

Positive Discipline Techniques



Introduction

- Understanding positive Discipline
- Identifying behavioural challenges
- Providing practical strategies
- Enhancing communication skills
- Building consistency
- Supporting Parental well being

Definition of positive discipline



Positive discipline is an approach to parenting and caregiving that focuses on teaching children to become responsible, respectful, and resourceful individuals.

It emphasizes guidance and support rather than punishment, fostering a nurturing environment that encourages positive behaviour and emotional growth.

Key aspects of positive discipline



Respectful Communication: open dialogue, encouraging children to express their feelings and thoughts while also teaching them to listen and understand others.

Teaching Moments: Focuses on using misbehaviour as an opportunity to teach valuable life skills, such as problem-solving, empathy, and self-control.

Building Connection: Importance of building strong, trusting relationships between parents and children. A secure attachment helps children feel safe and supported, making them more receptive to guidance.

Key aspects of positive discipline

Setting Clear Boundaries: Establishing clear and consistent rules that help children understand expectations. These boundaries are communicated in a loving manner, reinforcing the idea that they are in place for their well-being.



Encouragement and Praise:
Positive discipline encourages parents to recognise and celebrate their children's efforts and achievements, fostering self-esteem and motivation to behave positively



Importance of maintaining a positive approach

Fosters Healthy Relationships

Encourages Self-Discipline

Promotes Emotional Well-Being

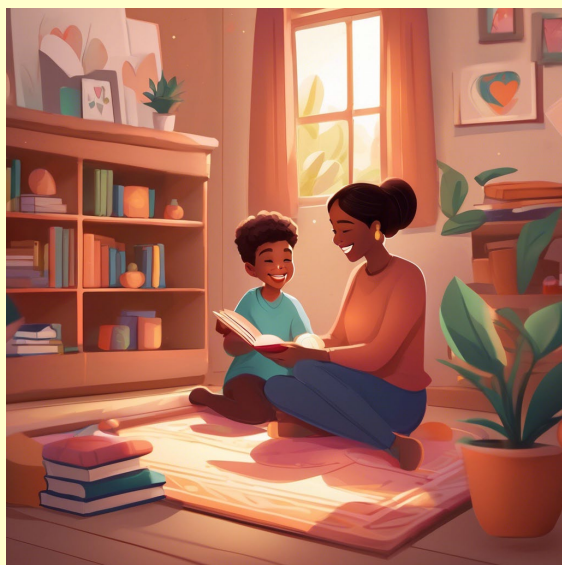


Reduces Behavioural Issues

Modelling Positive Behaviour

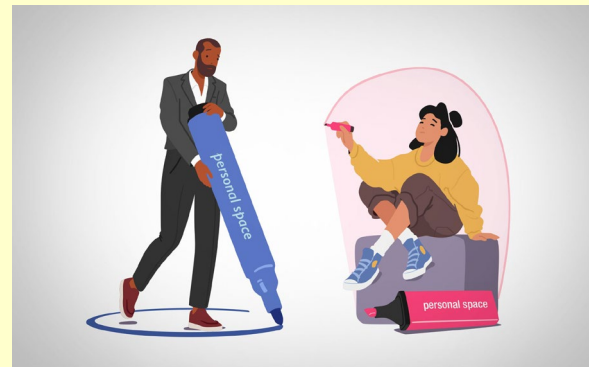
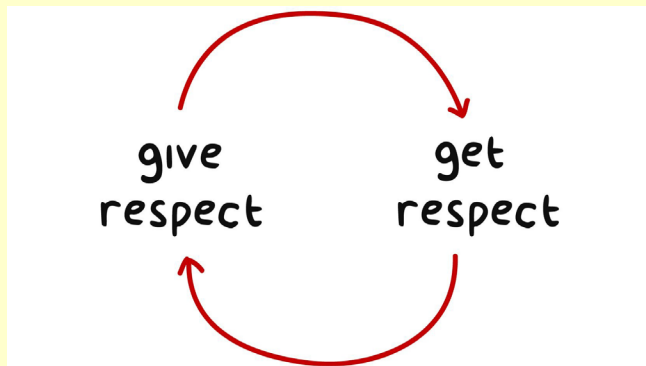
Encourages Problem-Solving Skills

