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CONTACT: Thomas Nelson
Meadowbrook Press
800-338-2232, ext. 109

NEW SOLUTIONS TO CHILDHOOD MISBEHAVIORS
FOR THE NEXT GENERATION OF PARENTS

MINNEAPOLIS (November 3, 2015) – For thirty years, pioneering authors, Jerry Wyckoff and Barbara C. Unell, have taught parents how to raise well-behaved children without resorting to verbal threats and physical punishment. With ***Discipline with Love & Limits*** (softcover, \$10.00, on-sale January 12, 2016) they expand upon their previous success with new and updated information for the next generation of parents.

- New ways parents can establish positive relationships with their children, including: mindful parenting and reducing stress in your children’s environment, how to teach children to be empathetic and inclusive, how to increase your children’s frustration tolerance and ability to delay gratification, and how to deal with generational conflicts between parents and grandchildren.
- How to set up an effective parenting team—so relatives, friends, teachers, and babysitters who interact with your children will know what you are trying to accomplish and how you would like them to help.
- The latest neuroscience research results in simple, clear language so readers will know what works and what doesn’t for the purpose of improving their children’s behavior. Plus startling results about the harmful physical, emotional, and psychological effects of stress on children.
- And a greatly expanded section of calm, practical solutions to the most common childhood misbehaviors, including: whining, temper tantrums, mealtime meltdowns, screen addiction, bullying, biting, disobeying, not sharing, resisting bedtime, getting out of bed, leaving a mess, travel meltdowns, resisting car seats, talking back and more.

*“Discipline Without Shouting or Spanking was mainly a list of practical solutions for parents. **Discipline with Love & Limits** is now a ‘guide to raising well-behaved children’ that includes lots of new solutions to misbehaviors like screen addiction, food-rule conflicts, and bullying. Many people think the only way to improve their children’s behavior is with threats and punishment. Neuroscience research proves that just doesn’t work. What does work is teaching children appropriate behavior in a way they can understand, with love and limits,”* said authors Wyckoff and Unell.

Jerry Wyckoff is a child psychologist who has helped parents and their children for more than 40 years and has co-authored five books on parenting with Barbara Unell.

Barbara C. Unell is a parent-educator and journalist who co-founded *TWINS* Magazine and *Kansas City Parent*, and has co-authored over a dozen books on parenting. She has also helped launch social-emotional development programs for parents, educators and children, including *Kindness is Contagious... Catch It!*

To request a copy of ***Discipline with Love & Limits*** or to schedule an interview with the authors, please contact Thomas Nelson at 800-388-2232, ext. 109, or email him at nelson@meadowbrookpress.com.

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