



Stress-Free Discipline: Simple Strategies for Handling Common Behavior Problems

Sara Au, Peter L. Stavinoha

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All children test boundaries (and sometimes your patience). It's a natural part of growing up. Your job as a parent is to let them know what's acceptable and what isn't, praise good behavior, and enforce limits.

Easier said than done. Even the best-intentioned parents can find themselves shouting—or capitulating yet again to avoid a scene. Worse, the one-size-fits-all discipline methods experts tout can be too narrow for some concerns.

Blending developmental insights with an arsenal of proven techniques, *Stress-Free Discipline* prepares parents for any challenge: the preschooler who throws a fit . . . the second-grader who refuses homework . . . the budding tween who dishes out insults. The book helps determine the root cause, explaining what drives the behavior, why it's usually normal, how to prevent escalations, and how to instill self-control. Once parents grasp the underlying motivation they can select the strategy that fits their child's age, temperament, and issue—including role modeling, setting limits, positive reinforcement, negative consequences, disengagement—and deploy it calmly and with confidence. Examples and exercises throughout help readers personalize the authors' advice to their unique situation.

Practical, thoughtful, and deeply informative, *Stress-Free Discipline* is the one book every family needs for a more peaceful and happy home.

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From reader reviews:

Juan Moses:

Often the book Stress-Free Discipline: Simple Strategies for Handling Common Behavior Problems has a lot info on it. So when you read this book you can get a lot of gain. The book was published by the very famous author. The writer makes some research before write this book. This book very easy to read you can find the point easily after perusing this book.

Dominic Maddock:

Playing with family inside a park, coming to see the sea world or hanging out with close friends is thing that usually you could have done when you have spare time, subsequently why you don't try factor that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Stress-Free Discipline: Simple Strategies for Handling Common Behavior Problems, you could enjoy both. It is fine combination right, you still need to miss it? What kind of hangout type is it? Oh can happen its mind hangout guys. What? Still don't get it, oh come on its identified as reading friends.

Charlie Hartman:

Your reading 6th sense will not betray you, why because this Stress-Free Discipline: Simple Strategies for Handling Common Behavior Problems reserve written by well-known writer we are excited for well how to make book that can be understand by anyone who all read the book. Written in good manner for you, dripping every ideas and creating skill only for eliminate your current hunger then you still hesitation Stress-Free Discipline: Simple Strategies for Handling Common Behavior Problems as good book but not only by the cover but also from the content. This is one publication that can break don't evaluate book by its handle, so do you still needing an additional sixth sense to pick this particular!? Oh come on your looking at sixth sense already told you so why you have to listening to one more sixth sense.

Patricia Humes:

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