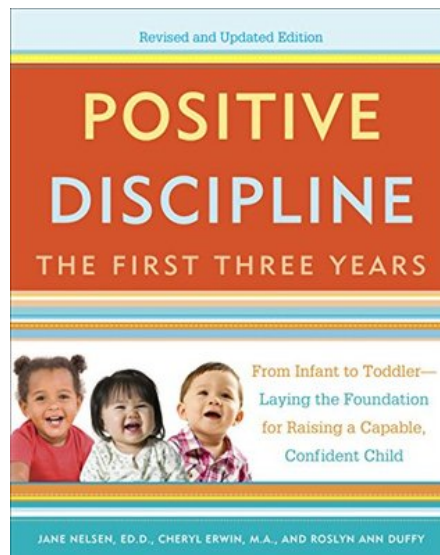




Positive Discipline: The First Three Years, Revised and Updated Edition: From Infant to Toddler-- Laying the Foundation for Raising a Capable, Confident Child

Jane Nelsen , Cheryl Erwin , Roslyn Duffy

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The celebrated Positive Discipline brand of parenting books presents the revised and updated third edition of their readable and practical guide to communicating boundaries to very young children and solving early discipline problems to set children up for success.

Over the years millions of parents have used the amazingly effective strategies of Positive Discipline to raise happy, well-behaved, and successful children. Research has shown that the first three years in a child's life are a critical moment in their development, and that behavior patterns instilled during that time can have profound implications for the rest of a child's life. Hundreds of thousands of parents have already used the advice in Positive Discipline: The First Three Years to help set effective boundaries, forge strong foundations for healthy communication, and lay the groundwork for happy and respectful relationships with their young children. Now this classic title has been revised and updated to reflect the latest neuroscientific research and developments in positive discipline parenting techniques.

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From Reader Review Positive Discipline: The First Three Years, Revised and Updated Edition: From Infant to Toddler--Laying the Foundation for Raising a Capable, Confident Child for online ebook

Kristin says

I had to stop when I got to the chapter on eating. Are these authors for real? This is an actual line in the book: "La Leche League suggests expressing (that is, pumping) breast milk into a bottles and freezing it (it looks like milky dishwater) . . .". Really??? Dishwater???? Goes on to say "keeping babies on the bottle or breast after they are ready to stop may squelch the first blossoming of their sense of autonomy.". Huh?? I'd like to meet a child that is forced to breastfeed after they are ready to stop!!! This book claims you should look for the signs of weaning readiness between 10-12 mos. But don't worry!! "Missing this opportunity for weaning isn't a traumatic, life-damaging experience". Phew, close call there!! I could go on but I'll spare whoever reads this review.

Heather says

This book was great in parts, disappointing in others. Nothing new, really, but lots of good reminders of what is helpful and what is self-defeating in dealing with toddlers. I think the biggest disappointment for me about the book is the authors' apparent attitude toward childcare. They seemed to be advocating a child being in a high-quality childcare center over being at home with the mother. At the very least, they presented them as equally good choices.

To me, this really discredits them. It seems obvious that if a child is with the same adult every day, all day, there will be a much great chance of achieving the consistency that is essential to good discipline. Not to mention the host of other benefits to the child, mother, marriage, and entire family when a mother is able to be home.

I know that it is not always possible for a mother to stay home, and I admire and applaud those mothers who put in a full day of work, and then come home and give all they have to their families all evening and all night. What women! But if a book is claiming to be interested in the welfare of the child, and the best ways to discipline, it seems an obvious error to think that there is no difference between a child being home with a mother or being in a child care. Can you tell this is a bit of a soap box for me? But really. Leaving all other issues aside, just consider two situations: one child is with his mother all day and receives her disciplinary style all day every day, while another child is at daycare most of the day and learns the disciplinary style there, and then goes home to a whole different style that he has to adjust to. How confusing! I have a friend who nannies, and she recently quit a job because of this very issue.

I have no problem with them including a chapter on child care, as they did. I think that's terrific! But I think it reflects either huge misunderstandings, or a desire to be more "modern" or whatever, for them to fail to make the point that it is most ideal, if possible, for a child to be home with the mother.

I'm sorry if I've offended or annoyed. This is just my ax to grind with these authors.

missy jean says

Why do I keep reading parenting books? I don't like them that much. I'm usually just reading to find someone who validates my own ideas about how I should parent--and I'll never find a perfect match, because nobody else has ever had my daughter. I know her best and I need to trust my intuition. So if I'm just going to tune out the parenting books as soon as they say something I don't already know, what's the point in reading them?!

Still...the I'm-almost-2-years-old-now-and-I'm-mad-that-you-don't-understand-everything-I-want tantrums have been getting to me, so I picked this book up at the library. I liked the theoretical underpinnings of the book--that babies and toddlers see the world differently than their parents so their developmental stages need to be understood and respected, that non-punitive behavior-guidance methods work better and build better relationships than spanking and punishment, and that parents should work on both attachment and autonomy with their toddlers. So I was surprised when I got to the section on sleeping, eating and toileting, when the author advocated cry-it-out and said that breastfeeding is no better than formula feeding (and a number of other things that I didn't agree with).

