



## The Discipline Book: How to Have a Better-Behaved Child From Birth to Age Ten

By Martha Sears, William Sears

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### **The Discipline Book: How to Have a Better-Behaved Child From Birth to Age Ten** By Martha Sears, William Sears

Everything you need to know about discipline to raise a happy, well-adjusted, well-behaved child—from America's foremost baby and childcare experts. Disciplining children means equipping them with the tools to succeed in life. In this unique guide, Dr. Bill and Martha Sears, the pediatrics specialists whose books on birth, babies, and parenting have become widely praised bestsellers, explain what you can do to shape your child's behavior so that good conduct comes naturally. With a focus not just on managing behavior problems but also on preventing them, the Searses offer clear, practical advice on a broad range of disciplinary issues, including: \* mother's role vs. father's role \* developing the connection with your baby that will make discipline easier in years to come \* saying no \* taming temper tantrums \* self-esteem as the foundation of good behavior \* helping a child to express feelings \* the constructive use of anger \* good nutrition for good behavior \* sleep and nighttime discipline \* sibling rivalry \* spanking and alternatives to spanking \* how to eliminate bothersome behaviors such as whining and talking back \* how to respond when your child lies, cheats, or steals \* discipline after divorce and in the single-parent household Drawing on nearly thirty years of the Searses' experience as childcare professionals and as the parents of eight children, *The Discipline Book* will make you confident in your ability to correct undesirable behavior, to promote good behavior, and to instill the values that will help your child become morally literate.

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**The Discipline Book: How to Have a Better-Behaved Child From Birth to Age Ten** By Martha Sears, William Sears **Bibliography**

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### **Editorial Review**

From the Back Cover

From the bestselling authors of *The Baby Book* and *The Birth Book* comes *The Discipline Book*, the definitive guide to raising happy, well-adjusted, well-behaved children. Seasoned parents of eight, Bill and Martha Sears draw on personal experience and their professional knowledge as childcare experts to provide an authoritative approach to a broad range of disciplinary issues and practices. With a focus on preventing behavior problems as well as managing them when they arise, the Searses offer clear, practical advice on everything parents need to know about disciplining young children. Believing that discipline starts at birth, the Searses discuss baby discipline, disciplining the toddler, mother-father roles in modern parenting, saying no, self-esteem as the foundation of good behavior, helping a child to express feelings, the constructive use of anger, good nutrition for good behavior, and sleep discipline. On handling problem behavior, the Searses cover sibling rivalry, spanking and alternatives to spanking, breaking annoying habits, and eliminating bothersome behaviors like whining and talking back. The Searses strongly advocate teaching children values like apologizing and sharing, and explain how to deal with such issues as lying, stealing, and cheating. In addition, the Searses address building healthy sexuality and discipline in special situations such as after divorce and in the single-parent household.

### **Users Review**

**From reader reviews:**

**Christopher Jones:**

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**Shirley Cochran:**

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**Larry Luis:**

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