



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

By Becky A. Bailey

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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.

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

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### 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.)

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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*

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Review

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