Sigh. I just need to kick the parenting book habit, I think.

Aban (Aby) says

I bought this book for my daughter who was expecting her first baby in February, but I read it before passing it on to her!

The approach to child rearing in this book is EXCELLENT. It is based on creating trust and bonding. Its approach is, above all, one of respect. It aims at guiding a child towards independence and social skills. The goal of the Positive Discipline approach is to empower a child, at every stage, by making him/her feel loved and valued, by helping the child feel competent and capable, and by enabling the child to feel an inner sense of power and control.

My criticism of the book is that it is poorly written. It rambles, and the key points are not effectively emphasized. It's such a shame, as I feel this book should be read by every person involved in the raising of a child. The book needs to be rewritten!

Jen says

This book would get a higher rating if it weren't for some grossly inaccurate, misleading, and what I consider dangerous statements regarding nursing:

It says "keeping babies on the bottle or breast after they are ready to stop may squelch the first blossoming of their sense of autonomy.". Really? I don't know about other kids, but you definitely can't keep mine at the breast if he doesn't want to be there. The book also notes to watch for signs of being ready to wean between 10-12 months, which is way sooner than baby led weaning occurs. Never fear, though: "Missing this opportunity for weaning isn't a traumatic, life-damaging experience". Gee, thanks for the reassurance.

They also throw out this lovely tidbit: "La Leche League suggests expressing (that is, pumping) breast milk

into a bottles and freezing it (it looks like milky dishwater) . . .". Gee, thanks for comparing breastmilk to dishwater because there are no better color comparisons out there...

I'm also not a fan of their chapter on sleep, though I do appreciate that they at least recognize cosleeping/family bed as an option many families use, and don't just throw it under the rug and say never to do it.

Moving on, ignoring the nursing and sleeping sections, there were some things I could relate to, found encouraging, and use or would use in dealing with my toddler, though. It reinforced to me about getting down on his level/his eyesight to have conversations and see the world through his eyes, which I do, but not often enough. I also liked much of the discussion on autonomy - I need to work on letting my 2-1/2 year old do more, instead of swooping in and doing for him. In that vein, the book encourages learning through exploration and play, and those parts of the book were enjoyable to me, and things with which I agree.

Jennifer says

This book says that any negative discipline will place self doubt and poor self esteem in kids. It does not recommend time out, spanking or saying NO. It tells to lead by example. For instance, if your child tries to play with the stereo, instead of saying no, redirect them to their toys, even if it takes 1,000 times. I don't have a toddler but I don't know very many people with the time or patience to do what this author says.

Leandra Cate says

As with most parenting books, I got a few good ideas from this one but I have to give it one star because of the false information on breastfeeding/weaning and contradictory attitude toward sleep.

Good stuff: Instead of 'NO' try to think of what you want your child to do instead. I have found this tip quite useful. Also the emphasis on offering choices (which of course I've seen elsewhere) is a good reminder - though it doesn't always go as neatly as the authors suggest.

Bad Stuff: Um, no, your baby doesn't want to wean at 10 months. Yikes. Both the AAP and the WHO recommend (based on decades of research) breastfeeding until 2 for the emotional and physical health of the child. So how can 1 year be "extended" breastfeeding? It burns me a little that they put dangerous misinformation like that into a book.

Even more bad stuff: So there you are, being all positive with your darling baby. Holding you temper in check. Not saying "NO" when they hit you, but rather gently and sympathetically redirecting them each time all day long. But once the sun goes down -- all bets are off! No more nice mommy, no more respectful treatment. Sleep when I tell you, in your own room, all alone, screaming in terror if necessary! This seems so at odds with their daytime philosophy. A child is a child and worthy of your respect and compassion no matter the time of day or night. Leaving your child to scream for "2 or 3 nights" is not respectful of his/here humanity NOR respectful to your feelings as a parent.

And one last thing -- please, please authors of parenting books - stop saying, 'Did you think being a parent was going to be easy?' I've heard it too many times.

Crystal says

I like this book. In fact, some of the strategies have helped already, such as redirection, distraction, turning tasks into a game (we picked up crayons so they could "hide" in the box) and just laughing together. I also like the info on the different types of temperaments, I thought there were only 3, difficult, medium, and easy. ha ha!

My only beef with the book is the sleep chapter. It tells you that to be a good parent and show love you must let your children cry it out to sleep if they won't sleep on their own. I disagree, although that is an effective strategy, some kids just don't sleep through the night at 4 months and letting them cry it out should be a last resort for very sleep-deprived parents. I did, however, like the strategy of laying your baby down awake, but drowsy. I have the habit of making sure my kids are totally out before laying them down, and last night I tried this trick with Charlotte, and it worked. So I think I will do that and hopefully she'll start sleeping a little more on her own at night!!

