

## The Well Behaved Child Discipline That Really Works John Rosemond

In this eye-opening resource, Dr. Sal Severe taps his twenty-five years of experience as a school psychologist and parenting workshop leader to show that a child's behavior is often a reflection of the parent's behavior, and by making changes themselves, parents can achieve dramatic results in their children. Instead of focusing on what children do wrong, Dr. Severe teaches parents to emphasize the positive, to be consistent, and to be more patient. He shows parents how to teach their children to behave, listen, and be more cooperative, and how moms and dads can manage their own anger and prevent arguments and power struggles. Packed with concrete strategies for dealing with homework hassles, ending tantrums, and other common problems, Dr. Severe's empathetic, common-sense book will be welcome everywhere.

The book everyone is talking about: how the French manage to raise well-behaved children, and have a life! Who hasn't noticed how well-behaved French children are, compared to our own? How come French babies sleep through the night? Why do French children happily eat what is put in front of them? How can French mothers chat to their friends while their children play quietly? Why are French mothers more likely to be seen in skinny jeans than tracksuit bottoms?

Being a good parent involves knowing how to provide the correct kind of discipline. Unfortunately, most books on the subject merely supply situation-specific quick fixes, failing to provide an overarching philosophy that will see parents through any situation. Written for parents of children aged 1 to 5 years, "The Discipline Miracle" presents a comprehensive approach to discipline that allows parents to provide their children with a true sense of security while imposing healthy limits—in short, everything they need to raise happy, well-adjusted kids.

**NEW YORK TIMES BESTSELLER** The oldest cultures in the world have mastered the art of raising happy, well-adjusted children. What can we learn from them? "Hunt, Gather, Parent is full of smart ideas that I immediately wanted to force on my own kids."

—Pamela Druckerman, The New York Times Book Review When Dr. Michaeleen Doucleff becomes a mother, she examines the studies behind modern parenting guidance and finds the evidence frustratingly limited and often ineffective. Curious to learn about more effective parenting approaches, she visits a Maya village in the Yucatán Peninsula. There she encounters moms and dads who parent in a totally different way than we do—and raise extraordinarily kind, generous, and helpful children without yelling, nagging, or issuing timeouts. What else, Doucleff wonders, are Western parents missing out on? In *Hunt, Gather, Parent*, Doucleff sets out with her three-year-old daughter in tow to learn and practice parenting strategies from families in three of the world's most venerable communities: Maya families in Mexico, Inuit families above the Arctic Circle, and Hadzabe families in Tanzania. She sees that these cultures don't have the same problems with children that Western parents do. Most strikingly, parents build a relationship with young children that is vastly different from the one many Western parents develop—it's built on cooperation instead of control, trust instead of fear, and personalized needs instead of standardized development milestones. Maya parents are masters at raising cooperative children. Without resorting to bribes, threats, or chore charts, Maya parents rear loyal helpers by including kids in household tasks from the time they can walk. Inuit parents have developed a remarkably effective approach for teaching children emotional intelligence. When kids cry, hit, or act out, Inuit parents respond with a calm, gentle demeanor that teaches children how to settle themselves down and think before acting. Hadzabe parents are experts on raising confident, self-driven kids with a simple tool that protects children from stress and anxiety, so common now among American kids. Not only does Doucleff live with families and observe their methods firsthand, she also applies them with her own daughter, with striking results. She learns to discipline without yelling. She talks to psychologists, neuroscientists, anthropologists, and sociologists and explains how these strategies can impact children's mental health and development. Filled with practical takeaways that parents can implement immediately, *Hunt, Gather, Parent* helps us rethink the ways we relate to our children, and reveals a universal parenting paradigm adapted for American families.

In *Teen-Proofing*, now available in paperback, he tackles the challenges of raising a teenager with his trademark user-friendly, humorous, and commonsense style. Rosemond lays out a perfectly sound and logical case for recognizing the realities of the teen-parent relationship, forming the foundation, and parenting with the "Long Rope Principle." In short, the author demonstrates how Mom and Dad can avoid the pitfalls of becoming dictatorial "Control Freaks," skirt the potholes of turning into permissive "Wimps," and enjoy the freedom and rewards of parenting in a controlled (but not controlling) and relaxed manner. Teenagers, Rosemond readily admits, can be a challenge. But infusing young adults with a sense of personal responsibility, then showing them the results of good and bad choices, is a goal every parent can achieve.

