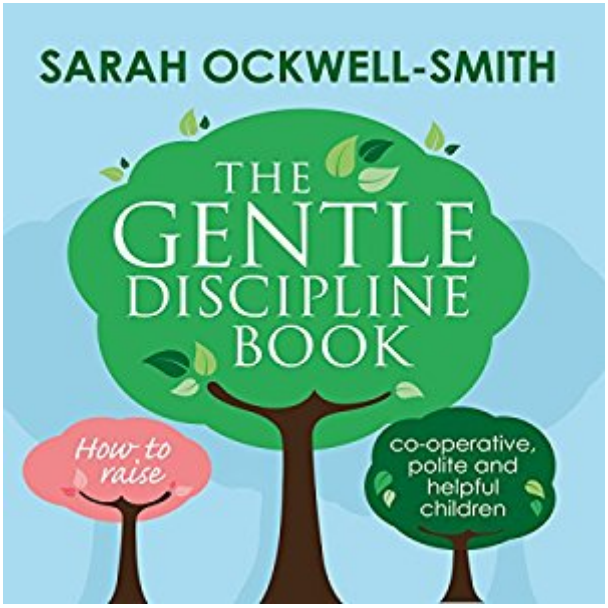
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The Gentle Discipline Book: How To Raise Co-operative, Polite And Helpful Children



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Synopsis

Discipline is a vital part of child-rearing, but many parents misunderstand how to use it and attempt to control their child's behaviour via a combination of punishment and motivation. Yet while this traditional approach may appear to produce quick results, it can potentially damage the child and, in the long term, leave parents with a far worse problem than they had initially. The Gentle Discipline Book analyses common discipline techniques and explains why so many are ineffective. It focuses on helping parents understand why children misbehave and how to respond in a way that will help them work with - rather than against - their child. Gentle discipline focuses on teaching and learning rather than punishing. With plenty of practical advice and case studies from real families, it will enable parents to set boundaries and enforce them with compassion and respect; it also demonstrates how parents can inspire children to be better and do better and how to set a great example for them. Gentle parenting is not about being a pushover - it means understanding children and having realistic expectations of them as well as responding appropriately and consistently. The book covers a range of ages, and the principles it contains work with toddlers, tweens and teenagers equally well - because it helps parents respond to the unique needs of each individual child. As well as providing a framework that will enable parents to become experts in their own child's behaviour, The Gentle Discipline Book provides solutions to common problems such as whining and sulking, aggressive behaviour, refusal to do things, rudeness, sibling rivalry, lying, low self-esteem and a lack of confidence.

Book Information

Audible Audio Edition
Listening Length: 7 hoursÃ Â andÃ Â 32 minutes
Program Type: Audiobook
Version: Unabridged
Publisher: Hachette Audio UK
Audible.com Release Date: March 2, 2017
Whispersync for Voice: Ready
Language: English
ASIN: B01N038OVF
Best Sellers Rank: #40 inÃ Â Books > Parenting & Relationships > Babysitting, Day Care & Child Care #899 inÃ Â Books > Audible Audiobooks > Health, Mind & Body > Family & Relationships #3374 inÃ Â Books > Parenting & Relationships > Parenting

Customer Reviews

I wish every parent would read this. I have read all of Sarah's books and love her books and this one does not disappoint either. It is full of good and comforting and reassuring advice. I especially love that she considers the different ages and brain development at each age. It is a book that can be used into the teenager years as well. I know I will return to her guidance again and again as my children gets older.

This is a great book that all parents should read. The book is chock-full of amazing advice about being a better parent. The book really does help you better understand what you can do to work with kids at different levels of development. I can honestly say that I wish that I had this book when my kids were babies as the advice is perfect for a young parent and grows with you as your kids grow too!

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