

1: Becky A. Bailey Quotes (Author of Easy to Love, Difficult to Discipline)

*Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation [Becky A Bailey] on www.enganchecubano.com *FREE* shipping on qualifying offers. Learn how to stop policing and pleading and become the parent you want to be.*

This is my third reading of this book in two year I consider myself something of an authority on parenting books, having read at least 25 of them. This is my third reading of this book in two years. About two and a half years ago was my most difficult time during my relatively short time as a mother. I had been struggling with my then three-year-old since she hit that 18 months mark. I was pregnant with my second, doubting my wisdom in birthing my first and feeling an like an utter failure as a parent. I was so stressed I was actually having chest pains. I was yelling, swearing and otherwise being the exact opposite of what I wanted to be. I also tried outright control tactics using all my power as MOM to control her. None of it worked and none of us were happy. I knew there had to be a better way. I searched and searched and when I found this book the synopsis shone like a ray of hope into my desperate heart. I think I may have heard angels harmonizing. Yes, yes this is us! As I read I knew I found that elusive parenting philosophy for which I had been searching! Becky focuses on self-control for parents and children and discipline as teaching rather than punishment. Kids develop in predictable ways and no one is born knowing how to negotiate conflict. Some of us never learned. As I grew I learned how to avoid most conflicts and internalize the rest. In my mind conflict is BAD. No wonder I used to fantasize about running away to the mountains to be a hermit. In actuality conflict is GOOD, because it is an excellent opportunity for learning and teaching. Instead of giving me advice on to manipulate and control my children, it taught me how discipline and control myself, so I could then be an effective teacher for my children. Every time I teach my girls how to negotiate through a conflict I feel more confident negotiating my own conflicts. Then guide and practice with them what to do instead. It taught me that the gift of controlled parenting that I give my children, I also give myself. This book is the exact opposite of a quick-fix, it takes years and multiple reading before everything really start to sink in. Becky stated that for her personally it took about five years before the processes and words felt natural and came to her mind without thinking hard first. I was discouraged initially and then thought, I could be the same crappy, ineffective parent I am now in five years or a better, happier version of myself in five years. Danielle is coloring with markers at her kid sized table in our front room. Give it to Gabi! I need it to finish my horse picture! Gabi just wants to color with you! Why is that such a terrible thing?! Gabi ratchets her displeasure up a notch. Do you want to read a book? We can build a super cool tower! Then we start with tact 1. I did all the work resolving the conflict and nobody is feeling good. I dash in and then squat down to be eye level with the girls. I need it to finish my horse picture. We all learned something, our relationship is stronger and we are happy. Instead of jumping in and solving the problem using my position of power, I taught them how to work through the conflict. Will they do this perfectly next time? Will they do it perfectly the next 50 times? But I see Danielle 5 years old getting it more and more and trying out parts of it. Who has better odds of becoming a better baseball player, one who starts playing at 5 or someone who put a glove on her hand for the first time at 35? With these tools, I know how to set and enforce boundaries in a loving way that teaches responsibility, self control and conflict resolution. At the end of the book she even provides a week by week schedule for practicing each particular skill.

2: Easy to Love, Difficult to Discipline by Becky A. Bailey

Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation (, William Morrow) by Becky A. Bailey has given me a fresh perspective, which is a bit of a feat. I've heard everything, tried everything, etc.

Bailey by Alenka Tweet Aha, another terrific book on positive discipline. I still often feel the urge for a good old fashioned yelling, stomping my feet and losing my patience. I try to avoid all of the above. Yelling feels good but often comes with a nasty friend: That one is eating her prey. My kids long since forgotten and I am still torturing myself. But why, why, why do parents get to feel so frustrated and annoyed when we love our kids more than the life itself? We are ready for every possible sacrifice for them and just as ready to strangle them with our own hands at some point. I guess, most important question is "what do we do about it. Bailey unique only on one thing: The book is for helping you to improve your self-control as well as teaching your kids how to do it. Did you mean, no hitting unless you are bigger and stronger? So, as parents we need both of those: Then it is your choice, how to react: Yet, how do you avoid the smashing, screaming monsters blowing up in our heads? I absolutely loved the the book is divided into two parts: The second one is about using pretty much the same principles for teaching our kids self-discipline and living in this world in a way, that is both fun for them and acceptable for others. How about good old Time-Out? Forget the yelling, if the kid misbehaves, just send him to his own room! Yeah, let him think about what he did wrong! I personally do not consider a Time Out an efficient strategy. Now go to your office lounge and sit and think about what you did wrong. Fill it out wrong, and back you would go to the lounge. But how can you possibly learn to fill it out correctly unless someone teaches you? It is not a true attempt to problem solving. The parent generally focuses on why the child did something wrong: You know hitting hurts. Is that what you want? At a new job, you filled out a similar form incorrectly and your new boss said: They will stop using us and you will lose your job. They would assume that since you are an adult, you should know by now. You would feel a rising panic, mixed with anger at your boss and colleagues, and a nagging sense that may be you were just too stupid for the job. The office example is obviously facetious, but the point is serious. You need to develop discipline skills that will help you teach your children how to behave properly. However, in the end I still feel powerless: Without self-control, you will approach your child with the unconscious goal of manipulation. An empowered parent modeling self-control handles situations much differently than an out-of-control parent seeking to make his or her child behave. I loved the exercises. My kids make sure that I am challenged more than enough on daily basis and get quite some bits of practice! Ok, I go back to reading. Post navigation.