**A Powerful Approach to Bringing God's Grace to Kids** Did you know that the way we deal (or don't deal) with our kids' misbehavior shapes their beliefs about themselves, the world, and God? Therefore it's vital to connect with their hearts—not just their minds—amid the daily behavior battles. With warmth and grace, Jim and Lynne Jackson, founders of Connected Families, offer four tried-and-true keys to handling any behavioral issues with love, truth, and authority. You will learn practical ways to communicate messages of grace and truth, how to discipline in a way that motivates your child, and how to keep your relationship strong, not antagonistic. Discipline is more than just a short-term attempt to modify your child's actions—it's a long-term investment to help them build faith, wisdom, and character for life. When you discover a better path to discipline, you'll find a more well-behaved—and well-believed--kid.

As seen in the New York Times -- a practical guide that presents an alternative to shouting, shaming, and blaming--to give kids the skills they need to grow and thrive Discipline is an essential part of raising happy and successful kids, but as more and more parents are discovering, conventional approaches often don't work, and can even lead to more frustration, resentment, power struggles, and shame. Enter Sarah Ockwell-Smith, a popular parenting expert who believes there's a better way. Citing the latest research in child development, psychology and neuroscience, *Gentle Discipline* debunks common myths about punishments, rewards, the "naughty chair," and more, and presents practical, connection-based techniques that really work--and that bring parents and kids closer together instead of driving them apart. Topics include: Setting--and enforcing--boundaries and limits with compassion and respect Focusing on connection and positivity instead of negative consequences Working with teachers and other caregivers Breaking the cycle of shaming and blaming Filled with ideas to try today, *Gentle Discipline* helps parents of toddlers as well as school-age kids embrace a new, more enlightened way to help kids listen, learn and grow.

Designed to help parents to take charge of their home, offers tips on how to recognize six types of testing and manipulating behavior and how to constructively handle misbehavior at home and in public.

International bestseller As seen in The Wall Street Journal--from free play to cozy together time, discover the parenting secrets of the happiest people in the world What makes Denmark the happiest country in the world--and how do Danish parents raise happy, confident, successful kids, year after year? This upbeat and practical book presents six essential principles, which spell out P-A-R-E-N-T: Play is essential for development and well-being. Authenticity fosters trust and an "inner compass." Reframing helps kids cope with setbacks and look on the bright side. Empathy allows us to act with kindness toward others. No ultimatums means no power struggles, lines in the sand, or resentment. Togetherness is a way to celebrate family time, on special occasions and every day. The Danes call this hygge--and it's a fun, cozy way to foster closeness. Preparing meals together, playing favorite games, and sharing other family traditions are all hygge. (Cell phones, bickering, and complaining are not!) With illuminating examples and simple yet powerful advice, The Danish Way of Parenting will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

The truth is, child rearing is not complicated. Therefore, it is not hard. There will be difficult moments, of course, . . . but if a parent is experiencing the rearing of a child or children as generally difficult--as emotionally, intellectually, and even physically exhausting, then the parent is doing something wrong. --John Rosemond, Family Building Trusted family psychologist John Rosemond has a revolutionary message for today's parents: Your grandparents' generation knew a lot more about raising children than all of today's experts. The experts have turned child rearing into a complicated, exhausting chore rather than the simple, straightforward task it should be. In Family Building: The Five Fundamentals of Effective Parenting, Rosemond outlines the five key principles of traditional parenting that are crucial to raising well-behaved children today. \* It's about the family, not the children. \* Where discipline is concerned, it's about communication, not consequences; leadership not relationship. \* It's about respecting others, not high self-esteem. \* It's about manners and morals, not skills. \* It's about responsibility, not high achievement. Each chapter includes questions from real parents faced with real-life parenting challenges, and in his typical no-nonsense style, Rosemond provides practical solutions. Family Building restores common sense to parenting and puts the parents back in charge. Once again, John Rosemond delivers child-rearing wisdom that no parent should miss.

When confronting the challenge of disciplining their children, moms and dads often default to the ways their own parents disciplined them, sometimes with harmful results. In High Five Discipline, mom and practicing pediatrician Dr. Candice Jones shows parents a better way. This positive parenting guide helps parents understand child development and how the ways that children are disciplined shapes not only their behavior but their overall health and well-being. Dr. Jones coaches parents to understand their child's developmental stages and their own motivations to create a family discipline plan that manages misbehavior and encourages good behavior. Her advice is packed with developmentally appropriate strategies to tame tantrums, stop sibling squabbles, and reward better behavior, to create a calmer, more harmonious home.

