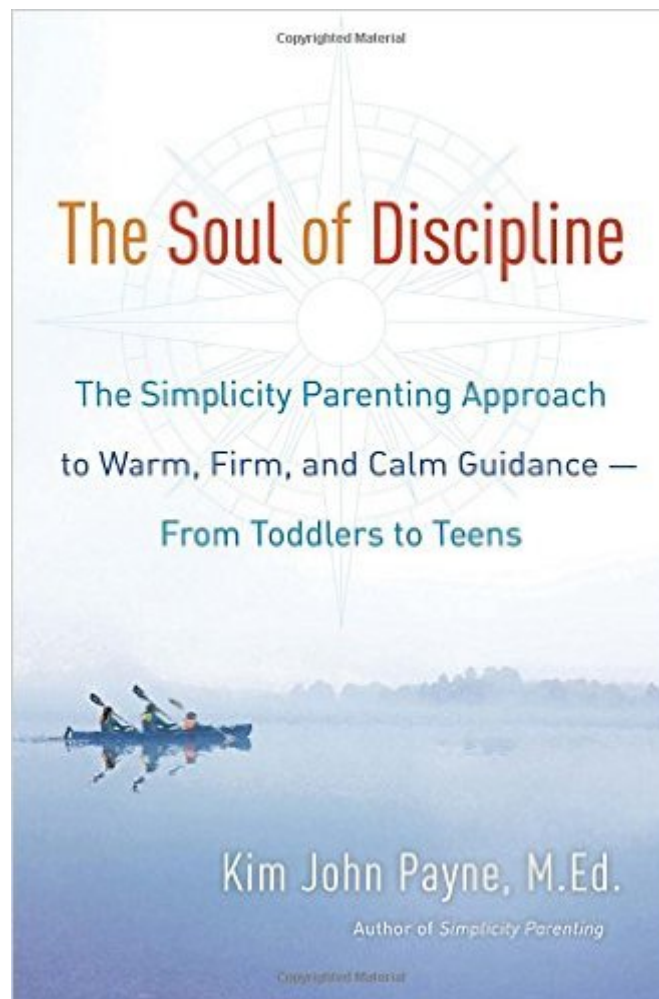


The book was found

# The Soul Of Discipline: The Simplicity Parenting Approach To Warm, Firm, And Calm Guidance- From Toddlers To Teens



## Synopsis

In this groundbreaking book, parenting expert and acclaimed author of the bestselling book *Simplicity Parenting* Kim John Payne, M.Ed., flips the script on children's challenging or defiant behavior and lays out an elegantly simple plan to support parents in establishing loving, age-sensitive boundaries that help children feel safe and settled. In short: What looks like misbehavior is actually your children's signal that they're feeling lost, that they are trying to find direction and looking to you to guide them back on course. Payne gives parents heartwarming help and encouragement by combining astute observations with sensitive and often funny stories from his long career as a parent educator and a school and family counselor. In accessible language, he explains the relevance of current brain- and child-development studies to day-to-day parenting. Breaking the continuum of childhood into three stages, Payne says that parents need to play three different roles, each corresponding to one of those stages, to help steer children through their emotional growth and inevitable challenging times: The Governor, who is comfortably and firmly in charge "setting limits and making decisions for the early years up to around the age of eight The Gardener, who watches for emotional growth and makes decisions based on careful listening, assisting tweens in making plans that take the whole family's needs into account The Guide, who is both a sounding board and moral compass for emerging adults, helping teens build a sense of their life's direction as a way to influence healthy decision making Practical and rooted in common sense, *The Soul of Discipline* gives parents permission to be warm and nurturing but also calm and firm (not overreactive). It gives clear, doable strategies to get things back on track for parents who sense that their children's behavior has fallen into a troubling pattern. And best of all, it provides healthy direction to the entire family so parents can spend less time and energy on outmoded, punitive discipline and more on connecting with and enjoying their kids.

Advance praise for *The Soul of Discipline*

"The Soul of Discipline offers practical tools for helping parents implement discipline that's respectful and effective, but the book is so much more. Kim John Payne offers a framework to guide parents in making decisions about why, when, and how to hold tighter reins as we build skills in our children, and why, when, and how to loosen the reins as we scaffold freedom."

Tina Payne Bryson, Ph.D., co-author of *No-Drama Discipline*

"This book gets deep inside the challenge of getting along with children and teens and thinks deeply about what they need from us to become strong and self-managing. It elevates discipline to what it should be—a caring process of helping kids orient to the world and live in it happily and well."

