



# Positive Discipline: The First Three Years-Laying the Foundation for Raising a Capable, Confident Child

*Jane Nelsen Ed.D., Cheryl Erwin, Roslyn Ann Duffy*

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## **Make a Difference During the Most Important Years of Your Child's Life**

The months leading up to the birth of a child are filled with joy, dreams, plans—and a few worries. As a caring parent, you want to start your child out in life on the proper foundation. But where do you go for the answers to such questions as: How do I communicate with an infant who doesn't understand words? How can I effectively teach boundaries to my toddler? Should I ever spank my child?

Over the years, millions of parents just like you have come to trust **Jane Nelsen's** classic *Positive Discipline* series. These books offer a commonsense approach to child-rearing that so often is lacking in today's world. In *Positive Discipline: The First Three Years*, you'll learn how to use kind but firm support to raise a child who is both capable and confident. You'll find practical solutions and solid advice on how to:

- Encourage independence and exploration while providing appropriate boundaries
- Use non-punitive methods to instill valuable social skills and positive behavior inside and outside the home
- Recognize when your child is ready to master the challenges of sleeping, eating, and potty training, and how to avoid the power struggles that often come with those lessons
- Identify your child's temperament
- Understand what the latest research in brain development tells us about raising healthy children
- And much, much more!

Containing real-life examples of challenges other parents and caregivers have faced, *Positive Discipline: The First Three Years* is the one book that no parent should be without.

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