Discipline that you and your child will feel good about! At last, a positive discipline book that is chock-full of practical tips, strategies, skills, and ideas for parents of babies through teenagers, and tells you EXACTLY what to do "in the moment" for every type of behavior, from whining to web surfing. Parents and children today face very different challenges from those faced by the previous generation. Today's children play not only in the sandbox down the street, but also in the World Wide Web, which is too big and complex for parents to control and supervise. As young as age four, your children can contact the world, and the world can contact them. A strong bond between you and your child is critical in order for your child to regard you as their trusted advisor. Traditional discipline methods no longer work with today's children, and they destroy your ability to influence your increasingly vulnerable children who need you as their lifeline! Spanking and time-outs do not work. You need new discipline tools! Help your child gain: · Strong communication skills for school, career, and relationship success. · Healthy self-esteem, confidence, and greater emotional intelligence. · Assertiveness, empathy, problem-solving, and anger-management skills. · A respectful, loving connection with you! You will gain: · An end to resentment, frustration, anger, tears, and defiance in your parent-child relationship. · Tools to respectfully handle most modern challenging parenting situations, including biting, hitting, tantrums, bedtimes, picky eating, chores, homework, sibling wars, smoking, "attitude," and video/computer games. · Help for controlling your anger "in the moment" during those trying times. · A loving, respectful, teaching and fun connection with your child! "Offers a wealth of ideas and suggestions for raising children without the use of punishment of any kind." Linda Adams, President and CEO of P.E.T. Parent Effectiveness Training and Gordon Training International "The world is in desperate need of gentle, caring discipline techniques. Judy Arnall has created a wonderful, nurturing guide that all parents can benefit from." Elizabeth Pantley, Author of The No-Cry Solution series of books. "Parents always prefer to be loving but often don't know how. Arnall's book debunks all the old beliefs about discipline through painful measures such as punishment, consequences or bribes and provides far more effective and kind ways to raise well behaved and thriving children." Naomi Aldort, Ph.D., Author of Raising Our Children, Raising Ourselves BONUS! 50-page quick reference tool guide included Provides strategies for controlling obnoxious behavior in children, encouraging more positive behavior, and strengthening bonds within the family.

John Rosemond's A Family of Value presents a critical view of the child care literature of the past quarter century and argues for an end to overindulgent parenting and a return to the goal of instilling moral values, such as responsibility, respectfulness, and resourcefulness. Disciplining children means equipping them with the tools to succeed in life. In this unique guide, seasoned parents of eight, Bill and Martha Sears draw on personal experience and their professional knowledge as childcare experts to provide an authoritative approach to a broad range of disciplinary issues and practices.

For more than forty years and counting, family psychologist and best-selling author John Rosemond has been counseling parents about how to help children do their best in school. This new book draws on all of that knowledge and experience so that parents can set their kids on the path to success in education, even at age three. Dealing with common problems like how much and what kind of help to give with homework, what to do when a child misbehaves in school, and how to deal with academic performance that consistently falls below a child's ability level, Rosemond addresses every issue with time-tested advice and methods. Other books on schoolwork encourage lots of parental involvement. Not this one. Rosemond's approach will help parents disengage from homework and other hassles as they manage their children to even greater success in the classroom. Describing his behavior management strategies that are used by school systems all over the country, he writes with an entertaining, compelling style that will keep parents reading the valuable, helpful information in John Rosemond's Fail-Safe Formula for Helping Your Child Succeed in School, and the book promises to earn high marks for both parents and children.

A psychotherapist and educator shares practical advice and insights into dealing with the everyday problems of raising children, explaining how to encourage compassion and respect in a child, develop a child's sense of self-discipline, avoid no-win discipline styles, and more. Original.

Provides guidance for parents on a range of child behavioral problems, from simple disobedience to criminal delinquency, and demonstrates how to implement an eight-step program that encompasses parenting skills and improved parent-child relations. Reprint.

