



Book Review

“DISCIPLINE THAT WORKS: 5 Simple Steps” by Joyce Divinyi

No one is perfect. We all make mistakes. This book provides techniques that help parents to teach their children self-control and the skills they need so they can learn new behavior and how to handle difficult situations. It also stresses the importance of asking questions in an effort to make the child more aware of his/her actions.

Children can be taught skills to help prevent undesirable behavior and this book discusses the process of how to teach children these skills. Helping a child to learn and understand how his/her brain works is a plus in developing a child's self-control. Different parts of our brain accomplish different tasks, such as, emotion, thinking, and action (E-T-A) and children are more likely to react based on their “emotions” rather than “thinking” about the consequences of their “actions”.

The author talks about repeating “to do” messages such as, “Focus”, “Stay on task”, “Listen up”, just to name a few. These are important short phrases in the development of self-control. The brain often needs repetition in order for certain behaviors to become habit. Children are inclined to develop certain habits on their own initiative without the prompting of an adult with repetitive messages.

The power of positive thinking and verbalizing positive messages to a child will bring about positive behavior.

The 5 Simple Steps are: Think Feelings; Ask Questions; Teach Skills; Repeat Short Phrases; and Focus On The Positive.

I quote from the book, “the most important and valuable job in the world is to help children develop a strong and positive sense of themselves. This in turn helps them manage their own behavior well. It is a challenging assignment for an adult who decides to participate. It is also the most rewarding and gratifying goal a person can achieve.

This book is a must read.

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