

1 2 3 magic 3 step discipline for calm effective and happy parenting

****1 2 3 Magic 3 Step Discipline for Calm Effective and Happy Parenting****

1 2 3 magic 3 step discipline for calm effective and happy parenting is a parenting approach that has gained widespread recognition for its simplicity and effectiveness in managing children's behavior. Developed by Dr. Thomas Phelan, this method distills discipline into three straightforward steps that help parents maintain control without yelling, threats, or lengthy explanations. If you're a parent seeking a peaceful yet firm way to guide your children, the 1 2 3 Magic system offers a practical framework that promotes calm, consistency, and connection.

What Is 1 2 3 Magic 3 Step Discipline?

At its core, 1 2 3 Magic is a behavior management technique designed to simplify parenting by focusing on the essentials of discipline. The "3 step" discipline refers to a process where parents calmly count to three to signal to their child that a behavior is unacceptable, and if the behavior continues after the count, a predetermined consequence follows. This approach removes emotional escalation, which often leads to power struggles, and replaces it with a clear, predictable structure.

The beauty of 1 2 3 Magic is in its ability to reduce parental frustration and increase children's understanding of boundaries. It's particularly popular among parents of toddlers and young children but can be adapted for older kids as well.

Why Choose 1 2 3 Magic for Calm and Effective Parenting?

Parenting is challenging, especially when it comes to discipline. Many parents find themselves trapped in cycles of yelling, nagging, or feeling powerless. The 1 2 3 Magic method offers a solution that fosters a calm environment while still being highly effective. Here's why it stands out:

Simplicity and Consistency

The method's straightforward approach makes it easy to remember and apply consistently. Children respond well to consistency because it helps them understand what is expected. With 1 2 3 Magic, there's no need for long lectures or complicated rules. The clear three-count system sends a uniform message every time.

Reduces Power Struggles and Emotional Outbursts

By removing emotional reactions from discipline, parents avoid escalating conflicts. The calm tone used during counting helps to de-escalate situations, teaching children how to self-regulate rather than react impulsively. This leads to less yelling and more peaceful interactions.

Encourages Positive Behavior Without Bribing or Punishment

Unlike traditional discipline methods that often rely on harsh punishment or constant rewards, 1 2 3 Magic uses natural consequences and clear limits. It doesn't rely on threats or bribes but instead uses a firm, loving approach that encourages children to make better choices.

The Three Steps of 1 2 3 Magic Discipline Explained

Understanding the core steps will help you implement the system with confidence. Each step serves a distinct purpose in guiding your child towards better behavior.

Step 1: Count 1

When your child misbehaves, calmly say “That’s 1” as a gentle warning. This step signals to the child that their behavior is noticed and needs to change. It’s important to stay calm and neutral, avoiding emotional reactions or explanations at this point.

Step 2: Count 2

If the behavior continues, say “That’s 2.” This is a clear reminder that the behavior is unacceptable and that consequences will follow if it persists. Again, the tone should remain even and unemotional to avoid power struggles.

Step 3: Count 3 and Enforce Consequences

If the child still doesn’t stop after the second count, say “That’s 3” and immediately follow through with the predetermined consequence, such as a time-out or loss of privileges. The key here is consistency—always following through without debate or argument.

Practical Tips for Using 1 2 3 Magic 3 Step Discipline

To get the most out of this discipline method, consider these practical tips that parents have found helpful in everyday use.

Stay Calm and Consistent

Your emotional control is the foundation of 1 2 3 Magic. Children quickly pick up on frustration or anger, which can undermine the system. Practice deep breathing or a brief pause before counting to maintain calmness.

Set Clear Rules and Consequences

Before starting, decide on the specific rules and corresponding consequences. Communicate these to your child clearly and age-appropriately. Knowing what to expect helps children respect boundaries.

Use Positive Reinforcement Alongside

While 1 2 3 Magic focuses on managing unwanted behavior, it's equally important to praise and encourage positive actions. Complimenting good behavior builds self-esteem and motivates children to repeat it.

Be Patient and Give It Time

Like any parenting strategy, 1 2 3 Magic requires patience and repetition. It might take a few weeks for

children to fully grasp and adapt to the process. Stay consistent, and over time, you'll notice fewer conflicts and smoother interactions.

