

## Positive Discipline Guidelines By Jane Nelsen

Positive Discipline Guidelines By Jane Nelsen Positive discipline guidelines by Jane Nelsen In recent years, the concept of effective parenting has shifted from traditional punishment-based methods to approaches that foster cooperation, respect, and emotional growth. Among the most influential voices in this movement is Jane Nelsen, a licensed marriage and family therapist, educator, and author. Her groundbreaking work on positive discipline has transformed how parents, teachers, and caregivers approach guiding children's behavior. Grounded in respect and understanding, her guidelines emphasize the importance of nurturing a child's self-esteem while teaching responsibility and social skills. This article explores the core principles of Jane Nelsen's positive discipline guidelines, providing practical insights into how they can be applied to foster healthier relationships and well-rounded children. --- Understanding Positive Discipline Before delving into Nelsen's specific guidelines, it's essential to understand what positive discipline entails. Unlike traditional punitive methods that rely on punishment and authoritarian control, positive discipline focuses on teaching, guiding, and encouraging children to develop self-control and problem-solving skills. It is rooted in the belief that children learn best when they feel respected, understood, and supported. Key aspects of positive discipline include:

- Building mutual respect between adults and children
- Encouraging cooperation rather than compliance
- Teaching children to understand the consequences of their actions
- Promoting emotional intelligence and empathy
- Fostering intrinsic motivation rather than extrinsic rewards or punishments

Jane Nelsen's approach emphasizes that discipline should be a teaching opportunity, not a punishment, helping children develop internal discipline rather than external compliance. --- Core Principles of Jane Nelsen's Positive Discipline Guidelines Jane Nelsen's positive discipline guidelines are rooted in several foundational principles that guide parents and educators toward more compassionate and effective discipline strategies.

1. Respect and Connection Respect is at the heart of Nelsen's philosophy. She advocates for treating children with dignity, understanding their feelings, and connecting with

them emotionally before addressing behavior issues. Practical tips include: - Acknowledging children's feelings ("I see you're upset"). - Listening actively to their concerns. - Showing empathy and understanding, even when setting boundaries. Building a strong connection creates a foundation of trust that makes discipline more effective and less confrontational.

2. Encouragement Over Praise While praise can sometimes be motivating, Nelsen emphasizes the power of encouragement—acknowledging effort and improvement instead of just innate qualities. Examples: - Instead of saying "You're so smart," say "I'm proud of how hard you worked on this project." - Focus on the process rather than just the outcome. Encouragement nurtures intrinsic motivation and resilience.

3. Teaching Responsibility and Problem-Solving Discipline, in Nelsen's view, is about helping children learn to solve problems and take responsibility for their actions. Strategies include: - Asking guiding questions ("What do you think you could do differently?"). - Offering choices to empower decision-making. - Helping children understand the impact of their behavior on others. This approach cultivates critical thinking and accountability.

4. Using Natural and Logical Consequences Nelsen advocates for allowing children to experience the natural consequences of their actions, provided they are safe and appropriate. For example: - If a child refuses to wear a coat, they may feel cold outside—learning the importance of preparedness. - Logical consequences are related directly to the behavior, such as cleaning up a mess they made. This method helps children see the real-world impact of their choices and learn from them.

5. Focus on Solutions, Not Punishments Rather than punishing misbehavior, Nelsen encourages focusing on finding solutions that address underlying issues. Approach: - Identify the problem together. - Brainstorm possible solutions. - Agree on a plan of action. This collaborative process teaches problem-solving skills and promotes cooperation.

--- Practical Positive Discipline Strategies by Jane Nelsen Building on her core principles, Nelsen offers specific strategies that parents and teachers can implement to foster positive discipline.

1. Use 'Timeouts' as a Cooling-Off Period Rather than punitive timeouts, Nelsen's approach recommends using timeouts as a chance for children to calm down and reflect. Guidelines: - Keep timeouts brief (1 minute per age year). - Explain the purpose ("You seem upset, and I want you to have a chance to calm down"). - Ensure the timeout space is safe, respectful, and free from shame.

