



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

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

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The tenets of Positive Discipline consistently foster mutual respect between the parent and their child so that any child--from a three-year-old toddler to a rebellious teenager--can learn creative cooperation and self-discipline without losing their dignity. This new parenting workbook will be filled with 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 these exercises, parents will be able to bridge communication gaps, build on their child's strengths, defuse power struggles, teach their child how to think for themselves, and more.

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