Common Challenges and How to Overcome Them

Even with a straightforward system like 1 2 3 Magic, parents may encounter some bumps along the way. Understanding these challenges can prepare you to handle them more effectively.

Dealing with Defiance or Testing Limits

Children sometimes test boundaries to see if parents will stay firm. The key is not to engage in arguments or negotiations after counting to three. Simply enforce the consequence calmly and move on.

Handling Multiple Children

When managing siblings, it can be tricky to apply 1 2 3 Magic consistently. Keep track of each child's counts separately and avoid mixing up consequences. This helps maintain fairness and clarity.

Adjusting for Different Ages and Personalities

Older children or those with strong-willed personalities might require more tailored consequences or additional communication. Use the 1 2 3 Magic principles as a foundation but be flexible to your child's needs.

Why 1 2 3 Magic Works: The Psychology Behind It

This discipline method aligns well with child development research. It respects children's need for structure and clear expectations while acknowledging their emotional capacity.

The counting technique serves as a non-verbal cue that helps children self-monitor. Instead of reacting impulsively, they learn to pause and consider their actions. Moreover, the removal of emotional escalation reduces stress for both parents and children, creating a healthier family dynamic.

Parents also benefit from feeling more in control and less overwhelmed, which contributes to a happier home environment. Ultimately, 1 2 3 Magic fosters respect, responsibility, and emotional regulation—all essential skills for children's long-term success.

Incorporating 1 2 3 Magic into Your Daily Parenting Routine

Integrating this method into everyday life doesn't require a complete overhaul. Start small by choosing one or two common problem behaviors to address with the 1 2 3 Magic steps. For example, if your child frequently refuses to pick up toys or interrupts conversations, use the counting system consistently during those moments.

Over time, expand the use of the technique to other areas, always maintaining calmness and consistency. Remember to balance discipline with plenty of affection and positive interactions. This holistic approach ensures your child feels loved and guided, not just corrected.

Many parents find that 1 2 3 Magic not only improves behavior but also strengthens the parent-child relationship. The reduction in conflict creates space for more meaningful conversations and shared experiences.

Parenting isn't easy, but with tools like the 1 2 3 magic 3 step discipline for calm effective and happy parenting, it becomes more manageable and rewarding. This method's simplicity, combined with its psychological soundness, offers a pathway to a more peaceful household where children thrive under clear boundaries and caring guidance. Whether you're just starting your parenting journey or looking for new strategies to handle challenging behaviors, 1 2 3 Magic provides a reliable and compassionate framework to support your family's happiness and harmony.

Frequently Asked Questions

What is the core principle of the 1-2-3 Magic discipline method?

The core principle of 1-2-3 Magic is using a simple, three-step counting process to manage children's behavior calmly and effectively without yelling or arguing.

How does 1-2-3 Magic help in creating calm parenting?

1-2-3 Magic helps create calm parenting by providing clear, consistent boundaries and a straightforward discipline approach that reduces power struggles and emotional reactions.

What age group is 1-2-3 Magic suitable for?

1-2-3 Magic is primarily designed for children aged 2 to 12 years old, making it effective for toddlers through preteens.

What are the three steps in the 1-2-3 Magic discipline technique?

The three steps are: 1) Give a firm verbal warning by counting '1'; 2) Give a second warning by counting '2'; 3) If the behavior continues, count '3' and implement a consequence such as a time-out or loss of privilege.

How does 1-2-3 Magic promote effective parenting?

It promotes effective parenting by establishing clear expectations, reducing emotional reactions, and encouraging consistent consequences, which helps children learn self-discipline.

Can 1-2-3 Magic be used for multiple children at once?

Yes, 1-2-3 Magic can be applied to multiple children by counting for each child's behavior separately, helping manage siblings fairly and efficiently.

Does 1-2-3 Magic encourage positive reinforcement?

While the focus is on managing negative behavior through counting and consequences, 1-2-3 Magic also encourages praising good behavior to reinforce positive actions.

How quickly can parents expect to see results using 1-2-3 Magic?

Many parents begin to see improvements in their child's behavior within a few days to weeks, as consistency and calm enforcement take effect.

Is 1-2-3 Magic effective for children with special needs?

1-2-3 Magic can be adapted for children with special needs, but it may require adjustments and additional strategies to suit individual child requirements.

