

"Easy to Love, Difficult to Discipline" by Dr. Becky A. Bailey offers a unique and powerful approach to parenting, focusing on self-control and confidence-building for both parents and children. The book introduces a series of linked skills to help families move from turmoil to seven powers for self-control, leading to seven basic discipline skills. Dr. Bailey's approach aims to help parents model desired behavior and guide children in managing challenging situations, ultimately fostering values such as integrity, respect, and compassion.

At a Glance:

**Age Range:** The book provides advice for parents across various age ranges, addressing issues from early childhood to adolescence.

**Issues Addressed:**

Behavior management in children.

Building self-control and confidence in both parents and children.

Guiding children through challenging situations at home and school.

Fostering values such as integrity, respect, compassion, and responsibility.

**Skills Developed:**

Self-control and confidence-building for parents and children.

Modeling desired behavior.

Seven powers for self-control.

Seven basic discipline skills.

Helping children manage challenging situations.

Instilling values for living, including integrity, respect, compassion, and responsibility.

This book is available to borrow from Cragin Library or to purchase on Amazon.com