

# Why Disciplining Your Child Doesn't Work (And What Will)

In her groundbreaking book, *Why Disciplining Your Child Doesn't Work (And What Will)*, Dr. Becky Kennedy challenges traditional discipline methods and empowers parents to foster a harmonious and respectful relationship with their children. She argues that discipline, as it is often practiced, is ineffective and damaging, and that it undermines the parent-child bond.

Dr. Kennedy's approach, which she calls "Good Inside," is based on the belief that all children are born with an inherent goodness and that they want to do well. She emphasizes the importance of understanding a child's perspective and meeting their emotional needs. Instead of punishing children for misbehavior, Dr. Kennedy encourages parents to help them learn from their mistakes and develop self-regulation skills.



## Out of Control: Why Disciplining Your Child Doesn't Work... and What Will by Charlotte Mary Yonge

★★★★☆ 4.7 out of 5

Language : English  
File size : 1218 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 236 pages  
Lending : Enabled

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## **Why Discipline Doesn't Work**

Traditional discipline methods, such as time-outs, spanking, and yelling, are often ineffective because they do not address the underlying causes of misbehavior. In fact, they can actually make matters worse by damaging the parent-child relationship and increasing the likelihood of future misbehavior.

Dr. Kennedy explains that discipline does not teach children how to behave well. Instead, it teaches them to fear punishment and to avoid getting caught. This can lead to a cycle of misbehavior and punishment, which can be very difficult to break.

## **What Will Work**

Dr. Kennedy's "Good Inside" approach offers a more effective and compassionate alternative to traditional discipline. This approach is based on the following principles:

- **All children are born with an inherent goodness and want to do well.**
- **Discipline should be used to help children learn from their mistakes and develop self-regulation skills.**
- **The parent-child relationship should be based on mutual respect and understanding.**

Dr. Kennedy provides parents with a wealth of practical tools and strategies for implementing the "Good Inside" approach. These tools and strategies include:

- **Active listening:** This involves listening to your child's perspective without judgment or interruption.
- **Empathy:** Trying to understand your child's feelings and emotions.
- **Limit setting:** Establishing clear limits and boundaries for your child.
- **Consequences:** Using natural and logical consequences to help your child learn from their mistakes.

## How to Get Started

If you are interested in learning more about the "Good Inside" approach, I encourage you to read Dr. Becky Kennedy's book, *Why Disciplining Your Child Doesn't Work (And What Will)*. This book is full of practical advice and strategies that can help you to foster a harmonious and respectful relationship with your child.

You can also visit Dr. Kennedy's website, [www.drbeckykennedy.com](http://www.drbeckykennedy.com), for more information about her approach and to find resources for parents.

Parenting is a challenging but rewarding journey. By understanding the principles of the "Good Inside" approach, you can empower yourself to raise a happy, healthy, and well-adjusted child.



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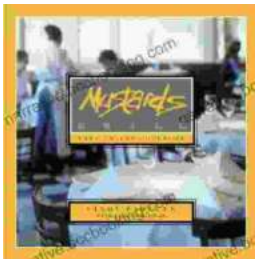
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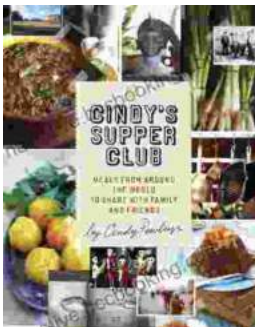
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