



La Leche League New Zealand Inc.

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Book Review

The No-cry Discipline Solution

By Elizabeth Pantley
McGraw-Hill, 2007

Reviewed by Andie Collett

This is a follow-up to *Kid Cooperation*, a previous book of Elizabeth Pantley's which is approved for LLLNZ Group Libraries, which reintroduces the reader to some of the same material and then takes it further.

The book is divided into four parts, each part containing several chapters. There are regular reminder summaries recapping the previous section and important ideas; a tool also used in *Kid Cooperation*, and the two *No-Cry Sleep Solutions*.

The first part of *The No-Cry Discipline Solution* is 'the foundation for no-cry discipline: essential parenting attitudes'. This covers a range of topics including myths about discipline and typical teenage problems and how to sort them out while children are young.

Part two discusses parenting skills, and outlines a variety of tools. An important part of this section is the chapter 'Tantrums, fussing and whining: the big three' which offers a range of reasons for, and solutions to, these common situations.

In part three, 'a peaceful home: staying calm and avoiding anger' is really useful and the strategies are simple yet effective. The plan to manage anger is a straightforward step-by-step system for dealing with oneself when you find parenting too stressful. Pantley is great at making her readers feel that they are not alone in their struggles, and she does not criticise.

Part four contains 'specific solutions for everyday problems', about 90 pages of problems all parents encounter. Some of these 'problems' seemed to be more age-related and need more understanding and empathy. Nevertheless there were certainly a great number of strategies suggested, and like everything in parenting you need to experiment and find what works for your family. Remembering also that what doesn't work today may work tomorrow!

This book is easy to read, as it can be read from cover to cover or just dipped into. It contains a range of strategies for dealing with strong emotions and staying calm with children, which fits into the La Leche League philosophy of loving guidance.

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