



Positive Discipline Parenting Tools: The 49 Most Effective Methods to Stop Power Struggles, Build Communication, and Raise Empowered, Capable Kids

By Jane Nelsen Ed.D., Mary Nelsen Tamborski, Brad Ainge

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Do you wish there was a way to raise well-behaved children without punishment? Are you afraid the only alternative is being overly indulgent?

With Positive Discipline, an encouragement model based on both kindness and firmness, you don't have to choose between these two extremes. Using these 49 Positive Discipline tools, honed and perfected after years of real-world research and feedback, you'll be able to work with your children instead of against them. The goal isn't perfection but providing you with the techniques you need to help your children develop the life and social skills you hope for them, such as respect for self and others, problem-solving ability, and self-regulation.

The tenets of Positive Discipline consistently foster mutual respect so that any child—from a three-year-old toddler to a rebellious teenager—can learn creative cooperation and self-discipline without losing his or her dignity. In this new parenting guidebook, you'll find day-to-day exercises for parents to improve their parenting skills, along with success stories from parents worldwide who have benefited from the Positive Discipline philosophy. With training tools and personal examples from the authors, you will learn:

- The “hidden belief” behind a child’s misbehavior, and how to respond accordingly
- The best way to focus on solutions instead of dwelling on the negative
- How to encourage your child without pampering or praising
- How to teach your child to make mistakes and follow through on agreements
- How to foster creative thinking

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Editorial Review

Review

Positive Discipline Parenting Tools is a powerful foundation builder and problem solver for any parent. Whether you have a toddler, teen, or any age in between, you'll find this book filled with real life experiences and real world strategies — plus step-by-step instructions to help you through the toughest parenting issues. I urge every parent to pick up a copy and start reading today! It's a keeper!

- Amy McCready, author of *The "Me, Me, Me" Epidemic* and *If I Have to Tell You One More Time...*

"A must read for all parents. Every page will be dog eared for future reference. Besides offering up theory and techniques that are effective and transformative for families, *Positive Discipline Parenting Tools* is filled with real life stories from parents around the world. The details in these stories both deepen the learning and inspire. A joy to read and easy to implement immediately."

-Alyson Schafer, author of *Honey, I Wrecked the Kids* and *Ain't Misbehavin'*

"With *Positive Discipline Parenting Tools*, the authors have delivered a clear, research-based guide for training our children to motivate themselves, and ultimately manage their own behavior. What a gift to all of us striving to put down the sticks and carrots, and lead with loving guidance instead."

—Hal Runkel, LMFT, bestselling author of *ScreamFree Parenting*

"Nelsen's tone is that of a patient teacher, gentle but never coddling, and Tamborski and Ainge's more conversational styles bring an "in the trenches" feel without falling into the self-deprecation so common in peer-focused parenting books...a welcome guide in tough moments."

-Publishers Weekly

"A delightful and fun book to read with practical and effective parenting tools. Each story used resonates with our daily and challenging lives with our children. This is a must read book for parents who want to raise independent, empowered and capable kids."

Tony and Lisseth Orozco, Executive Directors, Disciplina Positiva Center, Anaheim, CA

About the Author

JANE NELSON, Ed.D., coauthor of the bestselling *Positive Discipline* series, is a licensed marriage, family, and child therapist and an internationally known speaker.

MARY NELSEN TAMBORSKI, M.A., is a marriage and family therapist, a certified *Positive Discipline* trainer, and a parenting coach, as well as a wife and mother of three sons.

BRAD AINGE received his B.A. from Brigham Young University and is the father of three children and the CEO of *Positive Discipline*.

Users Review

From reader reviews:

Jerry Linton:

Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite e-book and reading a book. Beside you can solve your problem; you can add your knowledge by the book entitled Positive Discipline Parenting Tools: The 49 Most Effective Methods to Stop Power Struggles, Build Communication, and Raise Empowered, Capable Kids. Try to face the book Positive Discipline Parenting Tools: The 49 Most Effective Methods to Stop Power Struggles, Build Communication, and Raise Empowered, Capable Kids as your pal. It means that it can being your friend when you experience alone and beside that of course make you smarter than ever before. Yeah, it is very fortunated for you personally. The book makes you much more confidence because you can know everything by the book. So , we should make new experience along with knowledge with this book.

Irma Hughes:

Why? Because this Positive Discipline Parenting Tools: The 49 Most Effective Methods to Stop Power Struggles, Build Communication, and Raise Empowered, Capable Kids is an unordinary book that the inside of the guide waiting for you to snap this but latter it will distress you with the secret the idea inside. Reading this book beside it was fantastic author who write the book in such awesome way makes the content on the inside easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of gains than the other book have such as help improving your expertise and your critical thinking means. So , still want to postpone having that book? If I have been you I will go to the publication store hurriedly.

Marlene Wiedman:

Positive Discipline Parenting Tools: The 49 Most Effective Methods to Stop Power Struggles, Build Communication, and Raise Empowered, Capable Kids can be one of your basic books that are good idea. All of us recommend that straight away because this reserve has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to set every word into enjoyment arrangement in writing Positive Discipline Parenting Tools: The 49 Most Effective Methods to Stop Power Struggles, Build Communication, and Raise Empowered, Capable Kids but doesn't forget the main level, giving the reader the hottest along with based confirm resource facts that maybe you can be one among it. This great information can easily drawn you into brand-new stage of crucial contemplating.

Christina Harper:

Many people spending their time frame by playing outside along with friends, fun activity using family or just watching TV the entire day. You can have new activity to pay your whole day by looking at a book. Ugh, you think reading a book really can hard because you have to use the book everywhere? It all right you can have the e-book, bringing everywhere you want in your Smart phone. Like Positive Discipline Parenting Tools: The 49 Most Effective Methods to Stop Power Struggles, Build Communication, and Raise Empowered, Capable Kids which is finding the e-book version. So , why not try out this book? Let's view.

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