children the techniques are so easy to learn and fun to use anyone following these concepts will see almost instant results and big smiles on the faces of their children katherine dusay psychotherapist san francisco ca

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

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

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

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 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

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

teachers and parents all over the globe are struggling with children's behavioral problems this comprehensive guide provides tried and true methods for turning these problems into opportunities for learning perfect for all grade levels the book addresses everyday issues such as gum chewing name calling and disruptions to more serious offenses such as graffiti gangs and violence presented in an easy to use alphabetical format the book quickly enables the reader to find a specific problem following a discussion of the problem are practical suggestions solutions and ideas to prevent future occurrences an inspirational story is included for each problem that is discussed this latest addition to prima's bestselling positive discipline series includes fifteen fundamental tools of positive discipline methods for approaching discussing and solving common classroom problems suggestions for establishing and maintaining a respectful nurturing learning environment exercises for empowering students with problem solving skills they can use in all aspects of their lives

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

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

teaching parenting the positive discipline way developed by lynn lott and jane nelsen is a research based parent education program that provides a step by step approach to starting and leading experientially based parenting groups

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

presents strategies for increasing student discipline by promoting self esteem cooperation and a positive atmosphere in class

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 consistant 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 judge 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

a positive approach to raising happy healthy and mature teenagers adolescence can be a time of great stress and turmoil not only for kids going through it but for their parents as well it s normal for teens to explore a new sense of freedom and to redefine the ways in which they relate to their parents and that process can sometimes leave parents feeling powerless alienated or excluded from their children s lives these effects can be magnified even further in this modern age of social networks cell phones and constant digital distraction this newly revised and updated edition of positive discipline for teenagers shows parents how to build stronger bridges of communication with their children break the destructive cycles of guilt and blame that occur in parent teen power struggles and work toward greater mutual respect with their adolescents at the core of the positive discipline approach is the understanding that teens still need their parents just in different ways and by better understanding who their teens really are parents can learn to encourage both their teens and themselves and instill good judgment without being judgmental the methods in this book work to build vital social and life skills through encouragement and empowerment not punishment truly effective parenting is about connection before

correction over the years millions of parents have come to trust jane nelsen s classic positive discipline series for its consistent commonsense approach to raising happy responsible kids this new edition is filled with proven effective methods for coping with such parenting challenges as fostering truly honest discussions with your teen helping your teen handle the online world turning mistakes into opportunities keeping your sanity while raising your teen and making sure your own teenage issues aren t weighing you down teaching your teen how to pursue the goal that make them happy and a few that make you happy too like chores making sure you re on your teen s side and that they know that avoiding the pitfalls of excessive control and excessive permissiveness

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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 in the school and classroom manual provides materials to empower schools to develop and implement a comprehensive school process that teaches mutual respect fosters academic excellence and teaches students in a structured experiential manner the basic skills they need to develop a strong sense of belonging and significance positive discipline in the school and classroom manual is organized to serve three primary purposes 1 to provide the resources to teach the social emotional skills necessary as the foundation for classmeetings and the tools to lead your

classroom into the process of positive discipline class meetings 2 to provide the materials used in the positive discipline in the classroom professional development training workshops 3 to provide resources and ideas to inspire co workers in your own school

all positive discipline tools for kids teach one or more of the five casel core competencies self awareness self management social awareness relationships skills responsible decision making see casel collaborative for academic and social emotional learning casel org

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