3: Easy to Love, Difficult to Discipline (Audiobook) by Becky A. Bailey | www.enganchecubano.com

Easy To Love, Difficult To Discipline B Exclusively for parents, master the principles of Dr. Bailey's Conscious Discipline including the Seven Powers and Seven Skills so you can respond appropriately, rather than react negatively to discipline challenges in the home.

Fanny Gonzalez Easy to Love, Difficult to Discipline By Fanny Gonzalez Have you ever been out in public and a parent and child are having a struggling match because the child wants something that the parent does not want to buy? The child is laying on the floor, kicking and screaming, in an attempt to get their way. Often times, children misbehave for several reasons; they want attention, do not know right from wrong, know how to express their feelings, or simply want to see how far they can go outside of their boundaries. Although many people believe that corporal punishment helps in child discipline, setting rules and giving positive reinforcement are more effective means. Even though spanking a child may be a quick way of discipline, the effects sometimes do not accomplish the goal a parent is trying to achieve. However, positive reinforcement can be more pleasant and effective than other methods. So what do children learn from being spanked? We have all wondered what types of discipline can encourage moral behavior, and what types of discipline should we avoid. The last thirty years of research give us very clear results. When describing a physical altercation between two adults, the term is assault and battery. Assault on an individual has more immediate effects. The effects can last a lifetime in severe cases. Although many adults would argue that hitting people is wrong, spanking children continues to be used as an acceptable form of discipline. Many parents think spanking will teach children not to do things that are forbidden, stop them quickly when they are irritating, and encourage them to do what they should, out of fear of being spanked. When the child acts out in public, it could be very embarrassing to the parent. The parent often times gets angry because of the embarrassment. Corporal punishment can possibly be an effective method of disciplining, provided it is not excessive or abusive. Too many times, parents let their emotions get the best of them, and the punishment gets carried away. It gets carried away to the point where maybe a permanent mark is left on the child, or worse, an emotional scar. It would take a great deal of effort to gain the trust, and win the heart and mind of a child, after he or she believes they are not loved or cared for. One of the most powerful types of discipline that can foster moral development is inductive discipline. Inductive discipline is a way you can teach a child to consider others feelings. For example, if your child is playing at the park, and they hit another child, what do you do? A powerful tool is to talk to your child about the event of hitting another child. In teaching them to apologize when they hurt other kids, can probably be a way to mix the two; positive reinforcement and inductive discipline. Discipline is a good thing and there is no evil in it. It builds character, develops strength and unity and fosters co-operation. It is therefore, necessary, that children be taught discipline from their early childhood years. Giving positive reinforcement is a more effective means and it should never be overlooked, as it is the secret of success in life. Discipline gives us an opportunity to learn experience and grow. Without discipline, there would be complete chaos and disorder. It is so easy to give love and give in to what they want, but sometimes you have to say NO. By doing so, it is teaching them, and letting them know there are boundaries in life. The child quickly learns that by acting out, they can reach the end state the he or she wants. In this instance, the parents are actually reinforcing the misbehavior, as opposed to using that positive reinforcement when the child is actually displaying good behavior.

4: Easy to Love, Difficult to Discipline | Fanny Gonzalez - www.enganchecubano.com

These correspond to "Seven Basic Discipline Skills" we can use with our children in conflict situations. As children internalise these skills, they naturally learn "Seven Values for Living," which include integrity, respect, compassion, and responsibility.

5: Easy to Love, Difficult to Discipline Audiobook | Becky A. Bailey | www.enganchecubano.com

EASY TO LOVE, DIFFICULT TO DISCIPLINE pdf

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