

A One-Day Introduction to Positive Discipline

Presented by
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Challenges

Screaming

Talking back

Ignoring us

Putting off tasks

Not listening

Tantrums

Hitting

Not sharing (selfish)

Not eating food

Not taking turns

Taking things


Lying

Kicking

Biting

Throwing things

Whining



Unhappiness comes
from giving up what
we want **MOST** for
what we want
NOW!

Life Skills and Gifts

- What do we want most?
- What skills and characteristics do we want our children to have when they are 24 years old?



What Do We Want Most?

- Responsible
- Independent
- Self-sufficient
- Self-supporting
- Connected to family
- Strong positive moral values
- Educated
- Problem solver/critical thinker
- Honest
- Good communicator
- Interdependent
- Loving
- Creative
- Compassionate
- Good Sense of Humor
- Happy and healthy
- Curious and courageous

All Human Beings Seek

Belonging



Significance



What does it feel like to be a kid?

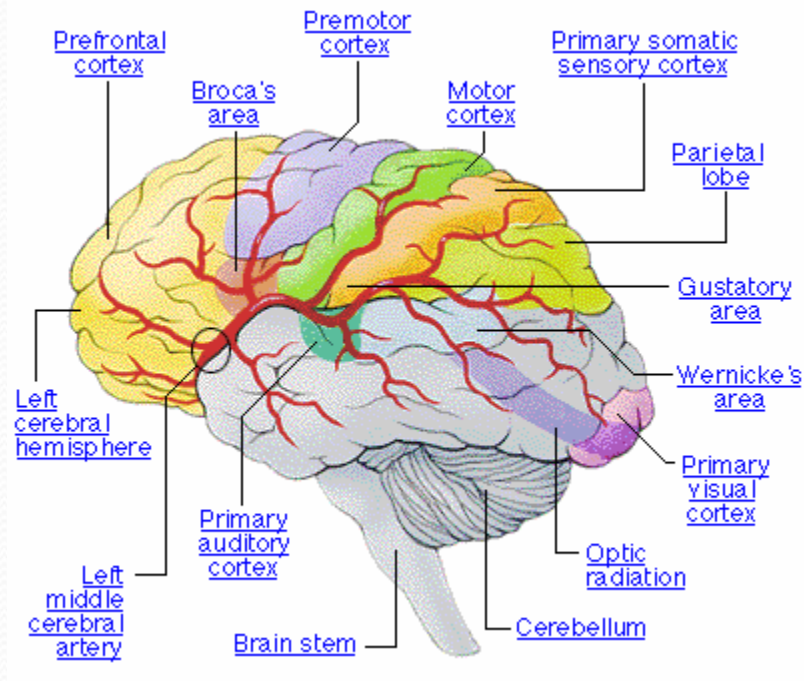
Don't



Do as I say!

Flipping our Lids:

How the Brain influences Behavior



5 Criteria of Effective Discipline

- It helps children feel a sense of connection, belonging and significance.
- It is mutually respectful and encouraging: to the child and involves firm and appropriate follow through from the adults.
- It is effective long-term. It takes into consideration what the child is deciding about himself and his world—and how he will behave in the future
- It teaches important social and life skills including respect, concern for others, problem solving, and cooperation
- It teaches children that they are capable and encourages them to become increasingly capable

Break time



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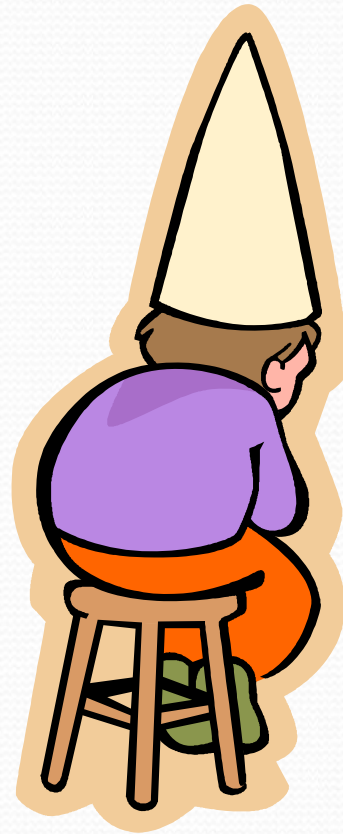
Decisions, Decisions!

- Feeling
- Thinking
- Deciding



Competent Giant

Telling them what they did wrong.



Children do better when they feel better!

Where did we get the idea that in order for children to do better, we have to make them feel badly about themselves?