2. Set Clear, Consistent Limits Children thrive on predictability and understanding expectations. Tips for setting limits: - Be specific and age-appropriate. - Explain the reasons behind rules. - Enforce limits consistently. Example: "We don't hit

because it hurts others. If you feel angry, you can tell me or use words." 3. Use 'I' Statements and Positive Language Effective communication focuses on expressing feelings without blame. Examples: - Instead of "You're bad for throwing toys," say "I feel upset when toys are thrown because it can break them and hurt others." - Frame requests positively: "Please walk inside so you don't trip." 4. Offer Choices to Promote Autonomy Giving children options helps them feel empowered and reduces power struggles. Examples: - "Would you like to do your homework now or after dinner?" - "Do you want to wear the red or blue shirt?" Ensure choices are respectful and limited to appropriate options. 5. Model the Behavior You Want to See Children learn a great deal through observation. Suggestions: - Demonstrate respectful communication. - Show patience and kindness. - Admit mistakes and apologize when necessary. Modeling positive behavior reinforces lessons more effectively than words alone. --- Addressing Common Discipline Challenges Nelsen's guidelines also provide strategies for navigating typical discipline challenges. Handling Tantrums and Meltdowns - Stay calm and empathetic. - Acknowledge feelings ("I see you're really upset"). - Offer a safe space and time to cool down. - Once calm, discuss feelings and solutions. Dealing with Defiance - Understand the underlying reasons (seeking independence, frustration). - Offer choices and involve children in setting limits. - Use problem-solving discussions rather than power struggles. 4 Managing Sibling Rivalry - Encourage sharing and turn-taking. - Praise positive interactions. - Address conflicts with calm discussions and fair consequences. --- Benefits of Implementing Jane Nelsen's Positive Discipline Guidelines Applying Nelsen's guidelines can lead to numerous positive outcomes for both children and caregivers. Benefits include: - Improved self-esteem and confidence in children. - Enhanced emotional intelligence. - Increased cooperation and mutual respect. - Better conflict resolution skills. - Stronger parent-child relationships. - Reduced behavioral problems over time. Research supports that children raised with positive discipline tend to be more responsible, empathetic, and resilient. --- Conclusion The positive discipline guidelines by Jane Nelsen offer a compassionate, effective framework for guiding children's behavior while fostering their emotional growth and self- esteem. Rooted in respect, understanding, and collaboration, her principles encourage caregivers to view discipline as an opportunity for teaching rather than punishment. By implementing strategies such as empathetic communication, natural consequences, offering choices, and modeling desired behaviors, adults can create nurturing environments that promote cooperation and responsibility. Parenting and

teaching are ongoing journeys, and adopting Nelsen's positive discipline guidelines can make these journeys more meaningful and successful. Embracing these principles can help cultivate confident, respectful, and resilient children who are equipped to navigate the complexities of life with empathy and integrity. --- Remember: Positive discipline is not about being permissive or lenient; it's about guiding children with love, respect, and clear boundaries. By doing so, we help them develop the skills necessary for a lifetime of positive relationships and personal growth.

What are the core principles of positive discipline according to Jane Nelsen? Jane Nelsen emphasizes respect, encouragement, understanding, and connection as the core principles of positive discipline. These principles focus on guiding children with kindness and firm boundaries rather than punishment. How does Jane Nelsen suggest parents handle misbehavior using positive discipline? Nelsen recommends focusing on teaching and guiding rather than punishing. Parents should stay calm, set clear expectations, and help children understand the impact of their actions, fostering cooperation and self-discipline.

What role does empathy play in Jane Nelsen's positive discipline guidelines? Empathy is fundamental in Nelsen's approach. She advises parents to see situations from their child's perspective, which helps in building trust, understanding the child's feelings, and responding appropriately to behavior. According to Jane Nelsen, how can parents promote intrinsic motivation in children through positive discipline? Nelsen suggests encouraging children to understand the natural consequences of their actions and involving them in problem-solving, which fosters internal motivation and responsibility rather than relying on external rewards or punishments.

What are some practical strategies from Jane Nelsen's positive discipline guidelines for everyday parenting? Practical strategies include using active listening, offering choices to empower children, using natural and logical consequences, and praising effort rather than just outcomes to build confidence and cooperation.

**Positive Discipline Guidelines by Jane Nelsen: A Comprehensive Review**

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**Introduction to Positive Discipline**

In the realm of parenting and education, the approach of positive discipline has gained significant traction over recent decades. At the forefront of this movement is Jane Nelsen, whose influential work has transformed traditional disciplinary methods into more empathetic, effective, and respectful strategies. Her guidelines emphasize fostering cooperation, mutual respect, and emotional growth, rather than relying on punishment or fear. This article delves deeply into Jane Nelsen's positive discipline guidelines, exploring their core principles, practical applications, and the profound impact they can have on children and families.

