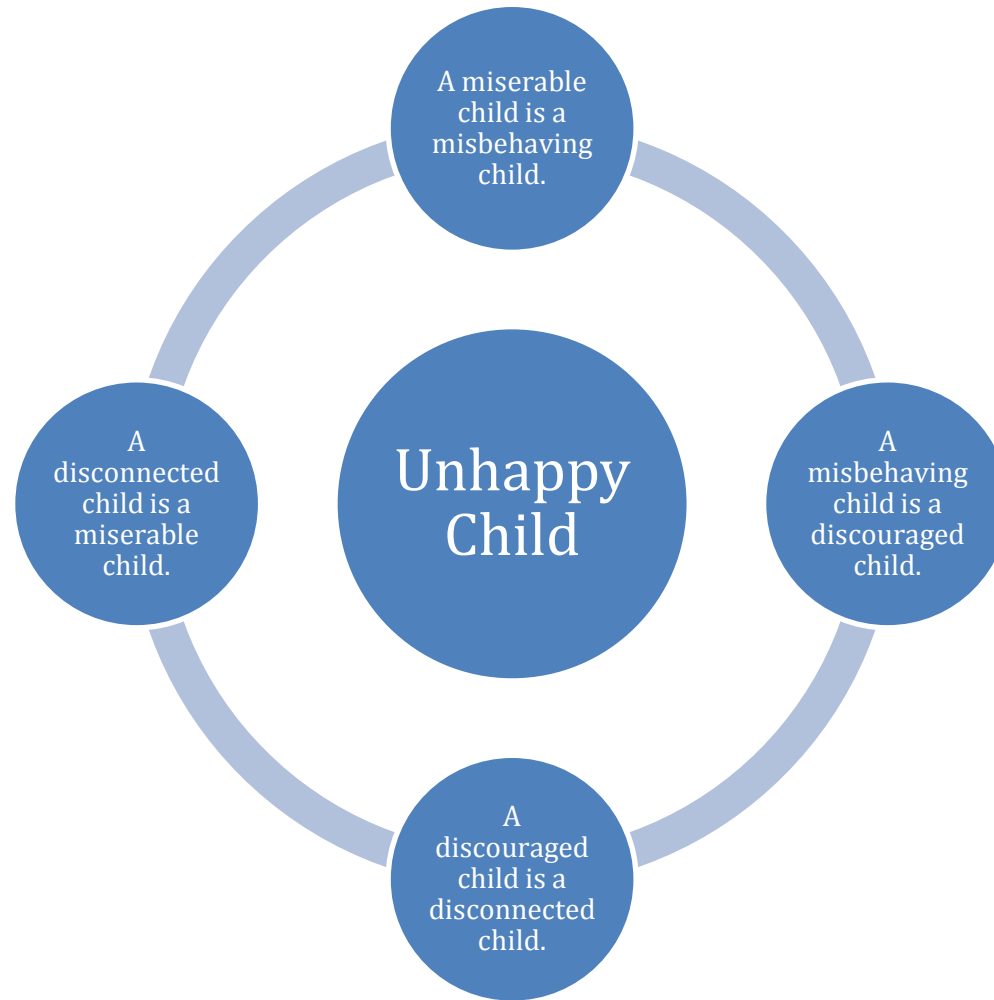


Raising a well-adjusted and happy child is a daunting job. The book Positive Discipline by Dr. Jane Nelsen does not offer new parenting insights. Even so, reading it inspired me to do the diagram below. Given that each parent or guardian has unique circumstances, it can be complicated to explore how and why children misbehave without coming across as judgmental. So instead, I decided I should seek to create a straightforward illustration that would describe an unhappy child. This should be a better starting point when the issue of positive discipline comes up on the table.



A Cyclical Representation of an Unhappy Child

By Mrs. Cirilo, a stay-at-home military wife and mother to four wonderful children