

Positive Discipline

Concepts of Positive Discipline

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Effective Discipline is interaction that teaches the child. Effective and Positive Discipline includes these four criteria:

1. It helps children feel a sense of connection. All human beings want to belong and feel significant.
2. It is mutually respectful and encouraging. Discipline is kind and loving to the child and involves firm and appropriate follow through from the adults.
3. It is effective long-term, not just temporarily. It takes into consideration what the child is thinking, feeling, learning, and deciding about himself and his world—and how he will behave in the future to survive and thrive in it.
4. It teaches important social and life skills. These skills include respect, concern for others, problem solving, and cooperation as well as the skills to contribute to the home, school, or larger community.

Children who can think, problem solve, decide, and act in accordance with their conscience have been raised in environments that nurture these skills. Adults who learn self-respect can then respect and honor themselves **and** their children. Positive Discipline principles do both.

Recognize the emotional responses you most often have. Help your family learn to problem solve the situations and environmental issues that motivate problem behavior. Solve it instead of punishing it. Use mistakes as opportunities for better learning.

Develop relationships and keep positive balances in your relationship bank account with each child. Then when you need to make a withdrawal, you will not bankrupt your account.

Build relationships! Relationships lead behavior. When we feel safe, included, significant, and competent we strive to cooperate and collaborate in family or classroom activities and efforts. Build relationships in your home through family meetings, family fun, and family problem solving.

Remember, it is not your job to solve all the problems,
It is your job to raise your children to be able to solve their own problems
And, to get better and better at it all the time.
That is what teaching is all about.