What makes 1-2-3 Magic different from other parenting discipline methods?

1-2-3 Magic is unique because of its simplicity, focus on calmness, and the three-step counting system that minimizes yelling and arguments, making discipline straightforward and less stressful for both parents and children.

Additional Resources

****1 2 3 Magic 3 Step Discipline for Calm Effective and Happy Parenting: A Professional Review****

1 2 3 magic 3 step discipline for calm effective and happy parenting has emerged as a widely discussed method among parents and educators seeking practical solutions to common behavioral challenges in children. Developed by Dr. Thomas W. Phelan, this approach promises a straightforward and manageable discipline strategy that reduces parental stress and encourages positive behavior in children. As parenting styles evolve and the demand for evidence-based techniques grows, it becomes essential to analyze how 1 2 3 Magic's three-step discipline method aligns with contemporary parenting needs. This review delves into the components, effectiveness, and practical considerations of this system, providing a balanced perspective for parents considering its adoption.

Understanding the 1 2 3 Magic 3 Step Discipline Method

At its core, 1 2 3 Magic is designed to simplify discipline into three fundamental steps, which aim to help parents manage their children's behavior calmly and effectively. The program's philosophy centers on minimizing arguments, emotional triggers, and lengthy negotiations that often escalate conflicts between parents and children. Instead, it offers a clear, structured approach to setting limits and encouraging compliance.

The three steps can be summarized as follows:

1. **Counting:** The parent calmly counts to three when a child exhibits undesirable behavior.
2. **Timeout:** If the behavior continues after the count, the child is given a brief timeout to reflect on their actions.
3. **Positive Reinforcement:** The parent acknowledges and praises good behavior to reinforce

positive habits.

This triadic framework creates a predictable and consistent disciplinary environment, which many experts argue is crucial for children's emotional security and behavioral regulation.

Calm Discipline: Reducing Parental Stress

One of the standout features of the 1 2 3 Magic method is its emphasis on maintaining parental composure. Traditional discipline techniques often involve prolonged discussions or reactive punishment, which can lead to frustration and undermine parental authority. In contrast, 1 2 3 Magic encourages parents to remain neutral and unemotional during the counting step, which helps avoid power struggles.

Research into parental stress highlights that methods reducing emotional escalation can improve the overall parent-child relationship. By promoting calm interactions, 1 2 3 Magic not only manages children's behavior but also supports parental well-being, which is a critical but sometimes overlooked aspect of effective parenting.

Effectiveness Across Different Age Groups

While 1 2 3 Magic is primarily targeted at parents of children aged 2 to 12, its flexible structure allows adaptations for various developmental stages. For toddlers, the simplicity of counting helps them grasp consequences without complex explanations. For older children, the timeout and reward components serve as clear behavioral boundaries without resorting to harsh measures.

Several studies on behavioral interventions indicate that consistency and clarity are key determinants of success. The 1 2 3 Magic method's structured approach aligns with this, making it a potentially

effective tool across a broad age range. However, its reliance on timeouts may require modifications for teenagers or children with specific behavioral challenges, suggesting that supplemental strategies might be necessary in some cases.

Comparing 1 2 3 Magic with Other Discipline Techniques

When viewed alongside other popular parenting strategies, such as positive parenting, authoritative discipline, or the use of reward charts, 1 2 3 Magic offers a distinctive balance of simplicity and firmness.

Simplicity Versus Complexity

Many contemporary discipline programs focus heavily on dialogue and emotional coaching, which, while beneficial, can be time-consuming and difficult to maintain consistently. The brevity of 1 2 3 Magic's three-step process appeals to parents who prefer clear-cut rules without extensive negotiation.

Behavioral Focus

Unlike permissive or overly lenient approaches, the 1 2 3 Magic discipline method explicitly targets specific behaviors with immediate consequences. This directness can be advantageous for children who thrive under structured expectations. However, some critics argue that the approach may lack emphasis on understanding underlying emotional issues that contribute to misbehavior, a component more thoroughly addressed in therapeutic parenting models.

Integration of Positive Reinforcement

The inclusion of positive reinforcement is a notable strength, aligning with evidence-based practices that highlight the importance of rewarding good behavior. This balanced strategy helps prevent the method from being purely punitive, fostering an environment where children feel motivated to comply.

