

Discipline Without Damage: How to Get Your Kids to Behave Without Messing Them Up

Vanessa Lapointe



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In this easy-to-read, science-based book, parents, caregivers, and adults of all kinds discover how discipline affects children's development, why intervention should reinforce connection not separation, and why the disciplinary strategies that may have been used on us as children are not the ones that children really need. As a practicing child and family psychologist and advisor to the British Columbia ministry of children and families, Dr. Vanessa has seen it all, and she has navigated hundreds of tough situations with families. Drawing on scientific research and a wealth of clinical experience, she shows you how to put out the fire without dampening your child's spirits; how to correct their behavior while emphasizing connection; and how to discipline without damage.

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