

*The Discipline Book: How to Have a Better Behaved Child
From Birth to Age Ten.*

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January 7, 2007

Sear, William, M.D. and Sear, Martha, R.N. (1995) *The Discipline Book: How to Have a Better Behaved Child From Birth to Age Ten*. Little, Brown and Company, Boston.

Wow! There is so much information packed into this book Dr. William Sears and Martha Sears have a wealth of knowledge and real experience raising eight children. I found their approach refreshing and sharing mistakes and successes. Sears & Sears have a distinct parenting philosophy of attachment parenting. Even if you do not relate to attachment parenting, The Discipline Book still has tremendous information on dealing with older children. The chapters discuss self-esteem, anger, breaking annoying habits, sibling rivalry, morals and manners to name a few.

Please don't try to read this book over to cover, it is way to dry. Use this book as a reference. I have a copy of this book at home and refer to The Discipline Book as problems arise. Just reading a chapter to tow can give a new perspective on parenting.

Sear & Sears have co-written a number of other books, such as Creative Parenting, Becoming a Father, Nighttime Parenting, and The Baby Book to name a few. Dr. Sears authors a parenting column in Baby Talk and Parenting magazine. You can check out his website at www.askdrsears.com.