From the author of Expecting Better and The Family Firm, an economist's guide to the early years of parenting. "Both refreshing and useful. With so many parenting theories driving us all a bit batty, this is the type of book that we need to help calm things down." —LA Times "The book is jampacked with information, but it's also a delightful read because Oster is such a good writer." —NPR With Expecting Better, award-winning economist Emily Oster spotted a need in the pregnancy market for advice that gave women the information they needed to make the

best decision for their own pregnancies. By digging into the data, Oster found that much of the conventional pregnancy wisdom was wrong. In *Cribsheet*, she now tackles an even greater challenge: decision-making in the early years of parenting. As any new parent knows, there is an abundance of often-conflicting advice hurled at you from doctors, family, friends, and strangers on the internet. From the earliest days, parents get the message that they must make certain choices around feeding, sleep, and schedule or all will be lost. There's a rule—or three—for everything. But the benefits of these choices can be overstated, and the trade-offs can be profound. How do you make your own best decision? Armed with the data, Oster finds that the conventional wisdom doesn't always hold up. She debunks myths around breastfeeding (not a panacea), sleep training (not so bad!), potty training (wait until they're ready or possibly bribe with M&Ms), language acquisition (early talkers aren't necessarily geniuses), and many other topics. She also shows parents how to think through freighted questions like if and how to go back to work, how to think about toddler discipline, and how to have a relationship and parent at the same time. Economics is the science of decision-making, and *Cribsheet* is a thinking parent's guide to the chaos and frequent misinformation of the early years. Emily Oster is a trained expert—and mom of two—who can empower us to make better, less fraught decisions—and stay sane in the years before preschool.

Provides a child-rearing guide for difficult-to-handle children and is intended for parents needing help with sibling rivalry, ADHD, low self esteem, and other birth-adolescent issues.

A smart, easy-to-implement, and unique approach to positive disciplining Drawing on her highly successful methods developed in her private practice, Dr. Cristine Chandler lays out clear, step-by-step instructions to help parents foster good behavior in their children based on the positive premise: that children behave well when they understand clearly what is expected of them. Most discipline problems occur when parents are inconsistent about what they expect. *Four Weeks to a Better-Behaved Child* shows parents how to implement the "4Cs" of discipline in their daily practice: use clear, consistent, contingent consequences. Moreover, in this concise, straightforward book, Dr. Chandler challenges several commonly used approaches to discipline and provides alternatives. She shows parents: Why punishment is often the least effective way to discipline children Why anger never works Why "time-out" works only sometimes--and what to do instead How to use consequences to encourage--and get--good behavior

The author discusses how parental overconcern with discipline can lead to adult dysfunction for a child later in life and argues for a better relationship with children based on communication, respect, and an emphasis on personal responsibility.

The *Everything Parent's Guide to Positive Discipline* gives you all you need to help you cope with behavior issues, both large and small. Written by noted psychologist Dr. Carl E. Pickhardt, this authoritative, practical book provides you with professional advice on dealing with everything from getting your kids to do their homework to teaching them to respect their elders. The *Everything Parent's Guide to Positive Discipline* shows you how to: - Set priorities; - Promote communication; - Establish the connection between choice and consequence; - Enforce punishment; - Change discipline style to reflect the age of the child; - Work with your partner as a team. The *Everything Parent's Guide to Positive Discipline* is guaranteed to help you keep the peace, and raise a well-behaved child in any home!

"Jane Nelsen, author of the successful *Positive Discipline* series, has now compiled a toolkit for parents to teach their children creative cooperation and self-discipline, with success stories from parents worldwide"--

Renowned and respected family psychologist John Rosemond blames child-centered parenting books from recent decades for creating a generation of dependent, often defiant children. He sets the record straight in *The New Six-Point Plan for Raising Happy, Healthy Children*, an updated version of his highly successful book published more than fifteen years ago. Booms in technology and mass media have created significant changes in society in the last two decades. The text in this revised book has been thoroughly updated to reflect today's society, yet the foundation of Rosemond's timeless and effective approach remains constant. He encourages families to return to tried-and-true, fundamental parenting truths that people did naturally before the "new science of parenting": \* Parents aren't their children's friends; they are their leaders. \* Parents are at the center of a family—not kids. \* Your marriage must come before your children. Each chapter includes easy-to-relate-to questions from parents, which Rosemond answers with both common sense and a sense of humor. For families feeling overwhelmed by competing advice about parenting, this book will ground them with logical, proven approaches to the most significant challenges parents face today. From issues such as self-esteem and discipline to television and chores, this straightforward guidance will facilitate a return to parent-centered families where children are raised into responsible adults.

Combining John Rosemond's most popular works "Parent Power" and "The Six Point Plan" in one volume, this is the complete parenting philosophy of one of America's foremost experts in the field. This new edition contains updated and revised material and joins the content of both of the original books.

