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# POSITIVE DISCIPLINE



The classic guide  
to helping  
children develop  
self-discipline,  
responsibility,  
cooperation, and  
problem-solving skills

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**Jane Nelsen, Ed.D.**

More than 700,000 copies in print

Jane Nelsen Ed.D.

## Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills



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For twenty-five years, Positive Discipline has been the gold standard reference for grown-ups dealing with kids. build on strengths, not weaknesses• The key to positive discipline is not punishment, she tells us, but mutual respect. Inside you’from a three-year-old toddler to a rebellious teenager– educate children not what to think but how exactly to think• Nelsen instructors parents and teachers to be both firm and kind, so that any child–An incredible number of children have previously benefited from the counsel in this smart and warmhearted publication, which features a large number of true tales of positive discipline in action. bridge communication gaps• avoid the hazards of compliment• defuse power struggles• enforce your message of love• Today Jane Nelsen, distinguished psychologist, educator, and mom of seven, has written a revised and extended edition. hold kids accountable with their self-respect intact•can learn creative cooperation and self-discipline with no loss of dignity.– meet the special problem of teen misbehavior”It is not easy to boost a classic book, but Jane Nelsen did so in this revised edition.Sal Severe, author of If you would like to enrich your romantic relationship with your children, this is the book for you.” win cooperation in the home and at college• Packed with updated good examples that are obvious and specific, Positive Discipline shows parents just how to spotlight solutions while being kind and firm.How exactly to Behave So Your Children Can, Too!ll learn how to• Give your son or daughter the tools she or he needs for a well-adjusted lifestyle with this verified treasure trove of useful advice.



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some good tools, overhyped Now that my kids are 13 and 15, and I've referred to the positive parenting books and various other approaches for raising kids often, I wanted to give an assessment looking back about what's been helpful up to now and what hasn't. Yeah, well. The good stuff: much of the advice about developing a loving relationship together with your kids as the foundation of discipline, listening to them, concerning them in decision-producing, creating a sense of belonging in the family members, avoiding making children feel bad just to gain temporary control all is advice. So it's beneficial to be reminded of these items periodically..When reading the publication, a lot of it made sense plus some of it didn't." Isn't just more likely to encourage cooperation than lecturing and yelling is (the child herself developed the rules alongside you! It just happened later on when he got tickets and was within an accident because of speeding and was quite shocked to learn that the legal system, insurance firms, and the laws and regulations of physics please impose negative consequences. This is a book that can totally transform your relationship with a difficult child. Many of them read like: Johnny is hitting his little brother and taking away his toys. Ok Ok Great up to now! Johnny says with a twinkle in his eye "oh ideal!" and doesn't strike his little brother any longer. In short, I agree with the reviewer who stated check it out of the library but don't purchase it. The poor stuff: the positive parenting books promote this overzealously, like this is the one and only approach that will always function and any additional attempts at self-discipline, including any negative effects that parents impose, are bad..The most popular review of this book on Amazon seriously lacks knowledge of what PD actually is.. sometimes in real life it works like this, sometimes it doesn't. State choices within the boundary to getting the task done, after that C. As a youngster, I acquired neighbors who elevated their son quite definitely on positive parenting concepts. Where my buddy and I would obtain grounded if we didn't come home by curfew, "Tom" (not real name) would just have a positive time out and lots of talking about his feelings and just why he misbehaved. We utilized to envy him when we were younger kids. But by adolescence, problems started to show up with Tom. Speedy delivery great book!Since starting to read this book, I have already been trying to apply principles that I have learned from it as We see opportunities, and I've seen more positive results from its principles than my previous procedures. The owner was an extremely nice guy who really enjoyed hiring local kids, but he was owning a business. But take them with a grain of salt, and incorporate various other parenting approaches too. Best parenting publication ever! Sometimes your child doesn't wish to brush his teeth because it's essentially a boring chore and he'd rather be playing, not because you've didn't create a sense of belonging in the house. I think the idea that your kids should never feel bad, implicit throughout these books, made Tom's transition to adulthood much rougher. It is an easy read and I recommend it to first-time parents. Come back to them occasionally as you raise your kids. Tom got fired, quite definitely to his shock. Great book!), but it empowers children to comprehend their own power, capability and responsibilities, providing them with that vital sense of purpose and belonging in the family members. Also the books strongly imply that pretty much any misbehavior by children always originates from lacking a sense of belonging in the house or "discouragement. I disagreed and also objected when I first read about the "cool down" period due to the way it was presented compared to my past experience being on the other end in a similar situation. This made even more sense later on as I continued reading though, and it is the method that it is done that counts. The owners attempted to describe that Tom had a job to do while at the job, but Tom kept attempting to explain his known reasons for ruining, how he was having a poor day, like he had always finished with his parents.I got more from the book than just helpful here is how to raise children.

