



# Out of Control: Why Disciplining Your Child Doesn't Work and What Will

By Dr. Shefali Tsabary

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Every parent wants the golden key to raising well-behaved, academically gifted, successful, happy children. Embedded in the collective psyche is the notion that discipline is the cornerstone to achieving these goals. *Out of Control* offers a never-before-published perspective on why the entire premise of discipline is flawed. Dr. Shefali Tsabary reveals how discipline is a major cause of generations of dysfunction. The author goes to the heart of the problems parents have with children, challenging society's dependence on discipline, daring readers to let go of fear-based ideologies and replace them with an approach that draws parent and child together. The key is ongoing meaningful connection between parent and child, free from threats, deprivation, punishment, and timeouts — all forms of manipulation. Parents learn how to enter into deep communion with their children, understanding the reasons for a behavior and how to bring out the best in the child. Far from a laissez-faire, anything goes, approach, this is how a child learns responsibility and takes ownership of their life, equipped with character and resilience that flow naturally from within.

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### **Bibliography**

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## Editorial Review

### Review

The patterns of behavior we witness in childhood become the template for our own way of parenting.

It's because discipline focuses on behavior, not on the feelings driving the behavior, that it undercuts the very thing we are trying to accomplish.

We've been so schooled to impose "lessons" on our children that it feels counterintuitive to allow the lesson to emerge naturally out of the situation.

The reality is that children learn not because we tell them, but from how we relate to them. It's the difference between "doing to" versus "doing with."

To give a child things or deprive them because to do so matches our subconscious agenda—our unresolved emotional baggage—rather than aligning with their developmental needs, is to court conflict.

Each moment with our child is a reflection of the past and a foundation for the future.

It's the dynamic that arises from insisting on our parental agenda that creates the need for discipline.

When it comes to accepting ourselves as imperfect, we set the tone for our children. The degree to which they accept their imperfections tends to be the degree to which we accept and honor our own.

To be present for our children means to be aware of our own subconscious agenda so we don't impose this on our children.

If a parent puts out the kind of vibes that welcome feelings, even when the feelings are difficult to tolerate, the child picks up on this, eventually learning how to manage their feelings in a healthy manner.

There are all kinds of ways we can help our children cope with their world. Creativity is what's needed, not admonishment or discipline.

Our children didn't come into the world to be our puppets. They came here to struggle, fumble, thrive, and enjoy—a journey for which they need our encouragement.

### From the Inside Flap

Where did the belief come from that we need to discipline our children if they are to grow up into individuals who are well adjusted and who make something of their lives?

Out of Control reveals how the very discipline we impose to control behavior is in reality a major cause of bad behavior, disrespect for adults, and dysfunction such as bullying, hostility toward family and society, drugs, alcoholism, and teen suicide.

Dr Tsabary asserts that to parent effectively requires us to develop a deep connection with our children, so that we address the feelings that drive a child's behavior instead of punishing. When we tackle the reason for the behavior, says Dr Tsabary, it automatically changes.

Far from a laissez-faire, anything goes approach, Dr Tsabary advocates for a high level of parental resolve that majors not in control, but in helping a child develop a sense of personal responsibility.

Authentic connection, in which children can be real with their parents, leads to a home in which self-discipline prevails both for the child and the parent.

The need to impose our will on our children evaporates, leading to respect, ownership of one's life, and a strong character marked by a resilience that flows naturally from within.

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#### From the Back Cover

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###### **Christine McClellan:**

Typically the book Out of Control: Why Disciplining Your Child Doesn't Work and What Will has a lot details on it. So when you read this book you can get a lot of benefit. The book was published by the very famous author. The author makes some research before write this book. This kind of book very easy to read you can find the point easily after reading this article book.

**Margaret Holt:**

People live in this new day time of lifestyle always attempt to and must have the free time or they will get large amount of stress from both daily life and work. So , when we ask do people have time, we will say absolutely yes. People is human not really a robot. Then we question again, what kind of activity do you have when the spare time coming to you of course your answer will probably unlimited right. Then do you try this one, reading guides. It can be your alternative in spending your spare time, the particular book you have read is definitely Out of Control: Why Disciplining Your Child Doesn't Work and What Will.

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