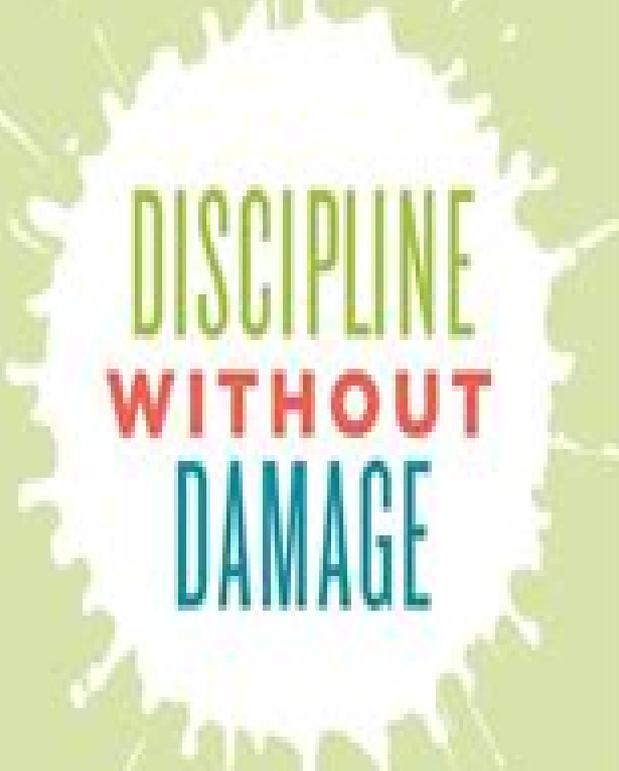


DR. VANESSA LAROINTE, M.D.

FOREWORD BY DR. LAUREN HANCOCK, Ph.D.



DISCIPLINE
WITHOUT
DAMAGE

HOW TO GET
YOUR KIDS TO BEHAVE
WITHOUT MESSING THEM UP

Discipline Without Damage

PRADNYA PRASHANT SALVI



Discipline Without Damage:

Discipline Without Damage Vanessa Lapointe,2015-12-21 In this easy to read science based book parents caregivers and adults of all kinds discover how discipline affects children s development why intervention should reinforce connection not separation and why the disciplinary strategies that may have been used on us as children are not the ones that children really need As a practicing child and family psychologist and advisor to the British Columbia ministry of children and families Dr Vanessa has seen it all and she has navigated hundreds of tough situations with families Drawing on scientific research and a wealth of clinical experience she shows you how to put out the fire without dampening your child s spirits how to correct their behavior while emphasizing connection and how to discipline without damage *How to Discipline Without Damage* Judy Wright,2018-06-09 The peace in peaceful parenting comes from the commitment to regulate one s own emotions and actions Peaceful parenting ties directly into the core of *How to Discipline Without Damage* In this book you will learn *The Difference Between Discipline and Punishment The Mistakes You May Be Making in Modeling Behavior The Difference Between Outward and Inward Responsibility How to Help Children Be Problem Solvers The Secret to Raising a Resilient Child How to Create Consistent Boundaries Rules How to Use Encouragement Instead of Criticism The Power of Yes and Discouragement of No How to Eliminate Who s at Fault Understanding and Setting Realistic Expectations How to Model Forgiveness How to Help Children Be Problem Solvers How to Repair or Rebuild a Broken Boundary or Relationship With Bonus Material Encouraging Words and Phrases to Empower You and Your Child How to Set Up a Family Council* As a mother of six and a grandmother of eleven children author Judy Helm Wright knows family dynamics You can manage a problem or prevent it from occurring altogether Would you rather empty a bucket from underneath a dripping faucet or fix the leak Choosing modes of correction is the prior whereas disciplining is the latter Screaming and spanking are not teachers but rather modes of correction ineffective ones at that They don t teach children to stop a behavior just to get better at hiding it Disciplining through peaceful methods models dignity respect and kindness These values will in turn be instilled in and modeled by your children The key aspect of discipline is to teach not punish Through natural and logical consequences rather than punishment your child will learn desirable behavior **HOW TO BE THE FATHER YOU NEVER HAD** Emeka Osei-Bonsu's,2026-03-10 Trapped in the shadow of the father you never had Watching yourself repeat the same silence anger or absence you swore you d never pass on Feeling the heavy weight of your children s eyes on you while you struggle to be the dad they deserve because nobody ever showed you how *How to Be the Father You Never Had A Practical Guide for Nigerian Men Who Want to Break the Cycle* ends that pain for good Written by a Nigerian man who lived it this book gives you the exact step by step blueprint to become the intentional emotionally present father your children need even if your own father was absent distant or harsh No fluff No empty motivation Just real culturally grounded strategies that work in Nigerian homes today Inside *How to Be the Father You Never Had A Practical Guide for Nigerian Men Who Want to Break*

