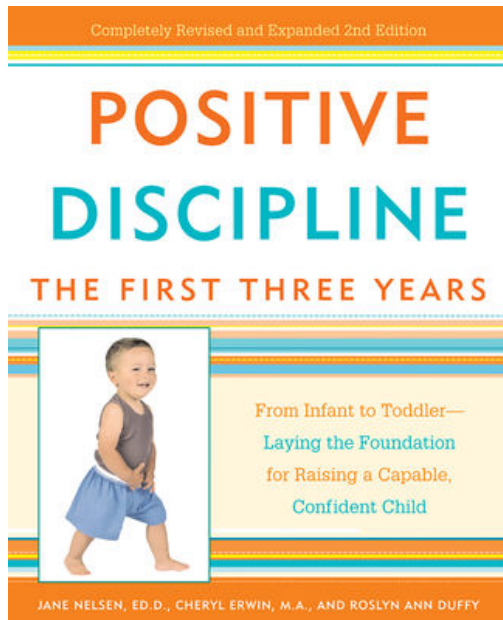


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Make a Difference During the Most Important Years of Your Child's Life

The months leading up to the birth of a child are filled with joy, dreams, plans—and a few worries. As a caring parent, you want to start your child out in life on the proper foundation. But where do you go for the answers to such questions as: How do I communicate with an infant who doesn't understand words? How can I effectively teach boundaries to my toddler? Should I ever spank my child?

Over the years, millions of parents just like you have come to trust **Jane Nelsen's** classic *Positive Discipline* series. These books offer a commonsense approach to child-rearing that so often is lacking in today's world. In ***Positive Discipline: The First Three Years***, you'll learn how to use kind but firm support to raise a child who is both capable and confident. You'll find practical solutions and solid advice on how to:

- Encourage independence and exploration while providing appropriate boundaries
- Use non-punitive methods to instill valuable social skills and positive behavior inside and outside the home
- Recognize when your child is ready to master the challenges of sleeping, eating, and potty training, and how to avoid the power struggles that often come with those lessons
- Identify your child's temperament
- Understand what the latest research in brain development tells us about raising healthy children
- And much, much more!

Containing real-life examples of challenges other parents and caregivers have faced, ***Positive Discipline: The First Three Years*** is the one book that no parent should be without.

From the Trade Paperback edition.

Title	: Positive Discipline: The First Three Years
Author	: Jane Nelsen, Ed.D., Cheryl Erwin, M.A. & Roslyn Ann Duffy
Catégorie	: Famille - parents
Sortie	: 19 août 1998
Éditeur	: Potter/Ten Speed/Harmony/Rodale
Pages	: 320
Langue	: Anglais
File Size	: 1.29MB

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