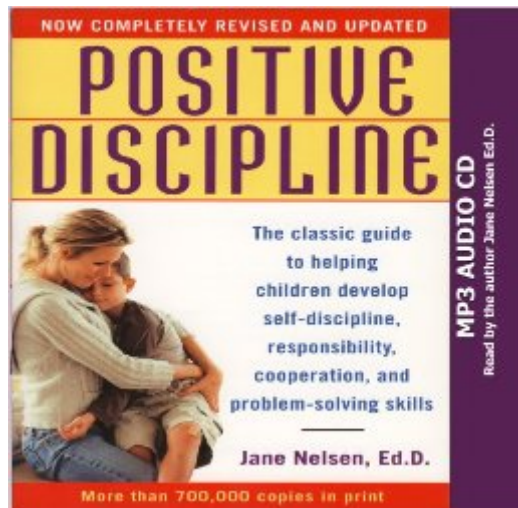


The book was found

# Positive Discipline (MP3 CD)



## Synopsis

Book on Single MP3 CD. Ready for your MP3 Player. 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

## Book Information

Audio CD

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Product Dimensions: 5.6 x 4.9 x 0.4 inches

Shipping Weight: 2.3 pounds

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (178 customer reviews)

Best Sellers Rank: #675,315 in Books (See Top 100 in Books) #23 in [Books > Books on CD > Parenting & Families > Parenting](#) #8340 in [Books > Parenting & Relationships > Parenting](#)

## Customer Reviews

Now that my kids are 13 and 15, and I've referred to the positive parenting books and other approaches for raising kids many times, I wanted to give a review looking back on what's been helpful so far and what hasn't. In short, I agree with the reviewer who said check it out of the library but don't buy it. The good stuff: much of the advice about developing a loving relationship with your kids as the foundation of discipline, listening to them, involving them in decision-making, creating a sense of belonging in the family, avoiding making kids feel bad just to gain temporary control all is good advice. So it's useful to be reminded of these things periodically. The bad stuff: the positive parenting books promote this overzealously, like this is the one and only approach that will always work and any other attempts at discipline, including any negative consequences that parents

impose, are bad. Also the books strongly imply that pretty much any misbehavior by kids always comes from lacking a sense of belonging in the home or "discouragement." That is sometimes true, but is an oversimplification. Sometimes your kid doesn't want to brush his teeth because it's basically a boring chore and he'd rather be playing, not because you've failed to create a sense of belonging in the home. And because the ideas in this book about the roots of misbehavior are sometimes off, a lot of the examples are unrealistic, too. Many of them read like: Johnny is hitting his little brother and taking away his toys. Parents give him a positive time-in, explore his sense of discouragement, help him see he could play with his own toys as a positive alternative. Johnny says with a twinkle in his eye "oh right!" and doesn't hit his little brother any more. Yeah, well.....

If you are a parent, this book should definitely be on your list of MUST-READs. The idea focuses on respect, letting kids have control over some of their decisions, letting them experience the consequences -- both good and bad -- and reducing conflict in your home. The book helped me see the problems in some of the traditional methods of "discipline" I had been using, and it changed my approach for dealing with two-year old son and our interactions. The book includes concrete examples and focus areas for positive discipline, and explores the long range goals for raising our kids (like what kind of people we want them to be in the end). Since I've started putting the positive discipline principles into practice, I've seen an incredible difference in myself and my son. I started asking for his help, and now he is doing all sorts of things for himself -- getting dressed, helping carry in groceries, and willingly climbing into his car seat (if you can believe it)!! He's so excited to be making contributions to our family on his own, and I'm enjoying him so much without so many tantrums. I've been teaching him about respect -- it sounds so silly, but he seems to understand that it's about treating each other like we like each other. Of course, it isn't the end of every conflict and we still have problems and short tempers sometimes, but it is over so much faster and with fewer hurt feelings on all sides. We're finding a nice balance -- not permissive, not authoritarian -- just respectful and fair. Even if you don't accept the premise of the book, I think it will challenge you to evaluate your own parenting methods.

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