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Foundational Principles of Jane Nelsen's Positive Discipline Jane Nelsen's approach is rooted in several core philosophies that underpin her entire framework. Understanding these principles is essential to appreciating how her guidelines function in real-life situations.

- 1. Mutual Respect - Respect is the cornerstone of positive discipline. - Both children and adults are treated with dignity, fostering a respectful relationship. - Discipline is seen as a teaching opportunity rather than punishment.
- 2. Kindness and Firmness - Discipline should be kind but also firm, providing clear boundaries while maintaining empathy. - Consistency is key to helping children feel secure and understand expectations.
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- 3. Connection Before Correction - Building a strong emotional connection with children is prioritized. - Children are more receptive to guidance when they feel understood and connected.
- 4. Encouragement over Praise - Focus on encouraging efforts rather than just praising outcomes. - Cultivates intrinsic motivation and resilience.
- 5. Teaching Responsibility - Children are guided to understand the impact of their actions. - Emphasis on problem-solving and accountability.

--- The Core Guidelines of Positive Discipline by Jane Nelsen Jane Nelsen's guidelines serve as practical steps and philosophies that parents and educators can incorporate into daily interactions. These guidelines are designed to promote healthy development, emotional intelligence, and respectful relationships.

- 1. Focus on Teaching, Not Punishing - Instead of resorting to punitive measures, view misbehavior as a learning opportunity. - Use mistakes as a chance to teach problem-solving, empathy, and self-control. - Example: If a child is throwing toys, instead of scolding, explain how their actions affect others and suggest appropriate ways to express frustration.
- 2. Use Natural and Logical Consequences - Allow children to experience the natural consequences of their actions when appropriate. - Implement logical consequences that are directly related to the misbehavior. - Example: If a child refuses to wear a coat, they may feel cold; if they forget homework, they face the natural consequence of incomplete assignments.
- 3. Encourage Problem-Solving and Autonomy - Empower children to find solutions to their issues. - Ask guiding questions like, "What do you think we should do about this?" - Promote independence and decision-making skills.
- 4. Maintain a Calm and Respectful Demeanor - Model calmness during conflicts to de-escalate tension. - Use respectful language, avoiding blame or criticism. - This modeling teaches children emotional regulation.
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- 5. Use Effective Communication - Practice active listening to understand the child's perspective. - Use "I" statements to express feelings without blame. - Example: "I

feel worried when you don't tell me where you are." 6. Recognize and Reinforce Effort and Cooperation - Praise children's efforts rather than just outcomes. - Reinforce cooperative behavior with specific positive feedback. - Example: "I really appreciate how you shared your toys with your brother." 7. Set Clear, Consistent Boundaries - Establish rules that are simple, clear, and age-appropriate. - Consistency helps children understand expectations and feel secure. - Regularly review rules with children to ensure understanding. 8. Create a Family or Classroom Meeting Routine - Regular meetings provide a platform for children to express feelings, discuss issues, and participate in decision-making. - Encourages open communication and mutual respect. 9. Avoid Power Struggles - Offer choices within acceptable boundaries to give children a sense of control. - Example: "Would you like to put away your blocks now or after the story?" 10. Focus on Solutions, Not Blame - Shift the focus from assigning blame to finding solutions. - Encourage children to think about what they can do differently next time. --- Practical Strategies Derived from Nelsen's Guidelines Implementing Nelsen's principles involves specific strategies that can be tailored to various settings—home, school, or community. 1. Use "Connection Before Correction" Techniques - Prioritize engaging with children emotionally before addressing misbehavior. - Techniques include: - Active listening - Empathy statements ("I see you're upset because...") - Physical closeness or comforting gestures when appropriate Positive Discipline Guidelines By Jane Nelsen 8 2. Employ "Time-In" Instead of "Time-Out" - Reinforce connection rather than isolating a child. - During a "time-in," sit with the child, listen to their feelings, and help them calm down. - This approach nurtures emotional regulation and understanding. 3. Implement Family or Classroom Meetings - Regularly scheduled meetings promote shared decision-making. - Use these to set goals, discuss challenges, and celebrate successes. - Fosters a sense of community and mutual respect. 4. Offer Choices to Foster Autonomy - Provide limited, meaningful choices to empower children. - Examples: - "Would you like to do your homework now or after dinner?" - "Do you want to wear the red shirt or the blue one?" 5. Use "I" Statements to Communicate Clearly - Express feelings and expectations without blame. - Examples: - "I feel worried when you don't tell me where you are." - "I need you to keep your hands to yourself." 6. Reinforce Effort and Cooperation - Recognize children's efforts to promote intrinsic motivation. - Examples: - "Great job sharing your toys today!" - "I noticed you cleaned up your room without being asked—that's responsible!" 7. Establish and Maintain Clear Boundaries - Set rules that are simple, understandable, and consistently