Argues that toilet training should be a simple, uncomplicated process, beginning at eighteen months or sooner, involving the child going naked from the waist down at home for a short time, and gives advice on common situations.

The Well-Behaved Child Discipline That Really Works! Thomas Nelson

A child talks back to her mother. A teenager starts slamming doors and giving dirty looks. A naughty toddler seems to enjoy the negative response he gets from his exhausted parents. When misbehaviors begin, they can quickly escalate into an uphill battle of yelling, tears, and resistance--on both sides. This guide is a reassuring and realistic resource for parents struggling to find a positive balance with their kids, featuring guidance on how to: Set priorities for children of any age Open the lines of communication both ways Enforce punishments that teach rather than torture Work successfully with your partner Cultivate an environment of mutual respect With short takeaways at the conclusion of each chapter, this guide is the only resource you need to cope with behavior issues and raise a well-behaved child!

Today's parents are all but completely disconnected from the commonsense parenting wisdom of their parents and grandparents. The self-esteem parenting revolution has erased the practical insights gathered by generations of parents about the best way to raise kids. In this book, John Rosemond seeks to recover this wisdom by resurrecting what parents of yesteryear tended to say. Maxims such as "because I said so," "children should be seen not heard," and "you're acting too big for your britches" are more than cute sayings for John. They are parenting principles, springing from a biblical view of the world. John makes the case that these principles from the good old days are just as valid today and will help parents to pass on values to their kids so that they can succeed at life. Grandma was right after all!

We've seen the enemy, and they're small . . . and unionized. If anyone understands why children behave the way they do, it's internationally known psychologist and New York Times bestselling author Dr. Kevin Leman. Using the 7 principles of reality discipline, this father of five and grandfather of four reveals a practical, action-oriented game plan to - get kids to listen to parents - encourage healthy attitudes and two-way communication - turn off temper tantrums, minimize sibling rivalries, and foil finicky eaters - put parents back in the driver's seat - prompt long-lasting, positive behavior and instill values - rear respectful, well-behaved children who become responsible difference makers in the world Thought-provoking questions at the end of each chapter and Dr. Leman's real-life examples give readers sure-fire techniques for developing a loving, no-nonsense approach for rearing children. With over a million satisfied customers, parents can't go wrong with this classic, perennial bestseller.

20 simple principles parents can implement to positively impact the behavior of their children. Created from the perspective of the child and based in love and respect, these principles are designed to strengthen the parent-child relationship and develop social skills that will benefit the young individual throughout his or her lifetime.

The celebrated *Positive Discipline* brand of parenting books presents the revised and updated third edition of their readable and practical

guide to communicating boundaries to very young children and solving early discipline problems to set children up for success. Over the years millions of parents have used the amazingly effective strategies of Positive Discipline to raise happy, well-behaved, and successful children. Research has shown that the first three years in a child's life are a critical moment in their development, and that behavior patterns instilled during that time can have profound implications for the rest of a child's life. Hundreds of thousands of parents have already used the advice in Positive Discipline: The First Three Years to help set effective boundaries, forge strong foundations for healthy communication, and lay the groundwork for happy and respectful relationships with their young children. Now this classic title has been revised and updated to reflect the latest neuroscientific research and developments in positive discipline parenting techniques.

For Christian parents, there is no greater joy than seeing their children learn to walk with the Lord. And there is no greater fear than that their children will walk away from God. After serving together in pastoral ministry for forty years, Phil and Diane Comer know those hopes and fears well. Thirty-seven years ago, they became parents themselves. And like all new parents, they were intimidated and unsure about how to take on the task of spiritually training their young children. Now, with all four of their children grown and establishing their own households of faith, Phil and Diane have embarked on a quest to help the next generation of parents raise passionate Jesus followers. Drawing on years of pastoral counseling, teaching, leading, and decades of watching families from the perspective of pastors and leaders in ministry, Phil and Diane instruct, guide, encourage, and offer hope and practical help to Christian parents. Raising Passionate Jesus Followers is a manual full of practical, biblically based guidelines that parents will be able to turn to again and again through each stage of their children's development. Starting at birth, into grade school, through the daunting teenage years, to launching them into college, and finally letting go, this book contains the why's and the how's parents need. This book will serve as an invaluable resource for any parent whose greatest longing is to shepherd their children into a vibrant faith in God.