the Cycle you'll discover Presence over presents create memories your children will cherish for life Discipline without damage raise obedient kids without breaking their spirits How to heal the father wound and stop passing pain to the next generation Raising boys into strong men and girls into confident women with confidence The 30 day action plan that turns good intentions into daily reality How to Be the Father You Never Had A Practical Guide for Nigerian Men Who Want to Break the Cycle is your no excuses roadmap to rewrite your family story Your children are watching Don't let them inherit the same silence Grab your copy of How to Be the Father You Never Had right now and start building the legacy they deserve today

The Unspoken Lessons Dr Sanjay Naidu, 2026-01-19 Dr Sanjay Naidu is an educationist author and reflective thinker with decades of experience in school leadership child development and value based education Deeply rooted in the Indian educational ecosystem his work bridges philosophy psychology and lived parental experiences Dr Naidu believes that the most powerful lessons children absorb are not spoken but silently observed through everyday actions attitudes and emotional responses of adults around them His writings emphasize conscious parenting emotional intelligence and moral clarity in a rapidly changing world Through his books articles and educational initiatives he continues to guide parents and educators toward nurturing compassionate responsible and self aware individuals prepared not just for success but for meaningful life journeys

Start with yourself A new way to parents Prashant Bhagwanrao Bunde, Start With Yourself is a compassionate insightful parenting guide that helps parents recognize one powerful truth the journey to better parenting begins within Author Prashant Bhagwanrao Bunde offers a refreshing perspective that parenting is not just about fixing children's behavior but about cultivating self awareness patience and emotional stability in ourselves first Blending real life examples emotional intelligence and practical advice the book empowers you to regulate your responses understand your triggers and create a nurturing environment at home This is a must read for parents who are tired of blame based methods and ready to lead with empathy not control

The Winning Family Dr. Louise Hart, Kristen Caven, 2022-08-31 Self esteem must start with the family The Winning Family needs to be in every home Dr Michele Borba author of Thrivers UnSelfie and The Big Book of Parenting Solutions Our families can fill us with joy or bother us with constant even unconscious power struggles throughout our lives This new revised edition of The Winning Family shows a new generation of parents exactly how to strengthen children with positivity and empathy by building instead of tearing down and responding instead of reacting Step by step this beloved book teaches crucial parenting techniques that break intergenerational blame shame enabling patterns and help children develop skills to become confident capable adults with self worth and healthy self concepts Dr Louise Hart and Kristen Caven a mother and daughter writing team have packed The Winning Family with the latest information helpful tips and insightful personal stories from four generations They present powerful practical tools in a simple and easy to use way As you abandon unhealthy ineffective coping mechanisms you will build Deep inner confidence and a positive realistic sense of self The ability to create healthy boundaries and structure Effective ways to instill self

discipline and internal motivation Skills for honest kind communication to resolve and prevent conflict Positive attitudes that turn obstacles into opportunities for growth Emotional intelligence to better understand and process feelings and The resilience to handle change and solve problems If you have young children teenagers adult children special needs children or even no children and you want to gain insight into your own childhood or if you are a teacher a caregiver or an adult who works with kids this book is for you In fact this book helps anyone who s ever been in a family because the same tools that build self esteem in the first place can also be used to repair damaged self esteem later on The Winning Family is a must have guide for creating a safe supportive empowering family where everyone wins and a better world begins *Parenting Blueprint* PRADNYA PRASHANT SALVI,2025-05-27 Parenting Blueprint Best Guidance to Raise Thriving Children is a transformative guide for parents who wish to nurture their children s emotional mental and spiritual growth while healing their own inner wounds Written by Pradnya Salvi a seasoned NLP Practitioner Life Coach and Sound Reiki Healer this book offers a unique blend of practical parenting strategies spiritual insights and personal healing wisdom Drawing on her own experiences as a mother coach and healer Pradnya Salvi explores the deep connection between self awareness and parenting The book provides actionable tools for understanding your parenting style creating emotional safety within your home and fostering healthy relationships with your children Each chapter delves into key aspects of the parent child relationship including communication healing emotional intelligence and the importance of play and joy Through the pages of Parenting Blueprint readers will learn how to break generational cycles build trust and create an environment where both parents and children can thrive Whether you re looking to deepen your bond with your child or embark on a journey of personal transformation this book offers the guidance tools and inspiration to raise empowered confident children and to become the conscious parent you ve always wanted to be