Good book overall, good focus on respecting your children, I would recommend it to all new parents or to browse for someone who has a more willful child and needs new, completely non-punitive strategies. (Oh, and I like that time-out is NOT effective according to this strategy. It sure doesn't work for us!)

Rachel says

It will make you think differently about your child's "misbehavior". The main theme of the book is that kids learn (and their brains develop) through exploration and play. Kids that seem like they are acting out or being bad when they hit or get into things are usually just exploring their bodies and their surroundings. They are developing ideas about what they are capable of. Kids need guidance with rules, but they can be taught good behaviors without punishment and actually turn out better developmentally--not spoiled.

I am still reading it and as I am reading I am also seeing my own discipline style changing and growing to fit the needs of my child better and he is responding really well! We are both learning to trust each other more and that is helping him to follow rules when I ask him to do something.

Katrina says

This is a discipline book that I feel I can actually implement daily. As a main point, it says to use a combination of kindness and firmness when disciplining your child, in all areas. It also emphasizes that I need to be aware of what my children are capable of understanding developmentally, and then tailor my approach.

Also, it says that you can't force a child to do anything (eat, sleep, potty-train, etc.). Instead, kindly and firmly guide the child to decide to do those things on his own. This is something to work on.

Bridgid says

Ch. 4: "A word about attachment...Erik Erikson found that an infant's development of a sense of trust in the first year of life is directly related to a mother's sense of trust in herself."

Ch. 5: Temperament

Activity level

Rhythmicity - how consistent & predictable a child's eating, sleeping, bowel movements

Approach or withdrawal

Adaptability

Sensory threshold

Quality of Mood

Intensity of reactions

Distractibility

Persistence and attention span

Ch. 9: Self Reliance & Confidence

"Children under the age of 3 do not understand 'no' in the way most parents think they do. 'No' is an abstract concept that is in direct opposition to the developmental need of young children to explore their world and to develop their sense of autonomy and initiative....(A child's) behavior is not yet truly intentional....toddlers lack the ability to understand cause and effect in the same way adults do."

"With children from birth to age 3, it is best to say no with actions instead of words."

Ch. 10: Development of Emotional Skills & Language

Temper tantrums: "Giving in is not the answer...what do you think your child is learning and deciding when he has a temper tantrum and you give in? Our guess is that he has just learned a negative life skill: do whatever it takes to get people to let you have your way. He may be deciding, 'I'm loved when people give me whatever I want.'"

"Instead...you might pick up your screaming child and carry him to the car. Do this with a calm, kind and firm manner. Allow him to have his feelings. He will learn (eventually) that he can survive disappointment - a very good life skill. There are three reasons to avoid words:

1. He can't hear them anyway
2. Often, words are like throwing fuel on the fire
3. Silence reminds you to stay calm

Jessica says

Definitely one of the more reality-based parenting books I've read in that it's actively willing to acknowledge and engage with the idea that most parents aren't living the breastfeeding-til-preschool, stay-at-home-parent, organic-crunchy-Etsy-nursery ideal. Most parenting books take great pains to point out that this ideal and remind parents that if those ideals aren't being met, well, you're already behind the eight ball and you should really go and fix those things before trying to proceed further with the advice in the book. I can't tell you how refreshing it is to see an author point out what many parents already know in practice - that you don't have to hit the mark perfectly in these areas to be a successful parent and that some of those "failures" can actually have significant unintended benefits to kids (such as happier parents!).

Lydia says

Life changing!

Marissa says

Positive Discipline's ideas and advice about raising children really feels right for me as a parent. Their most basic point is to have a consistent "kind but firm" manner when disciplining your child - kind to show that you validate their feelings and respect them as their own person, but firm to let them know you mean business. On a day to day level this approach really takes lots of patience, but when doing it, and seeing it work, it just feels right. Another strong point they make is that when children misbehave it is usually because they are feeling like they don't belong, and want to participate. I realized that often when my son was "being bad" it was because I was failing to involve him in some way with whatever was going on because I just had to get stuff done. I realized that by letting him "help" me with chores, like washing dishes, switching laundry etc. - even if it took a little longer or was a little messier is a great way for us to connect and for him to feel important. This book helped remind me what "discipline" really means - "to teach" NOT "to punish" and that punitive punishment really only cultivates fear, shame, resentment and rebellion in children throughout their lives. I am not saying that PD encourages permissive parenting - the theory and tools provided in this book help us to understand that it is better to guide them into cooperation rather than to force them.

Libby says

The book was barely about discipline- there was really only one chapter about it, but it still had some good information and gets you to think more about your child's point of view before getting upset at them and about letting them be involved in what your doing and help them to become more independent by helping them find solutions to their problems with your prompting. I wish they provided more examples to show the discipline concepts they talked about. The beginning of the book referenced studies to back up their points, but not the part I was really interested in- the discipline. I would probably give it 3 stars because it does have some good information, but I'm only giving it 2 because it wasn't good at giving me what I thought it was going to help me with.