Enhances Family Dynamics



Key Principles

Respect



Kindness

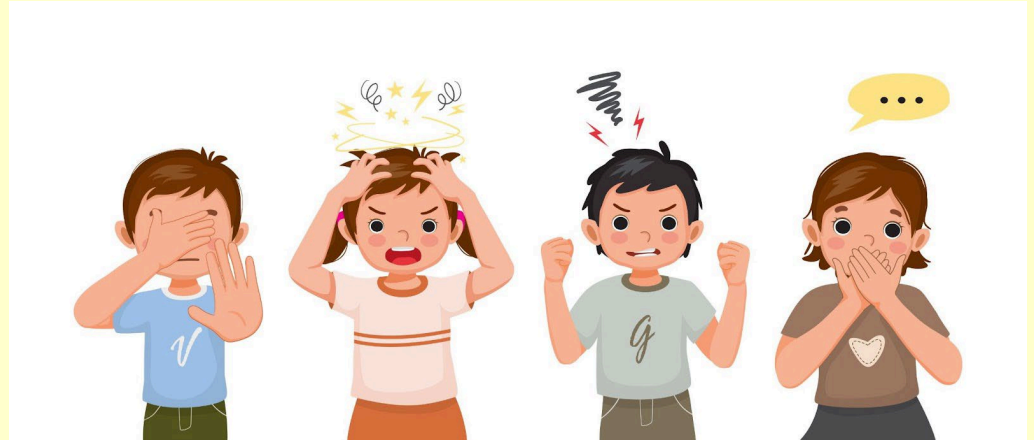


Encouragement



Understanding Child behaviour

- Tantrums
- Defiance
- Lying
- Sibling rivalry
- Aggression
- Bedtime resistance
- Whining or complaining
- Not taking responsibility
- Excessive screen time



Understanding Child behaviour

- Emotional Regulation
- Developmental stages
- Attention seeking
- Frustration
- Environmental factors
- Modelling behaviour
- Structure
- Stress and anxiety
- Health issues
- Social skills deficits



Importance of Empathy

- Enhances emotional connection
- Promotes positive communication
- Encourages emotional intelligence
- Reduces Behavioural issues
- Builds resilience
- Fosters inclusivity
- Encourages problem solving
- Strengthens family bond
- Supports developmental growth
- Cultivates a positive home environment



Strategies for encouraging good behaviour – Clear expectations

Define the Expectation

Explain the Reasoning

Set a Specific Time

Create a Homework Space

Use Visual Reminders

Discuss Consequences and Rewards

Encourage Questions

Follow-Up



Strategies for encouraging good behaviour – Positive Reinforcement



Verbal Praise: Saying "Great job!"

Tangible Rewards: A treat for achieving a goal.

Recognition: Highlighting achievement to family

Extra Privileges: Allowing more free time or special responsibilities for consistently good performance.

Strategies for encouraging good behaviour – Effective Praise



Be Specific: Specify what behaviour was commendable "I really appreciate how you helped your classmate today".

Be Timely: Provide praise immediately after the desired behaviour to reinforce the connection.

Encourage Self-Efficacy: Use phrases that empower the individual, such as "You worked really hard on this, and it shows!"

Vary Your Praise: Mix verbal, written, and public keep it engaging.

Strategies for encouraging good behaviour – Problem Solving



Brainstorming: Encourage children to generate multiple solutions to a problem without judgment.

Trial and Error: Teach them to test different approaches and learn from failures.

Role-Playing: Use scenarios to practice problem-solving in a safe environment.

Guided Questions: Ask open-ended questions to prompt critical thinking

Strategies for encouraging good behaviour – Independence



Celebrate Efforts: Recognise attempts to solve problems

Model Thinking Aloud: Demonstrate your thought process when facing a problem.

Provide Tools: Equip children with resources to help them explore

Growth Mindset: Encourage them to view challenges as opportunities to learn and grow.

Difference between Natural and imposed consequences

Natural Consequences: Occur naturally because of an action

Imposed Consequences:
Deliberately enforced by an authority

Examples of Natural consequences



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Not Wearing a Jacket: Feeling cold when going outside in chilly weather.

Skipping Breakfast: Experiencing hunger before lunchtime.

Not Charging a Device: Having a dead phone when you need to make a call.

Procrastinating on Homework: Receiving a lower grade due to incomplete assignments.

De-escalation Strategies



- Recognise emotions

e.g. I can see that you are angry/frustrated

- Demonstrate active listening

e.g. So, you are telling me that you thought your homework was due in tomorrow

OR:

So, you feel that you shouldn't do your homework because you have been given an incorrect date

- Use of Non-Verbal Communications

e.g. Be mindful of gestures and facial expressions. Relaxed body language, open posture and friendly facial expression help convey a sense of empathy and understanding.

- Speak in calm, clear tone

e.g. I'm sorry you feel this way, however I still need you to complete your homework

- Allow take up time

e.g. Tell them a time frame and set a timer, do not engage until the time is up, avoid being drawn back in by busying yourself with another task

- Avoid power struggles

e.g. Step away and give the situation space, can a compromise be made to move the situation forward.

- Set clear boundaries and offer two choices if possible

e.g. You can stay and finish this task now, like I have asked, or you can leave, and you will have no screen time later this evening

Self Care for Parents



Establish a Routine: Self-care activities

Practice Mindfulness: Meditation or yoga

Set Boundaries: Learn to say no

Engage in Hobbies: Reading, gardening, or crafting

Seek Support: Don't hesitate to reach out to people

Resources for Further Learning



"The Whole-Brain Child" by Daniel J. Siegel and Tina Payne Bryson

A guide for parents to understand how a child's brain works and how to foster healthy emotional and cognitive development.

