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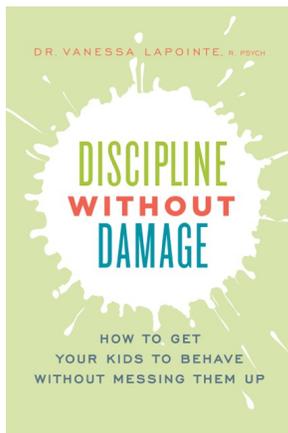
Contact:

Maggie Rheney

Maggie@ChoicePublicity.com

731.394.2139

A BETTER WAY: New Book *Discipline Without Damage* Disrupts Status Quo by Showing How to Discipline through Connection



*One of the five best parenting books I have read in the past five years ... I hope it makes it onto the[reading] short list for every parent. **I think it can change the world.***

- Dr. Laura Markham, Bestselling author and Founder of Aha! Parenting

*“Dr. Lapointe makes a powerful case for disciplining our children without power struggles, manipulation, or control. **She offers valuable tips on how to transform the most difficult moments with our children into the most empowering.** An insightful guide for all parents!”- **Dr. Shefali Tsabary**, author of New York Times bestseller *The Conscious Parent**

“I love this book! A rare combination of science-based, practical, respectful, and effective discipline. Reinforcing that connection is the key, Discipline Without Damage guides us to see behavior issues with new eyes so that we can more effectively respond in ways that are effective, and that build relational and neural connections in ways that promote optimal development, independence, and success.”

- Dr. Tina Payne Bryson, co-author of New York Times bestsellers *The Whole-Brain Child* and *No-Drama Discipline*.

Nashville, Tenn. –January 19, 2016– Is there a higher stakes balancing act than disciplining our kids? We know they need boundaries, as well as wide-open arms. We want to deliver real-world lessons, but within the safety of a loving home. The thought of screwing up this part of parenting is downright terrifying. So we toe society’s line, relying on timeouts, reward charts, thinking seats, and revoked privileges, all in well-intentioned efforts to give our kids what they need. But is it actually working? According to [Dr. Vanessa Lapointe](#), the answer is no.

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In her groundbreaking new book **DISCIPLINE WITHOUT DAMAGE: HOW TO GET YOUR KIDS TO BEHAVE WITHOUT MESSING THEM UP** (LifeTree Media; ISBN: 978-1928055105; January 19, 2016; \$17.99), celebrated child psychologist and Founder of The Wishing Star Lapointe Developmental Clinic and mother of two young sons Dr. Vanessa Lapointe, R. Psych takes parents and caregivers confidently by the hand to show them another way to shape and support our kids, rooted in connections and intuition. Based on her more than 15 years of clinical experience and exhaustive research, Dr. Vanessa's game-changing approach will challenge readers' long-held belief in traditional methods of discipline and parenting.

Part one of **DISCIPLINE WITHOUT DAMAGE** conversationally and accessibly unpacks the science behind child brain development—and why traditional approaches to discipline – time outs, thinking chairs, removal of privileges and reward charts - clash with what we know of developmental science. Dr. Vanessa shares the decisive truth that a child's immature brain leaves them incapable of conforming to the standards, regulations, and expectations of the world. Yet, we insist on attempting to control our children using “quick fix” methods that suit our fast-paced lives. Science supports that the fundamental need our children have for healthy brain and psychological development is connection.

In Part two, Dr. Vanessa shows readers what connection actually looks like in action. She admits that while there is no magic formula when disciplining your children, there are strategies anchored in connection that you can use. Readers will learn:

- Dr. Vanessa's guiding mantra: **See It, Feel It, Be It:** *see* what the child needs, *feel* empathy and compassion for the child, and respond in a way that allows you to *be* what the individual child requires in that specific moment.
- **Nine Stepping Stones to Damage-Free Discipline in the Moment:** While every situation is unique, Dr. Vanessa details nine action steps that will help cultivate connection as discipline is exercised.
- **Hulking it up:** Dr. Vanessa emphasizes that in addition to connection, a child must see their caregiver make decisions with confidence and swagger, which reinforces the child's feeling that they are taken care of, no matter what. She refers to this behavior as “hulking it up,” and explains why it is so important.
- **Three Zones of Responding:** The book outlines Three Zones of Responding that revolve around connection and children's dependence on their adults, who should learn how to monitor each child's changing “needs barometer.”
- **Being good enough:** Dr. Vanessa reassures parents and caregivers to trust their intuition and unique knowledge of their own children when faced with what to do. She encourages them to rely on the fact that they are “good enough;” they have within themselves the answer to their children's need.

Presented as a clear, implementable roadmap, **DISCIPLINE WITHOUT DAMAGE's** easy-to-grasp message fundamentally changes the conversation about how we raise children, challenging the status quo with a radical combination of science and love.

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About Dr. Vanessa Lapointe

Dr. Vanessa Lapointe, a registered psychologist and founder of The Wishing Star Lapointe Developmental Clinic, has been supporting families and children for over 15 years. 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 preferred parenting philosophies, Dr. Vanessa encourages a dependent relationship between a parent/caregiver and their child. Based on extensive research and professional expertise, she shares that only through dependence can a child's true independence emerge. For more information, visit www.drvanessalapointe.com.

About LifeTree Media:

LifeTree Media is a values-driven boutique publisher of nonfiction books that help, heal and inspire. Located in Vancouver, Canada, the company was founded in 2013 by president and publisher Maggie Langrick. Its publishing categories, which range from business and personal finance to health, psychology, self-help, and inspirational memoir, reflect its mission to help people live healthier, happier and more successful lives. LifeTree authors have been featured on Good Morning America, Fox News, the Boston Globe, the Los Angeles Times, among many others.

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By: Dr. Vanessa Lapointe

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