Practical Implementation and Challenges

Despite its appeal, the 1 2 3 Magic method requires consistent application and parental commitment. Implementing the system effectively involves:

- Clear communication of rules and expectations to children.
- Maintaining emotional neutrality during the counting process.
- Consistency in delivering timeouts and positive feedback.

Parents who struggle with consistency or who have children with special needs may find the approach challenging without additional support or adaptation. For instance, children with attention deficits or sensory processing issues might not respond predictably to timeouts, necessitating individualized strategies.

Moreover, some parents express concern that the counting and timeout steps might feel mechanistic or detached. To address this, it is recommended to combine the method with empathy and open communication outside disciplinary moments, ensuring children understand the reasons behind rules and consequences.

Supporting Resources and Training

Dr. Phelan and his team provide extensive resources, including books, workshops, and online courses, to assist parents in mastering the 1 2 3 Magic discipline technique. These resources emphasize not only the steps but also the mindset necessary to maintain a calm and effective parenting style.

Participation in these programs has been linked to improved parental confidence and reduced child behavioral problems, according to preliminary evaluations. The availability of professional guidance can significantly enhance the method's practical success.

Conclusion: Positioning 1 2 3 Magic in Modern Parenting

The 1 2 3 Magic 3 step discipline for calm effective and happy parenting stands out as a viable option for parents seeking a no-nonsense, structured approach to behavior management. Its focus on simplicity, emotional regulation, and positive reinforcement resonates well in an era where parental overwhelm is common.

While not a universal solution, this method offers a foundation upon which families can build tailored discipline strategies that meet their unique dynamics. Its integration with empathetic communication and flexibility for individual needs will determine its ultimate effectiveness in fostering calm, effective, and happy parenting environments.

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1 2 3 magic 3 step discipline for calm effective and happy parenting: 1-2-3 Magic

Thomas W. Phelan, PhD, 2010-10-01 This revised edition of the award-winning 1-2-3 Magic program addresses the difficult task of child discipline with humor, keen insight, and proven experience. The technique offers a foolproof method of disciplining children ages two through 12 without arguing, yelling, or spanking. By means of three easy-to-follow steps, parents learn to manage troublesome

behavior, encourage good behavior, and strengthen the parent-child relationship—avoiding the Talk-Persuade-Argue-Yell-Hit syndrome which frustrates so many parents. Ten strategies for building a child's self-esteem and the six types of testing and manipulation a parent can expect from the child are discussed, as well as tips on how to prevent homework arguments, make mealtimes more enjoyable, conduct effective family meetings, and encourage children to start doing their household chores. New advice about kids and technology and new illustrations bring this essential parenting companion completely up-to-date.

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1 2 3 magic 3 step discipline for calm effective and happy parenting: 1-2-3 Magic Thomas Phelan, 2016-02-02 America's #1 child discipline book for over 20 years 1-2-3 Magic has helped millions of parents, teachers, and caregivers all over the world establish an effective, appropriate discipline system that helps children listen better and motivate themselves to behave well. Dr. Thomas Phelan is an internationally renowned expert in his field and has broken down the elements of effective parenting into an easy-to-understand program that can work for any family or in a classroom or caregiving scenario. Recommended by parenting experts for over twenty years, 1-2-3 Magic is a cornerstone book in the parenting category that combines timeless advice with fresh, up-to-date anecdotes and content, and is a must-have book for any caregiver hoping to raise happy, healthy, responsible kids.

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happy children This revised edition of the award-winning 1-2-3 Magic program addresses the difficult task of child discipline with humor, keen insight, and proven experience. The technique offers a foolproof method of disciplining children ages two through 12 without arguing, yelling, or spanking. By means of three easy-to-follow steps, parents learn to manage troublesome behavior, encourage good behavior, and strengthen the parent-child relationship—avoiding the “Talk-Persuade-Argue-Yell-Hit” syndrome that frustrates so many parents. Ten strategies for building a child’s self-esteem and the six types of testing and manipulation a parent can expect from the child are discussed, as well as tips on how to prevent homework arguments, make mealtimes more enjoyable, conduct effective family meetings, and encourage children to start doing their household chores. New advice about kids and technology and new illustrations bring this essential parenting companion completely up to date.

