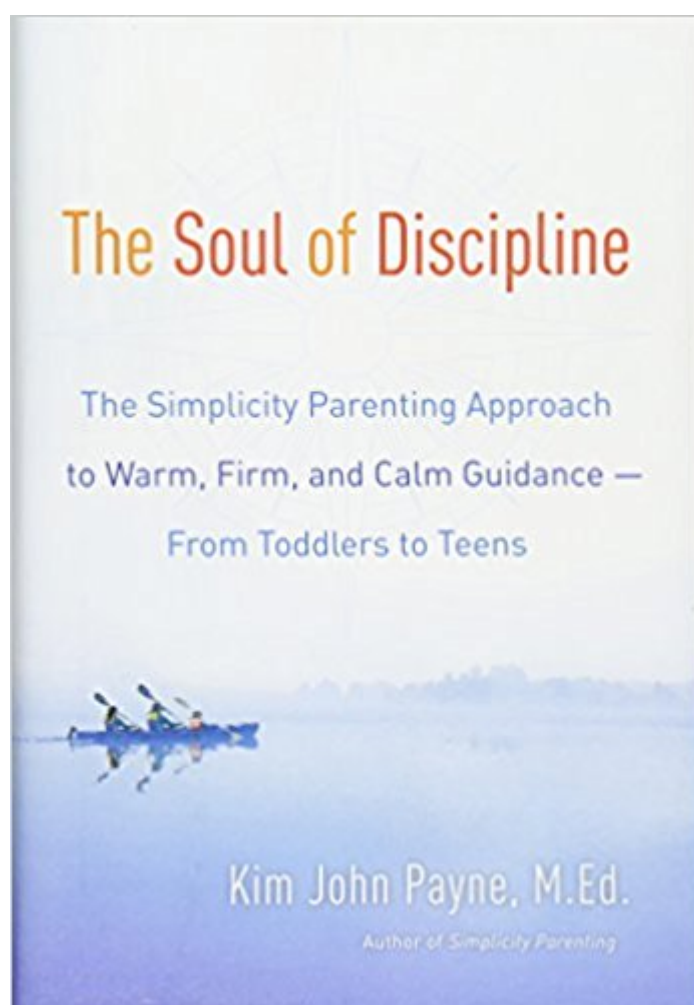


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The Soul Of Discipline: The Simplicity Parenting Approach To Warm, Firm, And Calm Guidance- From Toddlers To Teens



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.

—Lawrence J. Cohen, Ph.D., author of *Playful Parenting*

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Customer Reviews

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.”

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effectively, not about controlling or chastising. — Lawrence J. Cohen, Ph.D., author of *Playful Parenting* — “The Soul of Discipline draws on Kim John Payne’s years of gifted school and family counseling to show us with its clear and simple tone how to discipline without becoming our children’s enemy. It is filled with memorable stories, dialogues that will engage your imagination, and great strategies. By the book’s end, a new picture of parenting will live in you, one that will honor the soul of your children as you provide the structure, training, and guidance they need at each stage of their development.” — Dee Joy Coulter, Ed.D., author of *Original Mind*

A consultant and trainer to 250 U.S. independent and public schools and school districts, Kim John Payne, M.Ed., has been a school and family counselor for more than thirty years. He has also consulted for clinics, training centers, and educational associations in South Africa, Hungary, Israel, Russia, Ireland, Switzerland, Germany, Australia, the United Kingdom, and Canada. He has served as the project director of the Collaborative Counseling Program at Antioch University and the co-director of an extensive research program on a drug-free approach to attention-priority issues. He is the director of the Simplicity Parenting Project and the Center for Social Sustainability and has worked extensively with the American and U.K. Waldorf movements. The author of *Games Children Play*, *Simplicity Parenting*, and *Beyond Winning*, he lives with his wife and two children in Northampton, Massachusetts.

VERY helpful advice for helping your relationship with your child, from the author of *Simplicity Parenting*. I could do without some of the constant anecdotes, but the practical advice really works.

Say it may be vague or without ground, but I see and identify with the middle ground taken by the author in parenting. I have read books that go the strict side and the loose side, and found that both had links missing in making sense of the parenting methods proposed in those books. This book bridged and explained the pros and cons these popular parenting methods possess and bring up one which draws in the good of both sides for reference.

This book is wonderful in many ways. I highly recommend it to parents with children of any age. My sister and I both got a copy and are implementing some changes in our households at the same time. She has 2 daughters, 6 and 8. I have a 20 month old son and the simplicity parenting techniques apply for all.

Love this book and the respectful way in which he encourages parents to stay lovingly connected to their children, while maintaining good boundaries. He happens to be an inspiring speaker, too.

Excellent read! I have a 3 year old and have read through the Gardener phase of the book and have to say that the suggestions are working.

Filled with lots of examples and practical advice. This is such a useful book for all parents. Great now with toddlers and it's a keeper through adolescence and beyond!

I adore this book! It is a wonderful tool for helping raise kids.

I love this book. It's a nice blend of big ideas and practical steps. I like that he offers three different "types" of discipline (where the adult acts as the Governor, the Gardener, or the Guide) that are appropriate for children at different ages, or in different situations. He talks about creating an expectation of "healthy compliance" not only so that we can enjoy our kids more, but also to help them develop that oh-so-important capacity of self-regulation, which research has shown to be an important indicator of later success in life. Another tidbit I found useful: the realization that children are better able to do what we ask, the physically closer we are to them. I know that and use it all the time, but had never thought of it in quite that way before. Lots of other gems, as well. I would recommend this book highly (and already have!), and I'll keep it as a reference for my own parenting as my child continues to grow.

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