

# Positive Discipline

April 20th, 2020



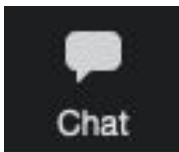
# Zoom Meeting Reminders:



Please stay MUTED except when you are sharing.



Turn on your video, so we can see your smiling faces!



Feel free to ask a question using the chat feature.



The Montessori School *of* Raleigh  
*a Montessori and IB World School*

# Welcome & Introduction

Please introduce yourself!



# Positive Discipline

- Introduction
- Parenting during a Pandemic



# What is Positive Discipline?

It is a child-guidance model that was developed by Jane Nelsen and is based on the work of Alfred Adler and Rudolf Dreikurs, two Viennese child psychiatrists who taught about the importance of feeling a sense of belonging and significance in the family.

Positive Discipline is all about teaching children important life skills and characteristics, such as responsibility, problem solving and empathy through mutually-respectful parenting tools, which maintain connection between children and parents.

There are two kinds of parenting programs. Those that depend on external locus of control (punishment and rewards) that seem to work temporarily; and those (like Positive Discipline) that teach an internal locus of control - to do the right thing when no one is watching, forcing or bribing.



# Two Lists

## Challenging Behaviors

Problems sharing  
Reluctance to participate  
Negative self talk  
Not being honest about responsibilities  
Responsibilities for actions  
Argumentative to a fault  
Not listening  
Back talk  
Not doing what they should be doing  
Choosing the same wrong behaviors  
Throwing objects when frustrated  
Pushing for a little more, negotiating  
Respecting friends

## Characteristics and Life Skills

Resilience  
Confident  
Integrity  
Honesty  
Responsibility  
Empathy  
Perseverance  
Strong sense of self  
Self sufficiency  
Living a life of gratitude  
Trustworthy  
Goal setting - moving in their adult responsibilities successfully

# Modeling

Children learn from MODELING. So, when our children, grandchildren or students are being aggressive- are we showing empathy? Being kind? This is not to make us feel guilty, just to raise our awareness that if we want our kids to learn these life skills and characteristics, we need to be modeling them ourselves. Of course we react sometimes, we are human beings. It takes a while to learn from our mistakes.

But PD is really about moving from here (challenges list) to here (skills list) and we see these challenges as opportunities to teach these life skills and characteristics- depending on what we model.

PD offers the tools needed to help us model.

So, we are going to look at one of the challenges- not listening- and see how this challenge can be an opportunity to teach life skills and characteristics



# Curiosity Questions

## Curiosity Questions

We can help our children develop thinking skills and judgment skills by asking them questions such as:

- What happened?
- What were you trying to do?
- Why do you think this happened?
- How do you feel about it?
- How could you fix it?
- What else could you do if you don't want this to happen again?





# Curiosity Questions

Your **tone of voice** is very important. Try to get into your child's world and really be curious about what they are thinking and feeling.

Curiosity Questions really invite children to think it through for themselves and to come up with their own conclusions.

**CONVERSATIONAL curiosity questions**- that encourage children to have a conversation about something and think things through.

Now we are going to explore **MOTIVATIONAL curiosity questions** that help motivate children to do something different.



# Asking vs. Telling

[Characteristics/Life Skills List](#)



# 5 Criteria for Positive Discipline

- Respectful (firm AND kind)
- Helps child feel a sense of belonging and significance
- Effective for the long term
- Teach valuable social and life skills for good character
- Invites children to discover how capable they are and to use their power constructively



# Problem Solving



Use daily challenges as opportunities to practice problem solving **WITH** your children.

- 1) **Brainstorm** for solutions during family meetings or with one child.
- 2) **Ask** Curiosity Questions to invite your child to explore solutions.
- 3) **For fights:** "You kids can figure it out. Come back with your plan."
- 4) **For chores:** Brainstorm what needs to be done and invite your kids to create a plan. Be willing to try their plan for a week.

# Listen



Children will listen to you **AFTER** they feel listened to.

- 1) Notice how often you interrupt, explain, defend your position, lecture, or give a command when your child tries to talk to you.
- 2) Stop and just listen. It is okay to ask questions such as, "Can you give me an example? Is there anything else?"
- 3) When your child is finished, ask if he or she is willing to hear you.
- 4) After sharing, focus on a solution that works for both.

# Tool Cards

Take a minute or two to think about how one of the cards could make a difference in any relationship in your life: children, grandchildren, spouse, friend, co-worker, etc.

Share out

52 Tool Cards found for purchase on Positive Discipline website



# Validating Feelings

**Acknowledging feelings, even negative ones, is a form of encouragement. It shows EMPATHY and FAITH IN YOUR CHILD, and BUILDS CONNECTIONS**

## Validate Feelings



- 1) Allow children to have their feelings so they can learn they are capable of dealing with them.
- 2) Don't fix, rescue, or try to talk children out of their feelings.
- 3) Validate their feelings: "I can see you are really (angry, upset, sad)."
- 4) Then keep your mouth shut and have faith in your children to work it through.

# Questions and Thank You!