1 2 3 magic 3 step discipline for calm effective and happy parenting: 1-2-3 Magia Thomas Phelan PhD, 2018-10-02 The #1 child discipline book, now available in Spanish! ¡Las ideas de este libro funcionan! Realmente es como magia, siento que recuperaré el mando. La segunda edición del exitoso 1-2-3 Magia que ha vendido 1.8 millones de copias internacionalmente en más de 20 idiomas por el aclamado experto Thomas W. Phelan, Ph.D. ha compilado dos décadas de estudio y experiencia en un fácil de usar programa diseñado para padres haciendo esfuerzo para conectar con sus hijos mas profundamente para ayudarlos a crecer y desarrollarse en niños, adolescentes y adultos saludables y capaces. Dr. Phelan explica la complicada tarea de crianza en tres pasos sencillos: Ayudando a sus niños a aprender como controlar sus emociones y abstener del mal comportamiento, incluyendo: cómo manejar la rivalidad entre hermanos, berrinches, pucheros y mentiras. Fomentando el buen comportamiento y proveyendo observaciones positivas. Fortaleciendo la relación con tus hijos para resforzar el vínculo natural entre padres-hijos. Usted encontrara instrumentos que podrá usar en cualquier situación, además, aprenderá de experiencias reales de otros padres que han navegado retos comunes de crianza como reluctancia para hacer tareas, faltas de respeto, problemas a la hora de dormir o quedándose dormidos a través de la noche. Por años, millones de padres alrededor del mundo han usado el premiado programa 1-2-3 Magia para ayudar a que sus hijos desarrollen inteligencia emocional, criar familias más saludables y felices, y devolverle la alegría a la familia.

1 2 3 magic 3 step discipline for calm effective and happy parenting: The Pastoral Counseling Treatment Planner James R. Kok, Arthur E. Jongsma, Jr., 2024-10-08 Over 1,300 well-crafted treatment goals, objectives and interventions for many of life’s thorniest problems For pastoral counselors and clergy people seeking effective therapeutic techniques, The Pastoral Counseling Treatment Planner is a lifesaver. And for secular therapists integrating elements of their clients’ spirituality into treatment process, this book can guide the way. Patterned after the bestselling The Adult Psychotherapy Treatment Planner, this resource draws on a variety of Western religious belief systems and offers step-by-step guidelines on counseling clients and parishioners through life’s dilemmas. This sourcebook is organized around 31 common problems, including marital conflict, grief, chronic illness, and challenges of faith. For each problem, behavioral definitions and potential counseling goals are provided, along with dozens of suggested interventions—many of which draw upon the client’s faith as a source of healing. This is a hands-on resource that you can use directly in your counseling. The pages afford plenty of space to record customized counseling goals, objectives, and interventions for your parishioners. A faith-forward entry in the trusted Treatment Planner series, The Pastoral Counseling Treatment Planner simplifies the planning process, so you can focus on helping those who need you. Access a sample counseling plan appropriate for both experienced counselors and novices Quickly develop individualized plans by selecting from over 1,300 descriptive statements. Addresses emotional problems as well as life stage issues, family conflicts, marital issues, and challenges to faith A resource for religious leaders who provide counseling to parishioners and secular counselors who incorporate spirituality into their practice. A resource for religious leaders who provide counseling to parishioners and secular counselors who incorporate spirituality in their practice make this sentence the final bullet point!

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1 2 3 magic 3 step discipline for calm effective and happy parenting: Breaking Up With ODD Joanne Wilkoff Wilson, PhD, 2025-05-06 An innovative seven-week guide for parents to help their child overcome Oppositional Defiant Disorder. Children are not born with Oppositional Defiant Disorder (ODD)—they are born with a “difficult” temperament. But once ODD takes hold, parent and child often become locked in a toxic relationship that is filled with anger, coercion, and negativity, despite the parent’s best intentions. In Breaking Up With ODD, behavioral child psychologist Dr. Joanne Wilkoff Wilson provides parents with a practical, week-by-week guide to her innovative seven-week intervention program for children with ODD. Using a method called Family Attachment Skills Training (FAST), this book includes eight key advances in parent management training that emphasize the importance of healing the relationship between parent and child. It includes attachment activities, novel games, a tantrum solution, and, most importantly, a “love and consequences” approach. Parent management training has long been seen as the hallmark of treatment for ODD, but the FAST program moves this training into the twenty-first century. Breaking Up With ODD teaches parents to re-establish attachment with their child through play, praise, affection, and monitoring, and, in the end, teaches the child how to show their best side to the world.