A syndicated columnist and family psychologist outlines scripture-based principles for parents that recommend respect for others over self-esteem tactics, recommending a leadership approach to disciplinary methods that draws on traditional belief systems. 50,000 first printing. Focusing on the developmental period spanning age eighteen to thirty-six-months, which renowned parenting expert John Rosemond dubs, "the twos," Making the "Terrible" Twos Terrific! offers practical parenting advice to ensure that every child's "twos" are terrific. By offering comprehensive tips on everything from toilet training to developing good habits for bedtime, as well as disciplinary techniques to control aggressive behaviors, Making the "Terrible" Twos Terrific! approaches parenting in a straightforward, accessible manner that is easy for parents to implement and achieve success with their toddlers. No bribing, meltdowns, nudging, or cajoling are necessary. All parents need is consistent, firm, and loving interactions with their toddler to guide him or her during the developmental years. The methods described by Rosemond also translate to success throughout other life endeavors such as school, relationship building, and even productivity in the distant tween and teen years. To ensure that earthshaking foot stomps, decibel-shattering screaming, and consistently stubborn behavior are not the norm for your toddler, consult Rosemond's Making the "Terrible" Twos Terrific!.

A child rearing expert presents a study of child-directed discipline, offering a common sense approach to the issue of discipline, parental authority, and self-esteem

Raising happy, compassionate, and responsible children requires both love and limits. In Mindful Discipline, internationally recognized mindfulness expert Shauna Shapiro and pediatrician Chris White weave together ancient wisdom and modern science to provide new perspectives on parenting and discipline. Grounded in mindfulness and neuroscience, this pioneering book redefines discipline and outlines the five essential elements necessary for children to thrive: unconditional love, space for children to be themselves, mentorship, healthy boundaries, and mis-takes that create learning and growth opportunities. In this book, you will also discover parenting practices such as setting limits with love, working with difficult emotions, and forgiveness and compassion meditations that place discipline within a context of mindfulness. This relationship-centered approach will restore your confidence as a parent and support your children in developing emotional intelligence, self-discipline, and resilience—qualities they need for living an authentic and meaningful life.

A well-behaved child? Yes, it's possible! Do you battle with your kids over bedtime? Have fights over food? Are tantrums and conflicts ruling your day? If time-outs have quit working and you find yourself at wit's end, giving in to your kids' demands just to have a moment of peace, know there is hope! In The Well-Behaved Child, beloved psychologist John Rosemond shares his seven essential tools for raising a child who pays attention and obeys. Once you learn how to use his proven, user-friendly techniques, you'll have everything you need to deal effectively with a wide range of discipline problems in children ages three to thirteen, what John terms "The Decade of Discipline." This clear, step-by-step program includes: Seven Fundamentals of Effective Discipline Seven Discipline Tools You Can't Do Without Seven Top Behavior Problems of All Time—Solved! Seven Tales of the Strange and Unexpected You can raise well-behaved children! In this readable, entertaining "workshop in a book," John shows parents how to use the C-words of commanding communication, compelling consequences, and confirming consistency to create a well-behaved child and a family in which peace replaces hassles. It's not complicated at all, and the best part is, it REALLY works!

A guide by two pediatricians who have raised eight children together discusses self-esteem, spanking, divorce, single parenting, travel, and baby-sitting, and offers advice on how to prevent, as well as stop, problem behavior. Tour.

The current model of parental discipline is as outdated as a rotary phone. Why don't our kids do what we want them to do? Parents often take the blame for misbehavior, but this obscures a broader trend: in our modern, highly connected age, children have less self-control than ever. About half of the current generation of children will develop a mood or behavioral disorder or a substance addiction by age eighteen. Contemporary kids need to learn independence and responsibility, yet our old ideas of punishments and rewards are preventing this from happening. To stem this growing crisis of self-regulation, journalist and parenting expert Katherine Reynolds Lewis articulates what she calls The Apprenticeship Model, a new theory of discipline that centers on learning the art of self-control. Blending new scientific research and powerful individual stories of change, Lewis shows that, if we trust our children to face consequences, they will learn to adapt and moderate their own behavior. She watches as chaotic homes become peaceful, bewildered teachers see progress, and her own family grows and evolves in light of these new ideas. You'll recognize your own family in Lewis's sensitive, realistic stories, and you'll find a path to making everyone in your home more capable, kinder, and happier -- including yourself.

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