

Positive Discipline  
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Nelsen, Jane, Ed.D. (1987) Positive Discipline: A warm, practical, step-by-step sourcebook for parents and teachers. Ballantine Books. New York.

What is the most important message parents need to give their children? **Answer: We love you no matter what.** Are we conveying that message everyday through our behavior and discipline? In Positive Discipline, Jane Nelsen spells out how to create an atmosphere of love, cooperation, respect and problem solving skills in our children. These are the same character traits stressed at CES.

This book offers practical suggestions on raising children in an easy to read format based in the real world. Learn how to solve meal time battles. Stop nagging your children to do chores or finish their homework. Stay out of fights between siblings. Start using natural and logical consequences instead of punishment. One key to this approach is the family or class meeting. Teaching the four step problem solving solution the children have a vested interest in the solution. Walla, the agreements made at the family meetings have the consequences already spelled out for breaking the rules. No more yelling for you!

This is a fantastic book for families and classrooms. I highly recommend Positive Discipline.