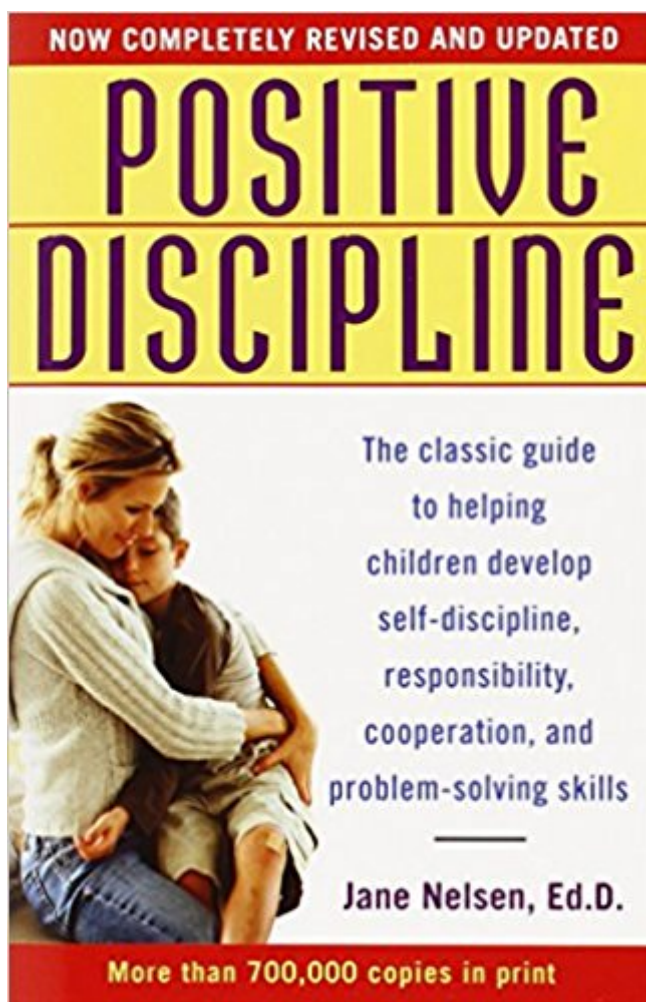


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# Positive Discipline: The Classic Guide To Helping Children Develop Self-Discipline, Responsibility, Cooperation, And Problem-Solving Skills





## Synopsis

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 childâfrom a three-year-old toddler to a rebellious teenagerâcan learn creative cooperation and self-discipline with no loss of dignity. Inside youâll discover how toâ

- 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.â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.

## Book Information

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## Customer Reviews

Make a Difference During the Most Important Years of Your Child's Life

POSITIVE DISCIPLINE is one of our most beloved parenting titles. And the reason is very simple. Author Jane Nelsen's program works. I've used the book on my preschooler with great success. Not only does my little girl listen better, but she and I also seem to have a better relationship now. As a working mom, I hated coming home and having to yell at my child in those precious two hours a day we had together. Now we make the most of our time and we both look forward to it. Elisa Wares, Senior Editor --This text refers to an out of print or unavailable edition of this title.

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..... sometimes in real life it works like that, sometimes it doesn't. Another problem I have with this approach is that, like it or not, negative consequences of various kinds are part of life. As a kid, I had neighbors who raised their son very much on positive parenting principles. Where my brother and I would get grounded if we didn't come home by curfew, "Tom" (not real name) would just have a positive time out and a lot of talking about his feelings and why he misbehaved. We used to envy him when we were younger kids. But by adolescence, problems started to show up with Tom. He was the only teenager in the neighborhood to get fired from a local pizzeria, run by a very sweet neighborhood family, b/c he was always showing up late, chatting in the back instead of getting

customers their orders, and so on. The owners tried to explain that Tom had a job to do while at work, but Tom kept wanting to explain his reasons for messing up, how he was having a bad day, like he had always done with his parents. The owner was a very nice guy who really enjoyed hiring local kids, but he was running a business. Tom got fired, very much to his shock. The same kind of things happened in high school when he wanted teachers to understand why he turned things in late, etc. It happened later when he got tickets and was in an accident due to speeding and was quite shocked to discover that the legal system, insurance companies, and the laws of physics don't hesitate to impose negative consequences. I think the notion that your kids should never feel bad, implicit throughout these books, made Tom's transition to adulthood much rougher. So I would say: yes, read the positive discipline books. Come back to them occasionally as you raise your kids. But take them with a grain of salt, and incorporate other parenting approaches too.

This book has been a game changer in our home. The philosophies put the parent back in the position of power while teaching the child how to cope with the results of their choices at a young enough age when their choices are not yet life altering or threatening to anyone's well being. Fortunately (or unfortunately, depending how you look at it), the work it will have the parent do to grow into a farther self-actualized person will be invaluable to your child, your spouse, and your community at large.

I have read many parenting books because I have a daughter who is very "strong willed". This book gives a very excellent, balanced, and practical perspective. My daughter is 6 and I wish I read this book 4 or 5 years ago. However, it is a great book to pick up if your kids are any age. In fact, I hear the Positive Discipline for Teens is equally excellent from my friends with teens who have read it. Parenting is the most wonderful and yet difficult job anyone can do. One can get very discouraged. I know I have! But I feel that this book gives me many good ideas and perspectives that I can put into practice. It doesn't make parenting "easier", but it helps me be a better, loving, and responsible parent so that I can build a life long positive relationship with her and give her the life skills to be a thriving and responsible adult.

Read the whole book. Read it cover to cover. Do it and try it and live it and your children (your own and your students) will be better for it, and so will you. The whole deal is about changing, and of course "we" need to change, too. This is a how-to and a why-it-works approach, but you have to do it, you can't just read the book and wait for something to happen, you need to do it!

Do you feel as though you have no patience or that you cannot deal with your fresh mouthed, entitled kids? Does it seem as though you never remember treating your parents like the kids of today do? I thought my kids were "bad" until I started reading this book and trying to see it from their point of view. I'm not finished but even what I've read so far is helping me be a better parent. And, as for that, "kids are worse than they were than I was growing up feeling" this book provides and excellent explanation for that perception.

I have bought three copies of this book. It is so great I keep loaning it out and that's the end of that copy. Not a complaint. I'm so happy to have people enjoy it as much as I have. What a great way to help you parent in a positive way. It's not a little pat on the hand kind of thing. I really does teach you what you want to know to be an effective, loving parent.

I love this parenting philosophy and even use it with my high school classrooms. It is logical and reinforces your gut feeling that there is a reason behind misbehavior and you need to work with kids instead of against them. The only complaint I have is Dr. Nelson's reading voice. It's horrible. She sounds like she has a cold and needs to blow her nose. She also reads without looking ahead so her voice will not rise, fall or pause with punctuation. It is very hard to listen to. One last thing - this is an MP3 CD so make sure the CD player in which you want to listen to it accepts this format. I had to upload it to my iPod to play it in the car because my car CD player wouldn't recognize it. Buy the book instead of getting the CD.

I studied from this book back in the mid-90s. Lost my copy... or loaned it out. Bought this new edition recently to refresh and offer support to some neighbors with a 4 yr old. Still the best guide out there. Amazing how using these techniques has changed the demeanor of the child for the better. It's gratifying to see the look of encouragement on his face when he's asked what he thinks... and how he might solve a problem. Thanks for a timeless tool in helping raise good humans. Even works with adults. Made a huge improvement in how I interacted with my extremely dysfunctional parents.

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