

DR. VANESSA LAPOINTE, R. PSYCH

FOREWORD BY DR. LAURA MARKHAM, PHD

# DISCIPLINE WITHOUT DAMAGE

HOW TO GET  
YOUR KIDS TO BEHAVE  
WITHOUT MESSING THEM UP

# Discipline Without Damage

**Vanessa Lapointe**



## **Discipline Without Damage:**

Discipline Without Damage Vanessa Lapointe, 2015-12-21 In this easy to read science based book parents caregivers and adults of all kinds discover how discipline affects children's development why intervention should reinforce connection not separation and why the disciplinary strategies that may have been used on us as children are not the ones that children really need As a practicing child and family psychologist and advisor to the British Columbia ministry of children and families Dr Vanessa has seen it all and she has navigated hundreds of tough situations with families Drawing on scientific research and a wealth of clinical experience she shows you how to put out the fire without dampening your child's spirits how to correct their behavior while emphasizing connection and how to discipline without damage *How to Discipline Without Damage*

Judy Wright, 2018-06-09 The peace in peaceful parenting comes from the commitment to regulate one's own emotions and actions Peaceful parenting ties directly into the core of *How to Discipline Without Damage* In this book you will learn The Difference Between Discipline and Punishment The Mistakes You May Be Making in Modeling Behavior The Difference Between Outward and Inward Responsibility How to Help Children Be Problem Solvers The Secret to Raising a Resilient Child How to Create Consistent Boundaries Rules How to Use Encouragement Instead of Criticism The Power of Yes and Discouragement of No How to Eliminate Who's at Fault Understanding and Setting Realistic Expectations How to Model Forgiveness How to Help Children Be Problem Solvers How to Repair or Rebuild a Broken Boundary or Relationship With Bonus Material Encouraging Words and Phrases to Empower You and Your Child How to Set Up a Family Council As a mother of six and a grandmother of eleven children author Judy Helm Wright knows family dynamics You can manage a problem or prevent it from occurring altogether Would you rather empty a bucket from underneath a dripping faucet or fix the leak Choosing modes of correction is the prior whereas disciplining is the latter Screaming and spanking are not teachers but rather modes of correction ineffective ones at that They don't teach children to stop a behavior just to get better at hiding it Disciplining through peaceful methods models dignity respect and kindness These values will in turn be instilled in and modeled by your children The key aspect of discipline is to teach not punish Through natural and logical consequences rather than punishment your child will learn desirable behavior **The Winning Family** Dr. Louise Hart, Kristen

Caven, 2022-08-31 Self esteem must start with the family The Winning Family needs to be in every home Dr Michele Borba author of *Thrivers UnSelfie* and *The Big Book of Parenting Solutions* Our families can fill us with joy or bother us with constant even unconscious power struggles throughout our lives This new revised edition of *The Winning Family* shows a new generation of parents exactly how to strengthen children with positivity and empathy by building instead of tearing down and responding instead of reacting Step by step this beloved book teaches crucial parenting techniques that break intergenerational blame shame enabling patterns and help children develop skills to become confident capable adults with self worth and healthy self concepts Dr Louise Hart and Kristen Caven a mother and daughter writing team have packed The

Winning Family with the latest information helpful tips and insightful personal stories from four generations They present powerful practical tools in a simple and easy to use way As you abandon unhealthy ineffective coping mechanisms you will build Deep inner confidence and a positive realistic sense of self The ability to create healthy boundaries and structure Effective ways to instill self discipline and internal motivation Skills for honest kind communication to resolve and prevent conflict Positive attitudes that turn obstacles into opportunities for growth Emotional intelligence to better understand and process feelings and The resilience to handle change and solve problems If you have young children teenagers adult children special needs children or even no children and you want to gain insight into your own childhood or if you are a teacher a caregiver or an adult who works with kids this book is for you In fact this book helps anyone who s ever been in a family because the same tools that build self esteem in the first place can also be used to repair damaged self esteem later on The Winning Family is a must have guide for creating a safe supportive empowering family where everyone wins and a better world begins

**Start with yourself A new way to parents** Prashant Bhagwanrao Bunde, Start With Yourself is a compassionate insightful parenting guide that helps parents recognize one powerful truth the journey to better parenting begins within Author Prashant Bhagwanrao Bunde offers a refreshing perspective that parenting is not just about fixing children s behavior but about cultivating self awareness patience and emotional stability in ourselves first Blending real life examples emotional intelligence and practical advice the book empowers you to regulate your responses understand your triggers and create a nurturing environment at home This is a must read for parents who are tired of blame based methods and ready to lead with empathy not control *Discipline Without Distress* Judy Arnall,2012-09-21 Discipline that you and your child will feel good about Spanking and time outs do NOT work At last a positive discipline book that is full of practical tips strategies skills and ideas for parents of babies through teenagers and tells you EXACTLY what to do in the moment for every type of behaviour from whining to web surfing Includes 50 pages of handy charts of the most common behaviour problems and the tools to handle them respectfully Parents and children today face very different challenges from the previous generation Today s children play not only in the sandbox down the street but also in the world wide web which is too big and complex for parents to control and supervise As young as aged four your child can contact the world and the world can contact them A strong bond between you and your child is critical in order for your child to regard you as their trusted advisor Traditional discipline methods no longer work with today s children and they destroy your ability to influence your increasingly vulnerable children who need you as their lifeline You need new discipline tools