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Previously published as The Manager Mom Epidemic

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advice on how to best support them. The book covers a wide range of topics, including how biological factors and lifestyle factors affect mental health, parenting strategies, managing school, building networks of support, and connecting with children and young people. It gives a broad overview of the most common mental health difficulties and disorders, and considers how they can be managed. A must read for anyone looking to understand what a child or young person may be experiencing and why, and the practical ways in which to effectively support them.

1 2 3 magic 3 step discipline for calm effective and happy parenting: *Developmental and Behavioral Complexities in Children* Jo-Ann Blaymore Bier, Theresa A. Johnson, Ellen Mullane, 2025-10-23 *Developmental and Behavioral Complexities in Children* provides students and young professionals with an understanding of childhood mental health and developmental diagnoses through a series of qualitative vignettes alongside descriptions of clinical diagnoses and an overview of historical changes in the field. A multidisciplinary, collaborative team of authors offer expertise based on questions received throughout their careers. The authors aim to ease some of the confusion that exists when navigating mixed messages about “typical” development, while providing state of the art information about specific diagnoses and clinical strategies and interventions that can be beneficial for children who may or may not meet criteria for a specific diagnosis. The book equips clinicians and students with a framework to guide caregivers in learning to decipher complicated messages around childhood developmental and mental health diagnoses and prepare them to support children’s developmental, social, behavioral, and emotional growth.

1 2 3 magic 3 step discipline for calm effective and happy parenting: *The Complete Adult Psychotherapy Treatment Planner* Arthur E. Jongsma, Jr., L. Mark Peterson, Timothy J. Bruce, 2021-05-11 The revised edition of the clinicians’ time-saving Psychotherapy Treatment Planner Revised and updated, the sixth edition of *The Complete Adult Psychotherapy Treatment Planner* offers clinicians a timesaving, evidence-based guide that helps to clarify, simplify and accelerate the treatment planning process so they can spend less time on paperwork and more time with clients. The authors provide all the elements necessary to quickly and easily develop formal, customizable treatment plans that satisfy the demands of HMOs, managed-care companies, third-party payers and state and federal agencies. This revised edition includes new client Short-Term Objectives and clinician Therapeutic Interventions that are grounded in evidence-based treatment wherever research data provides support to an intervention approach. If no research support is available a best practice standard is provided. This new edition also offers two new presenting problem chapters (Loneliness and Opioid Use Disorder) and the authors have updated the content throughout the book to improve clarity, conciseness and accuracy. This important book: Offers a completely updated resource that helps clinicians quickly develop effective, evidence-based treatment plans Includes an easy-to-use format locating treatment plan components by Presenting Problem or DSM-5 diagnosis Contains over 3,000 prewritten treatment Symptoms, Goals, Objectives and Interventions to select from Presents evidence-based treatment plan components for 45 behaviorally defined Presenting Problems Suggests homework exercises specifically created for each Presenting Problem Written for psychologists, therapists, counselors, social workers, addiction counselors, psychiatrists, and other mental health professionals, *The Complete Adult Psychotherapy Treatment Planner*, Sixth Edition has been updated to contain the most recent interventions that are evidence-based.

1 2 3 magic 3 step discipline for calm effective and happy parenting: *Essentials of Nursing Children and Young People* Jayne Price, Orla McAlinden, Zoë Veal, 2023-12-15 This book is a one-stop shop for the vast majority of children and young people’s nursing students. The editors for the new edition are Jayne Price from Kingston University, Orla McAlinden previously from Queen’s University Belfast, and Zoë Veal from UWE Bristol, all with vast experience in nursing children and young people. A high level of research has gone into developing and refining the key features for this edition, such as updated voices and implementing new NMC standards. This book maps to the content of the majority of pre-registration child nursing programmes, and by adopting a 5 part structure it clearly covers the core parts of training and practice that you will need: Part 1): Principles of nursing children and young people Part 2): Wellbeing and development Part 3): Caring

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