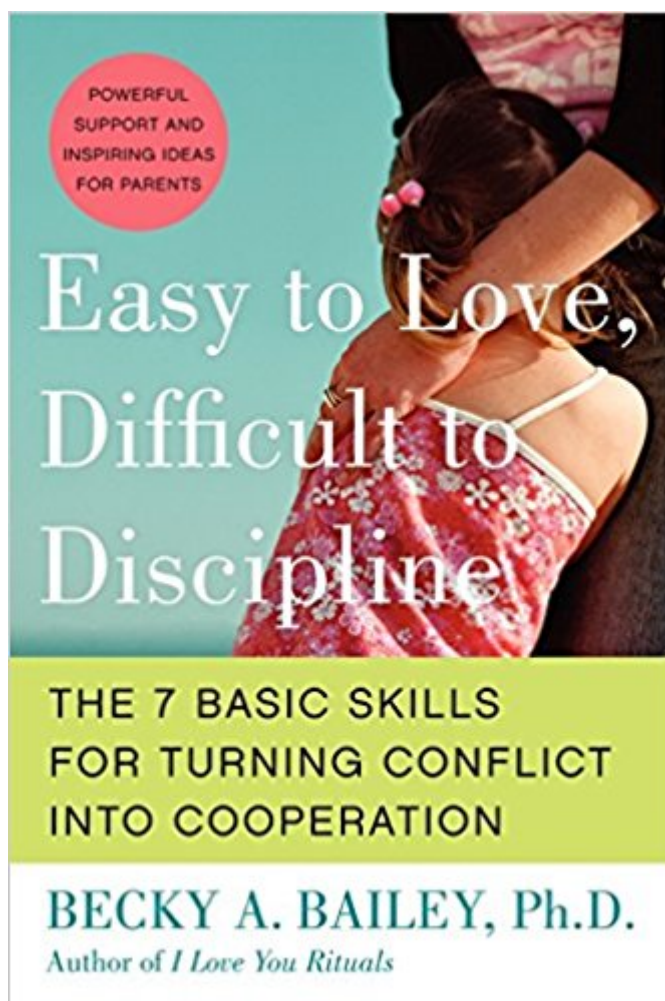


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# Easy To Love, Difficult To Discipline: The 7 Basic Skills For Turning Conflict Into Cooperation



## Synopsis

Learn how to stop policing and pleading and become the parent you want to be. You love your children, but if you're like most parents, you don't always love their behavior. But how can you guide them without resorting to less-than-optimal behavior yourself? Dr. Becky Bailey's unusual and powerful approach to parenting has made thousands of families happier and healthier. Focusing on self-control and confidence-building for both parent and child, Dr. Bailey teaches a series of linked skills to help families move from turmoil to tranquility: 7 Powers for Self-Control to help parents model the behavior they want their kids to follow. These lead to: 7 Basic Discipline Skills to help children manage sticky situations at home and at school, which will help your children develop: 7 Values for Living, such as integrity, respect, compassion, responsibility, and more. Dr. Bailey integrates these principles in a seven-week program that gets families off to a good start, offering plenty of real-life anecdotes that illustrate her methods at work. With this inspiring and practical book in hand, you'll find new ways of understanding and improving children's behavior, as well as your own.

## Book Information

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## Customer Reviews

A developmental psychology specialist and early childhood education expert, Bailey contends that the difficult but rewarding task of guiding children's behavior starts only when parents are able to discipline themselves and become models of self-control. By following the author's "7 Powers for Self-Control" (attention, love, acceptance, perception, intention, free will and unity), the parent will

then be equipped to use the "7 Basic Discipline Skills" (including choices, encouragement and consequences). Bailey dismisses the familiar fear-inspired approach to discipline many grew up with (including threats and punishment), claiming that it inevitably leads children to make biologically driven choices and may even effect the brain due to the high levels of stress hormones released. Also rejecting the permissive parenting style now popular that favors "reasoning" (which, according to the author, imbues children with a victim mentality), Bailey instead promotes instilling an awareness of misbehavior through communication. Though some may be put off by the gimmicky overuse of slogans and buzz words, Bailey's underlying message is positive and hopeful, supported with humorous anecdotes and helpful solutions to even chronic discipline problems. (Feb.)  
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Frustrated because your kid won't get in her car seat? Grumpy ever since your son decided that cleaning his room was optional? Ever feel bad after screaming at your kids for these and other things? Moans. Groans. Alas, parenting is no picnic. Bailey (There's Gotta Be a Better Way) acknowledges this and, in this insightful manual, suggests a disciplinary framework called "loving guidance." Loving guidance begins when parents learn seven "powers of self-control," which include acceptance and intention. Next, parents exercise seven basic discipline skills, such as empathy and maintaining composure. The goal is to teach kids the seven "values for living," including respect, compassion, and responsibility. Numerous, often funny lessons akin to those in Mark L. Brenner's When "No" Gets You Nowhere (Prima, 1997) help parents apply the concepts to daily life. Recommended for public libraries.-Douglas C. Lord, Hartford P.L., CT Copyright 2000 Reed Business Information, Inc. --This text refers to the Audio CD edition.

I heard great things about this book. As a teacher who is now a parent I thought the very beginning came across as condescending. I knew her advice, which was common sense. However, I was patient. I soon grew to discover that the author doesn't talk about "tools" but describes HOW to USE the parent "tools". It's not you average self help book making you think you'll be better if you only bought or said...Sometimes tools can be maximized with useage. Knowing how one tool can do 50 different things is worth reading.

A very good book on a very scary subject. I am a step father to a child that totally fits the profile. If a person wants to learn to do the impossible with a difficult child, this is a very good book.

Awesome book! I have gone to some conscious discipline workshops. Love the author and colleagues her behavior strategies should be mandatory for all schools, including preschools! Some of Miami Dade school's use it but it needs to be implemented everywhere, especially Palm Beach! Although this seller sent me the old edition bait and switch. Gave five stars to the book not the seller he gets one star for using the wrong book cover very deceptive...

Some good parenting techniques, but mostly the focus seemed to be on "fixing" yourself first. Calm down, love yourself, then discipline. Definitely plenty of practical strategies to apply though!

I have read and re-read this book so many times from the library, that I needed to purchase my own copy... then, I lent it out and other parents loved it too, so now I purchase it and gift it to friends and family members with young children. Bailey takes a realistic and well rationalized approach to teaching parents how to evaluate their own behaviours. Then, she explores the various methods we could/should use for helping our children problem solve, gain confidence, and grow into well-adjusted adults. Highly recommended! I find just reading a chapter here and there even helps refresh my attitude... and I see instant results!

Great book with good suggestions for improving your relationship with your kids. It helps me teach my children how to address issues without the drama, whining and crying that they usually relied on. Our home is much more peaceful after just the first two chapters. Their social media sites are good too.

Give this away to parents to assist in parenting!

This is the best parenting book. So glad I found this author. She was recommended to us by our daughter's teacher, who uses this approach in her classroom. I wish this was required reading by every human being who comes in contact with children. Thank you Dr. Bailey!

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