enforced. - Use visual aids or charts for younger children to remember rules. 8. Model Appropriate Behavior - Demonstrate respectful communication, patience, and problem-solving in daily interactions. - Children learn by observing adults' behaviors. 9. Celebrate Progress and Effort - Focus on growth rather than perfection. - Celebrate small successes to build confidence. Positive Discipline Guidelines By Jane Nelsen 9 10. Practice Patience and Persistence - Change takes time; remain consistent and patient. - Recognize setbacks as part of the learning process. --- Impact of Jane Nelsen's Positive Discipline on Child Development Implementing Nelsen's guidelines can have profound effects on children's emotional, social, and cognitive development. 1. Emotional Intelligence - Children learn to identify and express feelings appropriately. - They develop empathy by understanding others' perspectives. 2. Self-Regulation - Techniques like "time-in" teach children to manage their emotions. - They become more capable of handling frustration and anger. 3. Responsibility and Accountability - Children understand the consequences of their actions. - They learn to take ownership and problem-solve independently. 4. Stronger Parent-Child Relationships - Respectful communication fosters trust and attachment. - Children feel valued and understood. 5. Improved Behavior - Positive reinforcement and clear boundaries reduce misbehavior over time. - Children internalize values of respect and cooperation. --- Challenges and Criticisms of Positive Discipline While Jane Nelsen's positive discipline guidelines are widely respected, they are not without challenges. 1. Requires Consistency and Patience - Success depends on consistent application, which can be demanding for busy parents or teachers. Positive Discipline Guidelines By Jane Nelsen 10 2. Cultural Considerations - Some cultural norms favor authoritative or stricter discipline methods. - Adapting positive discipline to diverse cultural contexts may require sensitivity. 3. Time-Intensive Nature - Building connection and practicing patience takes time and effort, especially during challenging moments. 4. Potential for Misinterpretation - Misunderstanding the principles can lead to permissiveness or lack of boundaries. 5. Need for Educator and Parent Training - Effectiveness increases when caregivers are well-versed in the philosophy and techniques. --- Conclusion: Embracing Positive Discipline for Lasting Change Jane Nelsen's positive discipline guidelines provide a compassionate, effective framework for guiding children toward responsible, respectful behavior. Rooted in mutual respect, empathy, and encouragement, these principles foster not only better behavior but also emotional resilience and strong relationships. While implementing these guidelines requires commitment, patience, and consistency, the long-term benefits for children's

development are profound. Parents, teachers positive discipline, jane nelsen, parenting strategies, behavior management, respectful discipline, child development, effective parenting, classroom discipline, nurturing guidance, self-discipline techniques

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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

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

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

discover play based activities and coping strategies to help children ages 3 to 5 with social and emotional functioning attachment patterns and handling anxiety and other strong emotions children aged 3 to 5 years are experiencing a period of rapid growth and play is the key medium in which all aspects of their development especially social and emotional development occur this evidence based workbook acts as a resource for trusted adults and caregivers providing playful and creative activities that will help foster self regulation skills necessary for healthy emotional development in their children activities within the workbook are play based to help young kids foster a healthy self image and develop self regulation skills necessary to manage stress anxiety and other big emotions additionally the activities will include reflective opportunities for

adults to help strengthen their relationship with the child the reflective process is necessary for co regulation an essential aspect of self regulation these activities can be utilized repeatedly and adapted across ages and settings as well as assist in navigating social and emotional developmental milestones

