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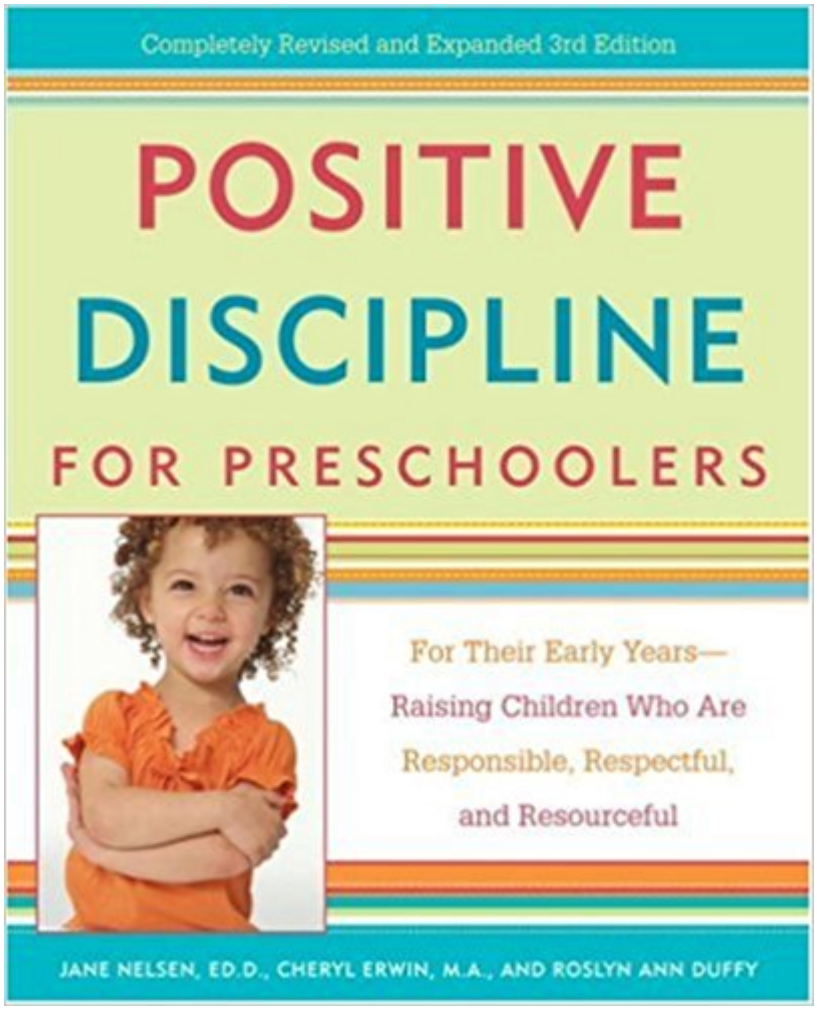
Positive Discipline For Preschoolers: For Their Early Years--Raising Children Who Are Responsible, Respectful, And Resourceful (Positive Discipline Library)



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Synopsis

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 wonÃ¢â ¬â„¢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. YouÃ¢â ¬â„¢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 disciplineÃ¢â ¬â •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 behavorial challenges- And much, much more!

Book Information

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Customer Reviews

Ã¢â ¬Å“The Positive Discipline series has empowered me and my husband to be the kind of parents we want to be day-in and day-out in the face of any and all circumstances. What really struck a chord . . . is that the concepts are simply and clearly presented chapter by chapter in easy-to-read language regarding real-life everyday scenarios. Thank you very much for the contribution you have made to my familyÃ¢â ¬â„¢s lives.Ã¢â ¬Â•Ã¢â ¬â •Mary S. McMahonÃ¢â ¬Å“Thank you so much; the material you provide is so valuable. I have seen such marvelous results with my son in the past few months. For me, one of my biggest priorities is to help him develop into who he is as a person, and not smother his identity or confidence. Your methods have been such a valuable tool in enabling me to accomplish this.Ã¢â ¬Â• Ã¢â ¬â •Maureen PramanikÃ¢â ¬Å“When I first became a parent, about six and a half years ago, I fell upon your books and have thoroughly enjoyed them. I have given many of your books as gifts to my friends and family because they teach kids to think for themselves, be responsible, resilient, capable, considerate, etc. Your books have really helped me learn the skills I want to become a better parent.Ã¢â ¬Â• Ã¢â ¬â •Teresa Bouchard

Jane Nelson, Ed.D., is a licensed marriage, family, and child therapist, and an internationally known speaker.Cheryl Erwin, M.A., a licensed marriage and family therapist, is the author or coauthor of nine books on parenting as well as a popular speaker, trainer, and parenting radio personality.Roslyn Ann Duffy founded and codirected the Learning Tree Montessori Childcare and has written adult and childrenÃ¢â ¬â„¢s texts, as well as the internationally circulated column Ã¢â ¬Å“From a ParentÃ¢â ¬â„¢s Perspective.Ã¢â ¬Â•

