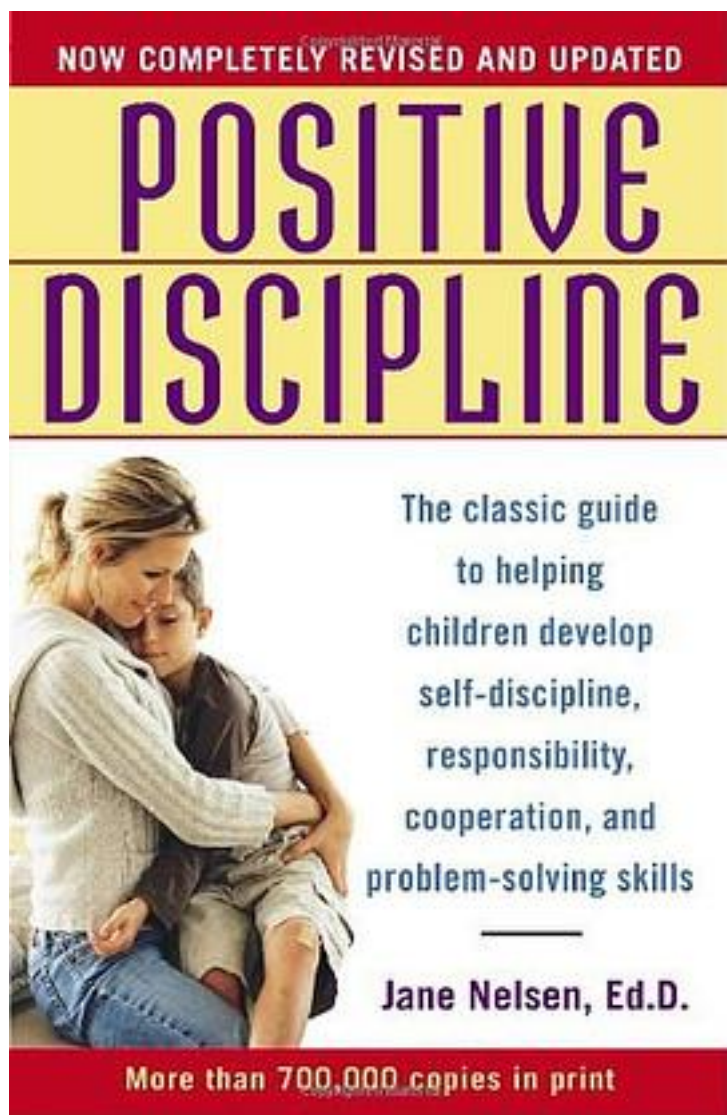


POSITIVE DISCIPLINE



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《Positive Discipline: The First Three

Years(生命最重要的前三年:尼尔森0-3岁积极训导法)》内容简介：何谓“积极训导法”，积极训导法是一项在美国颇受欢迎与赞誉的家庭与学校教育课程，旨在培养孩子如何在其所处的环境中变得更加充满责任、相互尊重而富有智慧。它指导成人（父母、老师、看护人及其他人）以一种相互尊重和鼓励的态度，教给孩子重要的社会与生活技能。近期研究表明，儿童从出生起便被与外界“硬性”连接到一起，那些能感受到自己与他们的生活群体、家庭、学校融为一体的孩子，往往很少会出现不良行为。

高效积极训导的五个标准：

- 1.帮助孩子感受到与外部的联系（归属感与重要性）；
- 2.相互尊敬与鼓励（善良而坚定），
- 3.保持长期的有效性（衡量孩子的所思、所感、所学以及对自己及其世界的决定）；
- 4.教给孩子重要的社会与生活技能（尊重、关心他人、解决问题、合作及为家庭、学校和社区作些力所能及之事），
- 5.引导孩子发现其才干（鼓励孩子建设性地运用个人权力与自主权）。

Make a Difference During the Most Important Years of Your Child's LifeThe 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.

作者介绍:

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