

## Stress-Free Discipline: Simple Strategies for Handling Common Behavior Problems

**Sara Au**

**Peter L. Stavinoha**

AMACOM (June 2015)

Softcover \$14.95 (256pp)

978-0-8144-4909-7

Nothing is quite as relaxing as tending to a garden and enjoying the colorful results. In *Stress-Free Discipline*, Sara Au and Peter L. Stavinoha encourage parents to do just that, picturing themselves as gardeners “just starting to organize and cultivate an overgrown backyard.”

Au and Stavinoha utilize the “ABC” method of understanding problem behaviors in children. They look closely at Antecedents, Behaviors, and Consequences to determine which strategy or strategies to employ from an original and “universal” selection that includes sixteen concepts, including prioritizing your absolutes, giving good directions, and enforcing limits and rules. Tantrums, homework, mealtime, bedtime, and attitude are all covered, using various scenarios that everyone will recognize. Parents are prompted to explore the intent behind the behaviors they are hoping to modify. From the terrible twos through the tweens and beyond, age-appropriate behaviors and needs are highlighted, equipping parents with the proper tools to determine when and what variety of extra guidance is recommended. *Stress-Free Discipline* ensures that with the proper care and attention, children will “blossom and grow,” and parents can enjoy the results minus any extra worry, anxiety, or tension.

PALLAS GATES MCCORQUODALE (Summer 2015)

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