the blank page the impossible deadline the rush of inspiration there is no profession more maddening or more rewarding than being a writer yet surprisingly all writers pass through the same sequence of stages in the course of their careers it was this remarkable insight that inspired veteran authors nancy pickard and lynn lott to write one of the wisest and liveliest guides to the literary life ever penned a volume of astonishing revelation warm reassurance brilliant encouragement and welcome humor no matter what you write or how much recognition you ve received you are bound to pass through the seven steps on the writer s path unhappiness wanting commitment wavering letting go immersion and fulfillment whether you re a wannabe writer or a published literary veteran you re bound to find this book a source of true delight vital wisdom and lasting inspiration

bedtime should be peaceful but in many households it s anything but between glowing screens restless energy and racing thoughts getting kids and sometimes parents to wind down can feel like an endless struggle the secret isn t forcing sleep it s creating the right environment for it the sleep switch is a beginner friendly playbook that helps families establish calming screen smart routines at night you ll learn how to minimize blue light exposure without battles introduce music and soundscapes that support relaxation and use simple mindset practices to ease transitions from chaos to calm with practical tips quick scripts and ready to use routines this guide empowers parents to create consistent bedtime rituals that actually work no more scrolling under the covers no more fights at lights out just a smoother path to rest for the whole family sleep isn t just about closing eyes it s about opening space for calm this book shows you how to make bedtime a moment of connection not conflict

give your children the gift of self esteem self confidence and skills to succeed in life learn to empower children to make good decisions when they become teenagers and they re 60 miles away going 60 miles an hour start when they are young by

learning the raising able family management system based on family meetings family chores family dinner the triple e encouragement entitlement empowerment and natural and logical consequences parents will be calmer and happier and be able to retire from being the house servant children will learn skills time management and responsibility they will experience being part of a team and greater self esteem and self confidence chores counteract entitlement because it s impossible to feel entitled when youngsters clean toilets sweep floors and rake leaves chores cure boredom immediately because there s always more work to be done in a home this easy to read book offers time tested advice by the mother of four children who has taught many parents the raising able family management system the system is useful for typical children and for special needs children add recommend the raising able family management system for use with young people with add and adhd

whether you have been married for 30 years or are looking for a committed relationship this book provides the tools to establish strengthen and rediscover connection passion and joy in any relationship

family meetings are proven ways to involve everyone kids and adults in planning solving problems creating traditions and staying close this inviting book makes family meetings meaningful manageable and fun for everyone includes 52 agendas and many write on pages

realistic and useful chores without wars practical press self pub then prima total sales 20 000 includes what the family needs to turn housework into teamwork instead of family members falling into stereotypes such as the super mom and the spoiled child this book suggests that a family built on the principles of reciprocity and teamwork can overcome the drudgeries of housework and lead children to value life skills necessary for their futures through chores skills such as cooperation planning ahead managing money and contribution are learned more than 30 new material will appear in this 2nd ed

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 latest addition to the highly successful developing capable people series this guidebook shows exactly how to get all family members to work together to create a clean happy well running household chock full of practical parenting advice the book spotlights successful family work techniques developed by lott and intner

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

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

the great american bathroom book had its beginnings on a cross country flight as lan england started wishing he had a short summary of every classic he d heard about but didn t have time to read lan decided he wasn t the only person who felt this way he hired stevens anderson an editor who hired college professors and other bookworms who loved to read the result was the the great american bathroom book vol i a collection of 130 2 page summaries from great books of all genres from don quixote to the road less traveled volume i also features 90 research overviews on subjects like putting spark in your relationships managing conflict time saving tips and more volume ii features over 220 book summaries and a section of quotes and anecdotes volume iii has more than 180 new summaries as well as 8 thought collections and sections of facts and inquiries

most parents have difficulties striking the right balance between being too permissive and too restrictive a veteran educational psychologist dr robert mac kenzie has the answer his three step approach to training children ages two through 17 helps parents teach their child how to make acceptable choices and to truly understand the consequences of unacceptable behavior

this text analyzes 17 models of school discipline developed by educational thinkers of the last half century and shows how they can be applied in realistic situations the book critically analyzes and clarifies the most effective models of discipline allowing readers to pick and choose what will work for them chapter previews highlight chapter content and where appropriate significant accomplishments and philosophies of the theorists the book addresses new trends such as students and teachers working collaboratively and students taking more responsibility for their behavior

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

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