Steve Biddulph, author of *The New Manhood*

"Kim Payne provides a useful model for choosing our parenting stance—Governor, Gardener, or Guide—depending on

the situation. Most powerfully, Payne begins with the radical view that children are not disobedient but rather disoriented. The upshot of this shift in perspective is that discipline is about helping children orient themselves effectively, not about controlling or chastising.ââLawrence J. Cohen, Ph.D., author of Playful Parenting

## Book Information

Hardcover: 336 pages

Publisher: Ballantine Books (June 2, 2015)

Language: English

ISBN-10: 0345548671

ISBN-13: 978-0345548672

Product Dimensions: 6.4 x 1.1 x 9.4 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂÂ See all reviewsÂ (23 customer reviews)

Best Sellers Rank: #26,548 in Books (See Top 100 in Books) #25 inÂ Books > Parenting & Relationships > Parenting > School-Age Children #78 inÂ Books > Medical Books > Psychology > Child Psychology #103 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology

## Customer Reviews

'The Soul of Discipline' is a wonderful 'sequel' to his book 'Simplicity Parenting' and I recommend it highly to any parent or teacher who wants to learn more about 'flipping the script on challenging or defiant behavior.' It is a trove of anecdotes, stories, real-life experiences, and research about parenting. The title of the Epilogue sums up "The Soul of Discipline' for me â 'Parenting That Builds a Better World.' I am sure his new book will find a wide audience of appreciative parents and teachers who want to build a better world through parenting. I thought the best way to introduce you to the book is in Kim's own words from the Introduction, which I've abridged. âDavid Kennedy, Editor, Waldorf Today

From the Introduction to The Soul of Discipline by Kim John Payne: Although I have been a school and family counselor for more than thirty years, I have never met a genuinely disobedient child or teen. What I have encountered are myriad disoriented kids. When we do not provide our children with well-defined boundaries, they react by being difficult and defiant. They feel unsafe and unsettled, and we become frustrated and confused. Inevitably, our children sense our disorientation, which increases theirs, and a truly unhealthy, self-perpetuating cycle is activated. As the imperfect parent of two teenagers, I am all too aware of the feeling of free fall we parents

experience when challenging disciplinary situations arise. We grasp at any solid handhold to break our spiraling emotional descent, and although some parents think we can find solid ground in the advice of experts, who tell us to choose a parenting style and stick to it, I have my doubts about how well this works.

[Download to continue reading...](#)

The Soul of Discipline: The Simplicity Parenting Approach to Warm, Firm, and Calm Guidance-  
From Toddlers to Teens Toddlers Tantrums: Understanding and Dealing With Toddlers Tantrums  
Effectively (Toddlers Tantrums, Parenting, Motherhood, Dealing with Tantrums, Discipline, ...  
Childrens Behaviour, Potty Training,) Parenting: SINGLE PARENTS' BOOK: HOW TO BE THE  
BEST MOM AND DAD AT THE SAME TIME! 11 RULES ON HOW TO RAISE GREAT KIDS  
ALONE (Single,Parenting,Parenting Toddlers,Single Parenting) PARENTING: Single Parenting For  
Moms: A Guide in Raising Your Family and Being a Successful Mom (Parenting, Single Parent,  
Single Mother, Parenting Boys, Parenting Girls, Raising kids, Healthy child) Positive Discipline for  
Preschoolers: 10 Tips on Making Your Child Responsible and Confident (Positive Discipline,  
Positive Discipline for Preschoolers, Positive Discipline In The Classroom) Child Discipline Made  
Easy: Effective Strategies Proven to Change Your Child's Behavior While Maintaining A Healthy  
Relationship (Child discipline, toddler discipline, parenting) Positive Parenting: How to talk to your  
kids so they listen...Your guide to everything you need to know about positive parenting and raising  
children to ... Positive Discipline, Parenting Books) Parenting Book: 50 Tips on Building Your Child's  
Self Esteem (Raising Girls, Boys, Potty Training Toddlers to Teenage Kids) Child Rearing & Positive  
Discipline - Psychology & Development in Children Parenting: Parenting Toddlers: An Effective  
Child Care Guide To Potty Training, Nutrition, Hygiene, & Proper Sleeping Habits For A Happy  
Healthy Toddler Cold Night Warm Belly: 35 Chicken, Beef, and Pork Slow Cooker Recipes For the  
Meat Lover (Cold Night Warm Belly Slow Cooker Recipes) Law Firm Marketing: Successfully  
Promoting and Building Your Small Firm or Solo Practice The Best of Soul Food - Recipes To Warm  
Your Heart & Soul Step Parenting 101: How to Be Successful at Step Parenting and Have a Happy  
Blended Family Forever (Step Parenting and The Blended Family) Simplicity Parenting: Using the  
Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids Blended Families:  
Steps to Help You Succeed in Step-Parenting and Become A Strong Family (Blended Family, Step  
Parenting, Parenting-Help) Parenting For Single Mothers: Being A Good Mom And Raising Great  
Kids (Single Parent, Single Mom, Parenting Boys, Parenting Girls) Cheap & Best Chicken Coop  
Plan Guidance: Chicken Coop Plan Guidance No-Drama Discipline Workbook: Exercises, Activities,  
and Practical Strategies to Calm The Chaos and Nurture Developing Minds Freeing Your Child from

Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life--from Toddlers to Teens Growing Up Mindful: Essential Practices to Help Children, Teens, and Families Find Balance, Calm, and Resilience

[Dmca](#)