I own pretty much all the positive discipline books from Jane Nelsen, but have read many other philosophies. She has a very solid head on her shoulders and gives well grounded and healthy advice. It feels much more natural and sensible than love and logic (which I believe is more geared towards older kids 8-16yo).This philosophy has simple rules but they take a lot of practice and conscious effort to implement. Instead of saying "no" all the time, try to tell them what they should be doing. Using positive timeouts where you and your child take a timeout together in a peaceful and different area to reflect together on right and wrong and reaffirm love for each other. Encourage independence, encourage problem solving, encourage resolution of conflicts. Embrace emotions both good and bad and identify them verbally so they can learn emotional intelligence early, thus allowing negative emotions to be understood, expressed, and managed in healthy ways instead of

with more crude ways like bottling them up or releasing them violently. Listening to your kids and respecting them so they listen to you. Modeling behavior instead of dictating it.All this is positive. All this is healthy. Successful implementation is a total pain the butt I must admit. It is a lot slower than negative reinforcement strategies. If you beat your kid and make them feel real pain or real fear. They will never forget and learn immediately. But they also no longer think for themselves. It becomes not about doing what is right, but more just avoiding pain and fearful things. If no one is watching will they still do what is right? Positive reinforcement strategies aren't successful immediately and sometimes you have to repeat it multiple times with many failures until they finally get it. But when they get it, they learn it for life and embrace the lesson as their own.I find Jane a bit idealistic at times saying reward systems may result in behavior change not for the right reasons long term. Limits need to be set and punishments need to be considered. I try my best to avoid vengeful punishments like going back on my promise or withholding fun and meaningful activities. I prefer toy timeouts for a brief period, I also prefer delays in fun/meaningful activities. Yet threatening a punishment always turns my stomach as I feel kids don't learn why something is right, they just learn doing right will avoid something bad. I prefer to refer to role models like their favorite characters, myself, teachers, other good examples and ask how they would handle a similar situation.In the end I don't think anyone can truly mimic entirely Jane's dream of positive discipline but each of us can try our best to approximate it. This kind of philosophy focuses on long term gains instead of short term gains. It may not always work in the short term, but be patient and realize it makes for a much healthier kid long term. I cannot recommend enough that all parents and soon-to-be parents should read this book (especially the first few chapters which explains the basics of positive discipline).Also note that babycenter.com is in my mind the best website for child development and guidance. They deliver advice in short tidbits weekly and always seem very spot on with problems and issues you may be facing at the age of your child. It also is very clear to me they embrace almost entirely Jane's positive discipline view and use it in solving the many problems you face with your kids.Read this. It is worth your time.

I found this book so helpful that I purchased it for all the mothers in my playgroup. In helping parents to be kind but firm, assertive but not aggressive, compassionate but not permissive, Jane Nelson inspired me to be the parent I want to be. She helped me look to the root of my children's misbehavior and address what was causing my child to be unhappy rather than trying to just address the behavior. Between this book and Alfie Kohn's Unconditional Parenting, I've become better equipped to compassionately address my children's needs, and work with them rather than

against them. When my children feel like I'm on their team, and I'm actively listening when they're upset, they're upset less frequently and for shorter amounts of time, and our lives are all more fun and harmonious.

This manual is SOOO helpful. Positive Discipline as a philosophy has been a game changer in our home. The A-Z manual is consulted regularly as we grow, change, and find ourselves with new parenting challenges. I think the author can come across a bit harsh or strong in some instances, but the philosophies and bottom line are dead on. Neither one of our parents used a method anything like this and we wish they had. This manual is also easier to read / digest than the original book. Warning: It's really a question of whether or not you as the parent are willing to do the work on your end. That's the hard part!

I am a childcare provider and I read a lot of books on parenting. It is not often that I find one with which I agree with almost everything. I found this to be one of the best around. I highly recommend it! Also see How to Talk so Kids Will Listen... and Redirecting Children's Misbehavior.

This is a great book. As a Nana, I feel it's not only is it an eye opener for today's child it helped me with having a wonderful relationship due to handling situations differently than i might have in the past

As the parents of four small children, things in our house were often chaotic with a lot of crying or yelling when one of the children did not get their way. We struggled on how best to approach parenting and often ended up being too permissive or punitive with the kids, when really neither approach worked very well as a teaching tool. Positive Discipline taught us to set expectations as a family and then to use kind but firm follow through, teaching the kids that their choices have consequences. Now we can react to issues with kindness and firmness and, best of all, it works! Positive Discipline gave us the tools to teach our children self reliance, self respect, empathy for others, and has helped us avoid power struggles by teaching us to give the kids choices that we can live with--its empowering for us and for the children. The best part is that a lot of the crying and yelling has stopped, which has been such a relief. After implementing the principals of Positive Discipline, our family is a more cooperative, cohesive unit. I cannot say enough good things about this book, it's a must-read for parents of small children.

Every parent should read ÃƒÂ¢Ã â ¬Ã â œ positive discipline is about creating a relationship with your child. You do not need to have power struggles and misinterpret your child's actions. This book lays it all out for you to understand what it means to be a young child navigating the world of an adult. No more timeouts, no more discipline charts and no more nonsense ÃƒÂ¢Ã â ¬Ã â œ think about what you want and focus on it and you will receive more of it. I love Jane Nelsen's books and highly recommend them.

Learn how to turn drama into bonding by understanding what motivates toddlers to misbehave. It's not what you think.Several of our educational advisers recommended this book. I has been very helpful to us as a family. I completely recommend it.

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