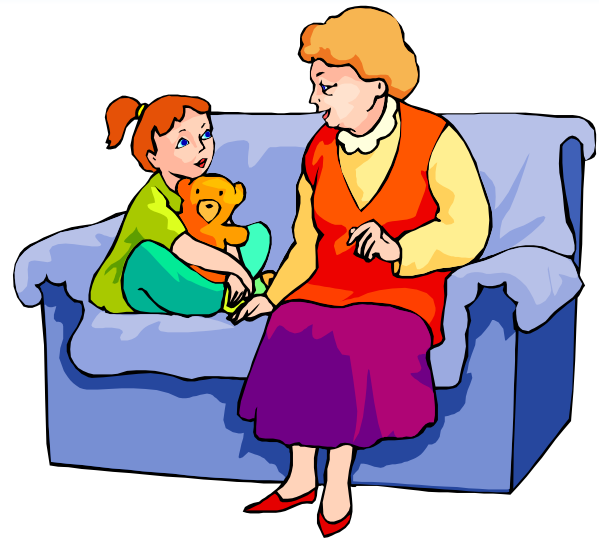


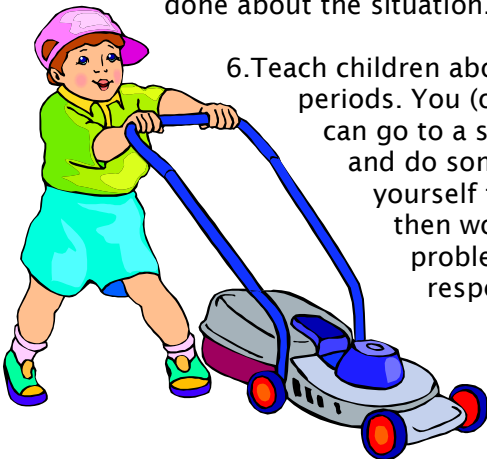


POSITIVE DISCIPLINE

Deciding on how to discipline a child is a tough decision for every adult whether it is a parent or caregiver. It is very easy for an adult to take the easy way out by shouting and punishing a child without explanation of why the punishment is being given and what the child should do to change the negative behavior. Instead of taking the easy way out, try to keep in mind these guidelines for performing positive discipline.



1. Misbehaving children are “discouraged children” who have mistaken ideas on how to achieve their primary goal- to belong. Their mistaken ideas lead them to misbehavior. We cannot be effective unless we address the mistaken beliefs rather than just the misbehavior.
2. Use encouragement to help children feel “belonging” so the motivation for misbehaving will be eliminated. Celebrate each step in the direction of improvement rather than focusing on mistakes.
3. Spend time with the child. Showing a child you care about them as a person can have a dramatic effect on the child’s behavior.
4. Give children meaningful jobs. Children feel belonging when they know they can make a real contribution.
5. Teach and model mutual respect. One way is to be kind and firm at the same time-kind to show respect for the child, and firm to show respect for yourself and what needs to be done about the situation.
6. Teach children about cooling-off periods. You (or the children) can go to a separate room and do something to make yourself feel better- and then work on the problem with mutual respect.
7. Get rid of the idea that in order to make children do better, first you have to make them feel worse. Humiliation is not motivation.
8. Teach children that mistakes are wonderful opportunities to learn. Use the three R’s of Recovery after you have made a mistake:
 - (1) Recognize your mistake.
 - (2) Reconcile: Be willing to say “I’m sorry.”
 - (3) Resolve: Focus on solutions rather than blame.
9. When the child makes a choice that you consider to be poor, accept it without judging. Trust the teaching process you are implementing.
10. Focus on solutions instead of consequences. Get children involved in finding solutions that are:
 - (1) related
 - (2) respectful
 - (3) reasonable
11. Make sure the message of love and respect gets through. Start with “I care about you. I am concerned about this situation. Will you work with me on a solution?”



Sources compiled from: Handout on “Discipline: Natural and Logical Consequences”, and Book excerpts from Positive Discipline written by Jane Nelsen.