



Positive Discipline for Teenagers: Empowering Your Teens and Yourself Through Kind and Firm Parenting

Jane Nelsen , Lynn Lott

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Positive Parenting for Those Important Teen Years

Adolescence is often a time of great stress and turmoil—not only for kids going through it, but for you, their parents as well. During the teen years, kids aggressively begin to explore a new sense of freedom, which often leads to feelings of resentment and powerlessness for parents who increasingly are excluded from their children's lives. This revised edition of *Positive Discipline for Teenagers* shows you how to break the destructive cycle of guilt and blame and work toward greater understanding and communication with your adolescents. Inside, you'll:

- Find out how to encourage your teen and yourself
- Grow to understand how your teen still needs you, but in different ways
- Learn how to get to know who your teen really is
- Discover how to develop sound judgment without being judgmental
- Learn how to use follow-through—the only surefire way to get chores done

Over the years, millions of parents have come to trust the classic **Positive Discipline** series for its consistent, commonsense approach to child rearing. Inside, you'll discover proven, effective methods for working with your teens.

Over 1 million **Positive Discipline** books sold!

"I highly recommend this book to parents, teachers, and all others who work with young people. It is one of the best books I have seen on helping adults and adolescents turn their conflict into friendship. Remarkably, it shows how to accomplish this while helping young people develop courage, confidence, responsibility, cooperation, self-respect, and trust. I urge you to read it." —**H. Stephen Glenn, Ph.D., coauthor of *Raising Self-Reliant Children in a Self-Indulgent World*.**

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Jan Couture says

This is an excellent book, full of great insights and suggestions. A must- read for anyone with a teen!! I'm going to keep it around and read it again!

Lora says

I am a psychotherapist working with teens and families. I give this book to almost all of my parents at our first session. I often hear back that after reading the first few pages, they felt a huge sense of relief. I highly recommend this book for every parent!

H says

Like all parenting books, this one has to be read with a large grain of salt. But it has enough wisdom in it to make it worth the read. I know it has helped me remember that with teens, sometimes you just have to let them have the snit.... I also think that the advice to be kind is well worth it, because it is way too easy to forget just how sensitive these kids still are. I also appreciate the being "firm" part, as it helps me when I hate saying "no" to remember that it is really helping them when I stand firm on some things.

Anji says

i know kena is only twelve, just prepping myself. some good stuff, some not so good.

Kelly says

I was surprised at how much I enjoyed this book. I knew that the ideas would be great. Jane Nelson and Lynn Lott always have great tools and suggestions. But this book was so much heavier on the "whys" than the other books in the PD series that I really got a lot more out of it. I will definitely be revisiting this book in the years to come.

Sandy Kemp says

The first part was quite good, and there was some useful information about helping the teen recognize their

emotions, a table of personality types at the end (which probably should have been way in the beginning), and a few other parts I found helpful. I liked the reminders that your relationship with your child is precious and the most important thing.

Having said that - it's also important to try to help your teen make good choices. I do not believe that letting them do whatever they want and just talking about things is the best (or a safe) approach in every situation for every child.

The section on scary behavior was spectacularly unhelpful. Telling me not to worry so much is not really going to keep my kid from getting pregnant or get an STD or get rolling drunk and accidentally kill herself. I have one daughter who is clearly at risk for all these things, and she's the reason I read this book. I don't think I got a lot of help with her problems.

I did actually apply the principles in the book and the scary behavior quickly escalated. Some kids do need a lot of guidance and sometimes freedom has to be scaled back if it's apparent that the kid cannot manage things well - whether the child likes it or not.

More information on teen brain development and the stages we can expect to see would have been helpful too.

Cassandra says

3.5 stars

I'm very intrigued by the parenting ideas in this book but am unsure of how they will translate into an older child adoption. The book assumes that the parent has already raised their child for 13 years. We're adopting an 11 year old and will be starting from scratch. Will some of these ideas work with her as well? It will be interesting to see what happens.

Michelle says

There were parts of this book I didn't relate to very well--it could be a little over-the-top with the psychobabble, spent a lot of time trying to convince me that I had childhood "issues" I had to deal with first (If I'm going to wait to parent until I have all *my* childhood issues taken care of, I may as well have given up before I started) and there were some pretty, um, OK incredibly lenient examples in the book. (Fifteen-year-old-girl --"Hey, mom, I know how much you worry, so I'm going to tell you--I'm going out to an all-night rave party. I don't intend to have sex with anyone, though" Mom--"Ok, dear, thanks for telling me") ??????? Yikes. However, there were some very good chapters on respecting our children, tips on "co-piloting", and an excellent chapter on follow-through that make the book valuable enough a read to merit some stars.

Catherine says

This book leaves you with the unrealistic idea that if parents would just be respectful and willing to talk out/negotiate every little thing with their teen, everything will be fine. "Move over to the co-pilot's seat so you can have a positive influence on your teens without trying to run their lives." There's nothing in here about discipline.

Mary Lou says

Great parenting book

I like the positive approach. I also learned a lot about how to empower and not enable or rescue my teen.

Alicia says

Very interesting book. It helped me adjust my perspective on parenting teenagers. At first the book seemed too "easy" on obnoxious behavior, but I've been amazed how the calm approach really does work better than the controlling approach!

Corrie says

This approach to parenting is a complete paradigm shift for me. I appreciate Rachel sharing information about this author. I grew up with controlling parents and know first hand just how well that works out - you'd think I wouldn't repeat it, but then it's all I've known. This book makes sense and I know it will be hard to implement, but I think Rachel is right. This is how we should parent.

Littlecloud says

The kids in this book seem extremely mean- and They actually talk to their parents. Both of those are definitely NOT me. But some kids are like that, I guess

Colleen says

This was the first respectful book I've read on parenting teens. The author believes in the fundamental dignity of children, adolescents and adults, and gives useful advice, placing responsibility for the relationship where it belongs-- with parents.

Shelli says

My daughter noticed this book on my tablet and asked why I was reading it. Thankfully things have gone well so far on this teenage journey; however we are only just at the beginning. I told her that I would rather gather information before there is a problem so when and if those problems arise I might better handle them. She replied by telling me how smart of a mother she has; I rather love her. I found this book by accident and it couldn't have come at a more perfect time, when I need to start reprogramming the way I respond to my daughter and releasing some of my perceived control that I had over her during childhood. While I didn't agree with all the advice given, particularly in regards to how to handle teenagers who drink and drive, the majority I did. I will, and already have, recommend this book to parents of teenagers particularly in the earliest stages; although it is never too late to do and be better. The layout is enjoyable with many personal accounts of parents sharing their own stories, both successes and failures.