**Parenting Blueprint** PRADNYA PRASHANT SALVI,2025-05-27 Parenting Blueprint Best Guidance to Raise Thriving Children is a transformative guide for parents who wish to nurture their children s emotional mental and spiritual growth while healing their own inner wounds Written by Pradnya Salvi a seasoned NLP Practitioner Life Coach and Sound Reiki Healer this book offers a unique blend of practical parenting strategies spiritual insights and personal healing wisdom Drawing on her own experiences as a

mother coach and healer Pradnya Salvi explores the deep connection between self awareness and parenting The book provides actionable tools for understanding your parenting style creating emotional safety within your home and fostering healthy relationships with your children Each chapter delves into key aspects of the parent child relationship including communication healing emotional intelligence and the importance of play and joy Through the pages of Parenting Blueprint readers will learn how to break generational cycles build trust and create an environment where both parents and children can thrive Whether you re looking to deepen your bond with your child or embark on a journey of personal transformation this book offers the guidance tools and inspiration to raise empowered confident children and to become the conscious parent you ve always wanted to be *Real Kids in an Unreal World* Maggie Dent,2018-12-01 Real children need real experiences with real people to grow up happy healthy strong kind and resilient In the second edition of this bestselling book from one of Australia s favourite parenting authors and educators Maggie Dent Maggie explores the 10 essential building blocks that help children build resilience and self esteem in our chaotic uncertain world We can t change the world however we can help our children to develop emotional buoyancy and competence by experiencing life s joys and successes as well as its challenges and setbacks When this is done within the safety of supportive relationships especially in families and communities one building block at a time from birth to 12 children can grow into being the capable independent adults we all yearn to meet one day About Maggie Commonly known as the queen of common sense Maggie Dent has become one of Australia s favourite parenting authors and educators with a particular interest in the early years adolescence and resilience Maggie s experience includes teaching counselling and working in palliative care funeral services and suicide prevention She is a dedicated advocate to quietly changing lives in our families and communities She is the mother of four sons and a very grateful grandmother Maggie is the author of 11 books including her 2018 release *Mothering Our Boys* which is already a bestseller

**The Ordinances of the Legislative Council of the Colony of Hongkong Commencing with the Year 1844 ...: 1844-1864** Hong Kong,1890 **Colburn's United Service Magazine and Naval and Military Journal** ,1871

**The Chronicle and Directory for China, Japan & the Philippines for ...** ,1864 California. Court of Appeal (1st Appellate District). Records and Briefs California (State)., **The Winning Family** Louise Hart,1990 In this ground breaking book Louise Hart offers expert compassionate advice on how parents can best give their children a high sense of self esteem by enhancing their own self esteem thus creating a winning family Colburn's United Service Magazine and Naval Military Journal ,1871 **The Americanization of the Unconscious** John R. Seeley,1967 Discipline Without Harm Safraaz Alli,2025-05-30 The purpose of Discipline Without Harm is to provide parents with a research based compassionate alternative to physical discipline It aims to empower parents with practical strategies and a deeper understanding of child development to foster positive behavior and healthy parent child relationships The book directly addresses the widespread problem of physical discipline its detrimental effects on children s emotional and cognitive

development and the societal factors that perpetuate its use It seeks to change the common understanding of discipline moving away from punishment based approaches and towards positive reinforcement effective communication and the use of natural consequences The ultimate goal is to equip parents with the tools to create nurturing environments that promote self discipline emotional intelligence and strong family bonds      **The Think Space** Calvin Richert,Carolyn Richert,Ryan C. Richert,1996 The think space approach to child management is based on little understood principles of human behavior that when applied correctly prove remarkably effective The key is learning to give a child time and space to do two things to quiet emotional upset without guilt or repression and to make positive behavioral adjustments without threats or intimidation The Richerts methods are a safe peaceful way to to help children correct their own behavior And The Think Space explains these methods in a simple practical way that leaves you wondering Why didn t I think of that Shows how to turn moments of conflict with young children into moments of low stress learning for both parent and child Focuses on building appropriate behavior rather than just stamping out inappropriate behavior Endorsed by the founders of Time Out      *The Moral Catastrophe* David L. Hocking,1990      Educational Implications of Self-concept Theory Wallace D. LaBenne,Bert I. Greene,1969      **Labor Arbitration Awards** ,1976      *For the Life of Me* Robert Briscoe,1958 Lord Mayor of Dublin in 1956 a Jew recounts his experiences as a young man during the Irish uprisings and later on in helping persecuted Jews escape to Israel where he also took part in training of guerrilla leaders

## **Discipline Without Damage** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Discipline Without Damage**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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