

# Dr. Vanessa Lapointe

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<http://www.drvanessalapointe.com>



Dr. Vanessa Lapointe has been supporting families and children for over 15 years with her work as a registered psychologist and founder of The Wishing Star Developmental Clinic. In her first book, *Discipline Without Damage: How to Get Your Kids to Behave Without Messing Them Up*, Dr. Vanessa offers a discipline approach centered around connection and compassion. Contrary to today's popular parenting philosophies, Dr. Vanessa encourages a dependent relationship between a big person and their child to nurture the best development possible. Based on extensive research and professional expertise, she shares that only through dependence can a child's true independence emerge. For more information, visit [DrVanessaLapointe.com](http://DrVanessaLapointe.com).

## Why Dr. Vanessa Lapointe?



- Dr. Vanessa's passion is to **change the conversation** we are having about disciplining our children. She wants parents to know they already have everything they need to know about guiding their children within themselves. She urges parents to trust their intuition, lean on their unique knowledge of their children, and celebrate being "good enough."
- She discredits the idea that there is a guaranteed strategy, step-by-step guide, or magic solution to discipline. She feels that **today's popular disciplinary methods** of time outs, thinking chairs, removal of privileges, and reward charts **do not work** because each of these strategies threatens a child's most essential need for connection with their caregivers.
- As a mother of two young sons, she **provides both a professional and personal perspective**. She is also **very real and relatable** sharing that "there are days when I feel like I rocked it [parenting], and other days when I have been a hot mess."
- She is the Founder of The Wishing Star Developmental Clinic in British Columbia, a registered psychologist, and she holds a PhD in School Psychology from the University of British Columbia. She is also an in-demand lecturer and frequent consultant for the British Columbia Ministry of Children and Families.

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Discipline is not something that you do as much as it is something that you be.

- Dr. Vanessa Lapointe, author of *Discipline Without Damage*

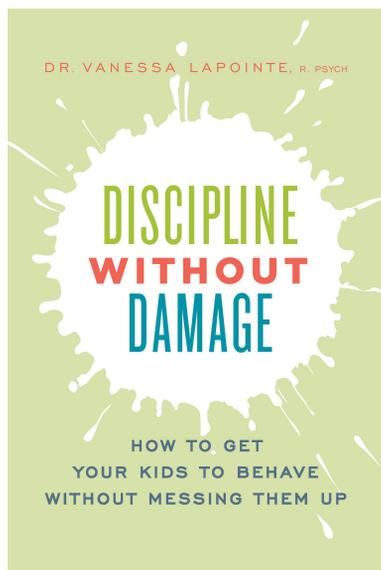
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Behavior is a child's attempt to communicate an unmet need, then to change the behavior, the need must be met. It cannot simply be stamped out by a forceful consequence.”

- Dr. Vanessa Lapointe, author of *Discipline Without Damage*

# About the Book

*Discipline Without Damage: How to Get Your Kids to Behave Without Messing Them Up*



In her ground-breaking book, **DISCIPLINE WITHOUT DAMAGE: HOW TO GET YOUR KIDS TO BEHAVE WITHOUT MESSING THEM UP**, celebrated psychologist and Founder of the Wishing Star Developmental Clinic, Dr. Vanessa Lapointe provides a healthy dose of encouragement *and* a stern wake up call for “experts,” parents and caregivers who may feel lost in the “discipline vortex” of misinformation. Shattering readers’ concepts of today’s more popular behaviorist-centered discipline approaches, she exposes the problem with methods such as time-outs, thinking chairs, revoked privileges, and reward charts. Additionally, she challenges readers to shift their perspective from the child’s behavior to that of the adult. At the center of Dr. Lapointe’s exhaustive research and teachings is the necessity of a connection-informed response and the guiding mantra **See It, Feel It, Be It**. While she emphasizes that there is no one-size fits all formula, she offers **nine stepping stones to damage-free discipline**. Ultimately, *Discipline Without Damage* will leave readers feeling confident that they’ve “got this,” and Dr. Vanessa is there to help support them along the way.

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## Why *Discipline Without Damage*?



- Developmental science proves that a child’s immature brain leaves them incapable of conforming to the standards, regulations, expectations, and rules of the world. Yet, we insist on attempting to control our children using “quick fix” methods to suit our fast-paced lives. The damaging effects of traditional discipline approaches such as time-outs, thinking chairs, revoked privileges, and reward charts is that each tactic ultimately threatens a child’s most fundamental need for connection. So, when you think you’re child has “learned a lesson,” he/she has actually learned that their foundational need for connection is contingent on “good behavior.” Dr. Vanessa’s *Discipline Without Damage* shows readers that there is a better way.
- She shares the guiding mantra See It, Feel It, Be it! In other words, see a child’s behavior, feel what is happening for them in that moment, and as a result of feeling their hearts, be what it is they need you to be.
- Learn ways to determine your child’s “needs barometer” and the three zones of responding: Walk Alongside- an attentive approach to use when a child’s needs barometer is high; Go Low and Slow- keeping disappointments small and larger disappointments at bay; Do and Conquer – when a child’s needs barometer is low and you can pick up, dust off and carry on.
- She provides Nine Stepping Stones to damage-free discipline including: Respond With Connection – it can be an expression on your faces that emotes sympathy, a hug, or your tone and words; Stay Low- the higher a child goes with their upset, the calmer the parent needs to be in their response; Drop a Flag- very short statements such as “that must stop,” “this is not working,” “gentle hands” are examples of flags you can deliver quickly, and more.
- She reassures parents and caregivers that it isn’t about being perfect, it’s about being good enough.