

# Éléments fondamentaux de la discipline positive

Résoudre les problèmes

Comprendre le raisonnement et les sentiments des enfants

Procurer de la chaleur

Procurer une structure

Déterminer les objectifs à long terme

# La Discipline Positive Touchpratique

**Jane Nelsen, Cheryl Erwin, Carol Delze**



## **La Discipline Positive Touchpratique:**

**La discipline positive** Jane Nelsen, 2012-09-26 Si vous êtes parent vous souvenez-vous du temps où les enfants n'auraient jamais osé vous contredire ou vous répondre avec impertinence. Si vous êtes enseignant vous souvenez-vous de l'époque où les enfants s'asseyaient sagement dès qu'on leur demandait. Aujourd'hui de nombreux parents et enseignants sont frustrés par le comportement des enfants bien loin des manières qu'ils ont connues. La Discipline Positive de Jane Nelsen leur offre de façon pragmatique une méthode éducative ni permissive ni punitive dans un cadre à la fois ferme et bienveillant. Ferme pour respecter le monde de l'adulte et bienveillant pour respecter celui de l'enfant. Cette méthode permet aux enfants quel que soit leur âge de développer avec confiance les compétences de vie dont ils ont besoin pour devenir des adultes panouïs. De nombreux exemples concrets et des solutions pratiques viennent enrichir l'ouvrage ainsi qu'une boîte à outils à la fin de chaque chapitre. Autant de repères pour une mise en pratique au quotidien. Mettre en confiance, encourager, impliquer et faire grandir l'enfant, voilà ce que propose La Discipline Positive. Un nouvel apprentissage.

**La discipline positive pour les adolescents** Jane Nelsen, 2014 Une méthode pour des adolescents panouïs, autonomes, responsables et des parents plus détendus. L'adolescence est une période de transition et de bouleversements qui inquiète souvent les parents et tourmente ceux qui la traversent. À l'ère du numérique et des réseaux sociaux, le désir d'autonomie des jeunes transforme les relations et laisse parfois les parents désarmés. Comment garder le lien et un contact de qualité avec son adolescent ? Comment le motiver ? Comment l'accompagner sans l'assister ou le contrôler ? Comment développer des relations basées sur un véritable respect mutuel, sortir des conflits du quotidien et l'aider à devenir acteur de sa vie ? La Discipline Positive propose une démarche éducative qui allie fermeté et bienveillance. Ni punitive ni permissive, elle offre aux parents des outils concrets pour poser avec leurs adolescents une autorité juste fondée sur l'encouragement et le développement des compétences socio-motionnelles. Des millions de parents dans le monde ont adopté la démarche de Discipline Positive de Jane Nelsen, une approche éducative pleine de bon sens.

**Le psy-guide de la discipline** Suzanne Vallières, Gabrielle Vallières-Lavoie, 2017

**La Discipline Positive pour les parents solos** Jane Nelsen, Cheryl Erwin, Carol Delze, 2016-09-21 La Discipline Positive pour accompagner les parents solos dans l'éducation de leurs enfants. Par choix ou par obligation, vous assumez en solo l'éducation de vos enfants. Parfois le doute, la culpabilité, la tristesse, la colère ou tout simplement le rythme du quotidien peuvent venir ternir la joie de lever ses enfants et de les voir grandir. Comment mettre en place ou poursuivre une démarche éducative constructive à la suite d'une reorganisation familiale ? Ce livre apporte des clés pour : Poser un cadre à la fois ferme et bienveillant et permettre à l'enfant de grandir en responsabilité et en confiance ; identifier les difficultés et développer les compétences pour y faire face ; faire preuve d'une discipline qui enseigne ; apprendre à vos enfants à s'impliquer et trouver des solutions ; devenir ou rester parent avec votre ex-conjoint ; poser un nouveau regard sur la famille monoparentale et favoriser une ambiance familiale sereine dans laquelle chacun peut s'épanouir. Des millions de parents dans le monde ont choisi la démarche de la Discipline Positive de Jane Nelsen, une approche éducative

pleine de bon sens fondée sur l'encouragement, l'implication et la coopération. **La Discipline positive** Jane Nelsen, 2014

Mettre en confiance, donner des outils d'encouragement, impliquer et faire grandir l'enfant, c'est ce que propose cet ouvrage à travers de nombreux cas pratiques du quotidien. Aujourd'hui, de nombreux parents et enseignants sont frustrés par le comportement des enfants, bien loin des manières qu'ils ont connues. L'ouvrage de Jane Nelsen leur offre des clés, des outils concrets ainsi qu'une méthode d'apprentissage ni permissive ni punitive dans un cadre à la fois ferme et bienveillant. Ferme pour respecter le monde de l'adulte et bienveillant pour respecter celui de l'enfant. Un nouvel apprentissage. Cette méthode permet aux enfants, quel que soit leur âge, de développer avec confiance les compétences de vie dont ils ont besoin pour devenir des adultes panouïs, autonomes, responsables et engagés dans la société.

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