



## Gentle Discipline: 50 Effective Techniques for Teaching Your Children Good Behavior

By Lighter, Dawn

Meadowdook Press, 1995. Soft cover. Book Condition: New.  
Book Description: How to Raise Well-Behaved Children Dawn Lighter has written a breakthrough book that will change the way you think about and practice discipline. She believes teaching children good behavior is much easier, more productive, and more pleasant than focusing on punishing bad behavior. This book lists fifty simple techniques for teaching children good behavior: \* ten ways to avoid conflict (e.g., how and when to distract your child, offer choices, and walk away) \* ten ways to improve communications (e.g., how to use effective body language and set clear boundaries) \* sixteen ways to use consequences (e.g., how to use natural consequences and how to avoid empty threats) \* four ways to shape a child's environment (e.g., how to simplify and enrich the home environment) \* ten ways to meet parents' needs (e.g., how to use relaxation methods and visualization in parenting situations) --This text refers to an out of print or unavailable edition of this title. Ingram: Most parents think of discipline as something they do after their children misbehave. Family therapist Lighter believes that good discipline should be viewed as instruction, rather than punishment, and provides 50 simple...

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