Discipline Without Distress Judy Arnall,2012-09-21 Discipline that you and your child will feel good about Spanking and time outs do NOT work At last a positive discipline book that is full of practical tips strategies skills and ideas for parents of babies through teenagers and tells you EXACTLY what to do in the moment for every type of behaviour from whining to web surfing Includes 50 pages of handy charts of the most common behaviour problems and the tools to handle them respectfully Parents and children today face very different challenges from the previous generation Today s children play not only in the sandbox down the street but also in the world wide web which is too big and complex for parents to control and supervise As young as aged four your child can contact the world and the world can contact them A strong bond between you and your child is critical in order for your child to regard you as their trusted advisor Traditional discipline methods no longer work with today s children and they destroy your ability to influence your increasingly vulnerable children who need you as their lifeline You need new discipline tools

Real Kids in an Unreal World Maggie Dent,2018-12-01 Real children need real experiences with real people to grow up happy healthy strong kind and resilient In the second edition of this bestselling book from one of Australia s favourite parenting authors and

educators Maggie Dent Maggie explores the 10 essential building blocks that help children build resilience and self esteem in our chaotic uncertain world We can t change the world however we can help our children to develop emotional buoyancy and competence by experiencing life s joys and successes as well as its challenges and setbacks When this is done within the safety of supportive relationships especially in families and communities one building block at a time from birth to 12 children can grow into being the capable independent adults we all yearn to meet one day About Maggie Commonly known as the queen of common sense Maggie Dent has become one of Australia s favourite parenting authors and educators with a particular interest in the early years adolescence and resilience Maggie s experience includes teaching counselling and working in palliative care funeral services and suicide prevention She is a dedicated advocate to quietly changing lives in our families and communities She is the mother of four sons and a very grateful grandmother Maggie is the author of 11 books including her 2018 release *Mothering Our Boys* which is already a bestseller *The Ordinances of the Legislative Council of the Colony of Hongkong Commencing with the Year 1844 ...: 1844-1864* Hong Kong,1890 Colburn's United Service Magazine and Naval and Military Journal ,1871 *Colburn's United Service Magazine and Naval Military Journal* ,1871

The Winning Family Louise Hart,1990 In this ground breaking book Louise Hart offers expert compassionate advice on how parents can best give their children a high sense of self esteem by enhancing their own self esteem thus creating a winning family **California. Court of Appeal (1st Appellate District). Records and Briefs** California (State)., **The Americanization of the Unconscious** John R. Seeley,1967 **The Think Space** Calvin Richert,Carolyn Richert,Ryan C. Richert,1996 The think space approach to child management is based on little understood principles of human behavior that when applied correctly prove remarkably effective The key is learning to give a child time and space to do two things to quiet emotional upset without guilt or repression and to make positive behavioral adjustments without threats or intimidation The Richerts methods are a safe peaceful way to to help children correct their own behavior And The Think Space explains these methods in a simple practical way that leaves you wondering Why didn t I think of that Shows how to turn moments of conflict with young children into moments of low stress learning for both parent and child Focuses on building appropriate behavior rather than just stamping out inappropriate behavior Endorsed by the founders of Time Out **Educational Implications of Self-concept Theory** Wallace D. LaBenne,Bert I. Greene,1969 *Opera* ,1954 Labor Arbitration Awards ,1976 **The Moral Catastrophe** David L. Hocking,1990

Unveiling the Magic of Words: A Review of "**Discipline Without Damage**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Discipline Without Damage**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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