I believe many of these concepts can and should be applied in many regions of life with friends and co-workers as well. My final thoughts are that I believe all current parents, parents-to-be, teachers, and actually managers should read this book to greatly help others be their finest. It really is a complete 180 from the way it seems that most children are raised, but is definitely ultimately what each of us were most likely striving for through offering punishments. 1st time parent love this book. That is what this book models out to accomplish, and although we all make mistakes and ideally learn from them, I really believe if everyone continuously tried applying these methods in their daily lives, it truly would make our world a better place. Being able to say "what was our agreement? This is an example where it really is worth the money to cover a fresh copy of the latest edition. As Jane herself has developed and grown in understanding (the complete point of Positive Self-discipline, for parents and kids both), so has the reserve. Follow Jane's amazing advice to reach a mutually cooperative and respectful relationship.. It is NOT just "talking to your kids about their emotions". If that fails, shifting to a conversation between parent and kid, thinking of a remedy and agreement that afterward you HOLD THE CHILD TO before task is completed, frequently and promptly. PD is solutions centered parenting rather than punishment based, that is all. Therefore the first approach to, say, a child not performing a family group task required of them (cleaning their room, say) would be—waiting until AFTER all family are calm and rational—A. Validate/understand why they are choosing not to do it, B. Another problem I've with this approach is that, like it or not, adverse consequences of various kinds are part of life. While psychological health is really important, and gaining skills in discussing and understanding feelings and how to react to them (your own and others), a genuine Positive Discipline response does not stop there. Be sure to get the newest available edition!" That's sometimes true, but is an oversimplification. It sounded just like a good concept from the name, but I was still in the mindset of offering punishments to try changing behavior. If this simple description of how PD works appeals to you, you should buy and read and share this book! I can pretty much promise that actual software of PD won't result in a young person that loses their part-time work as the boss doesn't value their "feelings". ? Good read Read it for class last semester but nonetheless an excellent book since I'm a new mom. Would recommend. Parents provide him a positive time-in, explore his sense of discouragement, help him observe he could play along with his own playthings as a positive choice. I'm just a few chapters in but so far so good! Love Love it Quite helpful I found the book to be quite beneficial to me, both in the home and in the classroom. I would definitely recommend it to others. Refreshing My wife wanted me to read this book that she heard about from a pal of hers. He was the just teenager in a nearby to obtain fired from an area pizzeria, run by a very sweet neighborhood family members, b/c he was often showing up late, chatting in the back instead of getting customers their orders, and so forth. What we are striving for is usually that we want our children to grow up correctly, feeling loved also to have success in all areas of life. I have been reading this book in fact it is proving to be helpful. So I would say: yes, browse the positive discipline books. The same kind of items happened in high school when he wanted teachers to understand why he turned stuff in late, etc.!! And as the tips in this reserve about the roots of misbehavior are occasionally off, a lot of the good examples are unrealistic, as well. The first area of the newest edition spends a good amount of time reflecting back again on the beginning in a very helpful way!



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