"How to Talk So Kids Will Listen & Listen So Kids Will Talk" by Adele Faber and Elaine Mazlish

This classic book offers practical communication strategies to improve parent-child relationships.

"Simplicity Parenting" by Kim John Payne and Lisa M. Ross

This book emphasizes simplifying children's lives to reduce stress and promote happiness.

"The Explosive Child" by Ross W. Greene

A resource for parents dealing with difficult behaviours, offering strategies for handling explosive behaviour in children.

Resources for Further Learning



Positive Parenting Solutions (positiveparentingsolutions.com)

Offers courses, articles, and resources focused on positive parenting techniques.

Parenting Science (parentingscience.com)

Provides research-based information on parenting strategies and child development.

Zero to Three (zerotothree.org)

A national nonprofit organization offering resources and articles on early childhood development and parenting.

The Child Mind Institute (childmind.org)

A resource for information on children's mental health, development, and parenting advice.

Resources for Further Learning



Reddit - r/Parenting

A supportive online community where parents can share experiences, ask questions, and find advice.

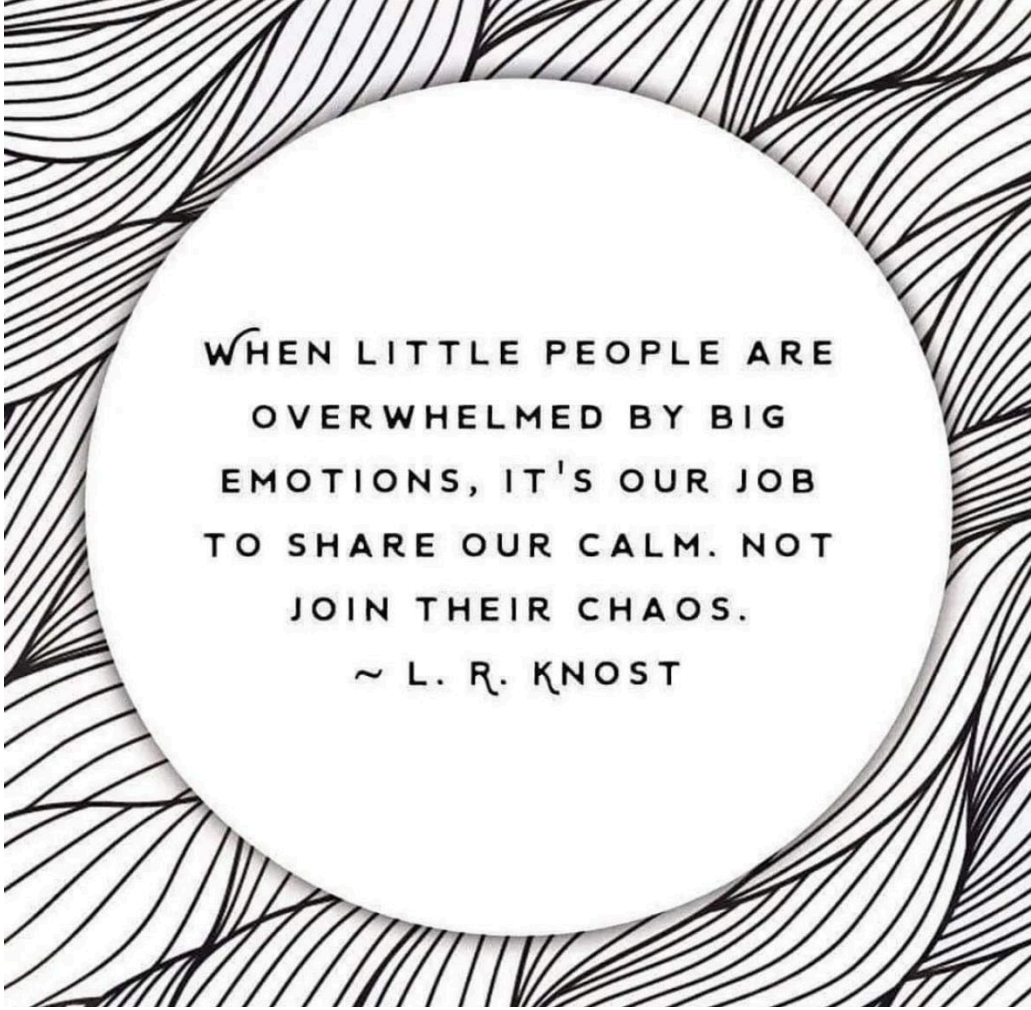
Facebook Groups

Search for local parenting groups that focus on specific interests or challenges, providing a space for connection and support.

Any Questions or experiences
you would like to share.



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WHEN LITTLE PEOPLE ARE
OVERWHELMED BY BIG
EMOTIONS, IT'S OUR JOB
TO SHARE OUR CALM. NOT
JOIN THEIR CHAOS.
~ L. R. KNOST

Thank You for attending
harwood.c1@stowevalley.com