



Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation

By Becky A. Bailey

[Download now](#)

[Read Online](#) 

Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation By Becky A. Bailey

Learn how to stop policing and pleading and become the parent you want to be.

You love your children, but if you're like most parents, you don't always love their behavior. But how can you guide them without resorting to less-than-optimal behavior yourself? Dr. Becky Bailey's unusual and powerful approach to parenting has made thousands of families happier and healthier.

Focusing on self-control and confidence-building for both parent and child, Dr. Bailey teaches a series of linked skills to help families move from turmoil to tranquility:

7 Powers for Self-Control to help parents model the behavior they want their kids to follow. These lead to:

7 Basic Discipline Skills to help children manage sticky situations at home and at school, which will help your children develop:

7 Values for Living, such as integrity, respect, compassion, responsibility, and more.

Dr. Bailey integrates these principles in a seven-week program that gets families off to a good start, offering plenty of real-life anecdotes that illustrate her methods at work. With this inspiring and practical book in hand, you'll find new ways of understanding and improving children's behavior, as well as your own.

 [Download Easy to Love, Difficult to Discipline: The 7 Basic ...pdf](#)

 [Read Online Easy to Love, Difficult to Discipline: The 7 Bas ...pdf](#)

Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation

By Becky A. Bailey

Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation By Becky A. Bailey

Learn how to stop policing and pleading and become the parent you want to be.

You love your children, but if you're like most parents, you don't always love their behavior. But how can you guide them without resorting to less-than-optimal behavior yourself? Dr. Becky Bailey's unusual and powerful approach to parenting has made thousands of families happier and healthier.

Focusing on self-control and confidence-building for both parent and child, Dr. Bailey teaches a series of linked skills to help families move from turmoil to tranquility:

7 Powers for Self-Control to help parents model the behavior they want their kids to follow. These lead to:

7 Basic Discipline Skills to help children manage sticky situations at home and at school, which will help your children develop:

7 Values for Living, such as integrity, respect, compassion, responsibility, and more.

Dr. Bailey integrates these principles in a seven-week program that gets families off to a good start, offering plenty of real-life anecdotes that illustrate her methods at work. With this inspiring and practical book in hand, you'll find new ways of understanding and improving children's behavior, as well as your own.

Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation By Becky A. Bailey **Bibliography**

- Sales Rank: #5211 in Books
- Brand: Quill
- Published on: 2001-12-24
- Released on: 2001-12-24
- Format: Black & White
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .49" w x 5.31" l, .50 pounds
- Binding: Paperback
- 304 pages



[Download Easy to Love, Difficult to Discipline: The 7 Basic ...pdf](#)



[Read Online](#) Easy to Love, Difficult to Discipline: The 7 Bas ...pdf

Download and Read Free Online Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation By Becky A. Bailey

Editorial Review

From Publishers Weekly

A developmental psychology specialist and early childhood education expert, Bailey contends that the difficult but rewarding task of guiding children's behavior starts only when parents are able to discipline themselves and become models of self-control. By following the author's "7 Powers for Self-Control" (attention, love, acceptance, perception, intention, free will and unity), the parent will then be equipped to use the "7 Basic Discipline Skills" (including choices, encouragement and consequences). Bailey dismisses the familiar fear-inspired approach to discipline many grew up with (including threats and punishment), claiming that it inevitably leads children to make biologically driven choices and may even effect the brain due to the high levels of stress hormones released. Also rejecting the permissive parenting style now popular that favors "reasoning" (which, according to the author, imbues children with a victim mentality), Bailey instead promotes instilling an awareness of misbehavior through communication. Though some may be put off by the gimmicky overuse of slogans and buzz words, Bailey's underlying message is positive and hopeful, supported with humorous anecdotes and helpful solutions to even chronic discipline problems. (Feb.)

Copyright 2000 Reed Business Information, Inc.

From Library Journal

Frustrated because your kid won't get in her car seat? Grumpy ever since your son decided that cleaning his room was optional? Ever feel bad after screaming at your kids for these and other things? Moans. Groans. Alas, parenting is no picnic. Bailey (*There's Gotta Be a Better Way*) acknowledges this and, in this insightful manual, suggests a disciplinary framework called "loving guidance." Loving guidance begins when parents learn seven "powers of self-control," which include acceptance and intention. Next, parents exercise seven basic discipline skills, such as empathy and maintaining composure. The goal is to teach kids the seven "values for living," including respect, compassion, and responsibility. Numerous, often funny lessons akin to those in Mark L. Brenner's *When "No" Gets You Nowhere* (Prima, 1997) help parents apply the concepts to daily life. Recommended for public libraries.

-Douglas C. Lord, Hartford P.L., CT

Copyright 2000 Reed Business Information, Inc.

Review

"Bailey's underlying message is positive and hopeful, supported with humorous anecdotes and helpful solutions to even chronic discipline problems." ---Publishers Weekly

Users Review

From reader reviews:

Ira Knudsen:

This Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation book is simply not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is information inside this guide incredible fresh, you will get info which is getting deeper a person read a lot of information you will get. This specific Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation without we understand teach the one who looking at it become

critical in contemplating and analyzing. Don't end up being worry Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation can bring any time you are and not make your case space or bookshelves' turn into full because you can have it with your lovely laptop even cell phone. This Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation having excellent arrangement in word and layout, so you will not experience uninterested in reading.

Soledad Neeley:

Nowadays reading books are more than want or need but also work as a life style. This reading behavior give you lot of advantages. The advantages you got of course the knowledge even the information inside the book this improve your knowledge and information. The knowledge you get based on what kind of reserve you read, if you want have more knowledge just go with education books but if you want really feel happy read one having theme for entertaining for example comic or novel. The actual Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation is kind of e-book which is giving the reader unpredictable experience.

Michael Blossom:

Spent a free time for you to be fun activity to perform! A lot of people spent their leisure time with their family, or their own friends. Usually they performing activity like watching television, planning to beach, or picnic from the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your free time/ holiday? Might be reading a book may be option to fill your free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the guide untitled Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation can be very good book to read. May be it might be best activity to you.

Barbara Hall:

Many people spending their period by playing outside with friends, fun activity having family or just watching TV all day long. You can have new activity to shell out your whole day by looking at a book. Ugh, think reading a book can really hard because you have to use the book everywhere? It ok you can have the e-book, having everywhere you want in your Touch screen phone. Like Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation which is getting the e-book version. So , why not try out this book? Let's find.

**Download and Read Online Easy to Love, Difficult to Discipline:
The 7 Basic Skills for Turning Conflict into Cooperation By Becky
A. Bailey #045ZVI2X6FG**

Read Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation By Becky A. Bailey for online ebook

Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation By Becky A. Bailey Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation By Becky A. Bailey books to read online.

Online Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation By Becky A. Bailey ebook PDF download

Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation By Becky A. Bailey Doc

Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation By Becky A. Bailey MobiPocket

Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation By Becky A. Bailey EPub