Fists

Teach Children *HOW* Gaining Cooperation



Most Behavior is

- Related to ages and stages of development
- Influenced by temperament-yours and theirs
- Situational
- Learned and habitual
- Mistakenly promoted or invited by adults



Have you ever felt:

Annoyed and frustrated?

Angry?

Hurt and embarrassed?

Hopeless and helpless?



Behavior is Language

Attention and Affection

Power and a sense of power and control (self-efficacy)

The ability to express feelings

Validation

Misbehavior is

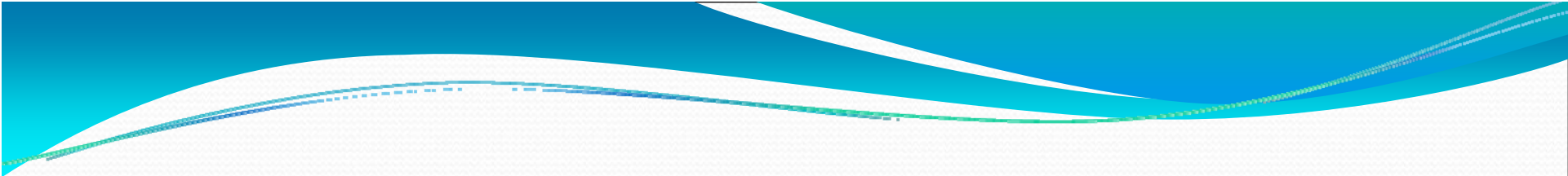
- An attempt to meet a real human need in a way that doesn't work well and is met with resistance or rejection.

A Better Tomorrow

Our job is to help children learn effective and appropriate ways to meet their needs and get along with us and others as they grow.

Discipline Teaches

That is what *Discipline* is all about. Helping them learn what *to do* differently the next time and providing lots and lots of practice.



Belonging and Significance are the Goals of all Behavior

Four Mistaken Goals of Behavior

- Undue attention/Special service
- Power struggles
- Revenge
- Inadequacy

The Three “B’s”

- Beat it
- Bear it
- Boot em’ Out

Do you know this child?

- Trouble Maker
- Disrespectful
- Boastful
- Destructive
- Hyperactive (ADD)
- Bossy
- Rebellious
- Stubborn
- Non-Compliant
- Picky
- Defiant

What are some words that describe these characteristics as useful?

- Trouble Maker
- Disrespectful
- Boastful
- Destructive
- Hyperactive (ADD)
- Bossy
- Rebellious
- Stubborn
- Non-Compliant
- Picky
- Defiant

Do you know this child?

- Inquisitive and curious
- Outspoken
- Confident
- Creative
- Energetic
- Leader
- Independent
- Persistent
- Self-Directed
- Sensitive
- Decisive

Which child do YOU know?

- Trouble Maker
- Disrespectful
- Boastful
- Destructive
- Hyperactive (ADD)
- Bossy
- Rebellious
- Stubborn
- Non-Compliant
- Picky
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- Inquisitive and curious
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What WE do.

Teaching is more about how WE express love and Teach children than it is about children's behavior.

We can help them become capable and competent.



Positive Discipline is about what adults do!

The first mistaken behavior is about the child— everything after that is about how we respond to the child's behavioral language.

We must learn to decode and understand the language of behavior!



It is not your job to solve the
problem.

It is your job to teach children how
to solve problems, and to get
better and better at it as they
grow!

Curiosity Questions

A step toward finding solutions—instead of blaming and punishing.

What did you want?

How did that work?


Can you tell me what you think happened?

What might work better?

Do you have some ideas?

Don't Fix Everything!

Every time we step in and solve a problem, or redirect children, we are depriving them of developing the skills they need to solve that problem!



We do not help
children do better by
making them feel
badly about
themselves!

ENCOURAGEMENT

When a child is full of courage, it is likely that he/she will do well and behave well.

Discouragement breeds problems.

Learn to **InCourage** your children.

To Praise or Not to Praise

Praise

- To express favorable judgment of
- To glorify by attribution of perfection
- To express Approval

Encourage

- To inspire with courage
- To spur on: stimulate, motivate

Enabling vs. Empowering

Enable

- Do for them what they are capable of doing themselves
- Give too much
- Nag, punish, and control
- Fix it for them
- Bail them out
- Interfere with natural consequences

Empower

- Listen and give support without fixing
- Teach life skills
- Get agreements and problem-solve together
- Decide what you will do
- Stick to the issue
- Use effective communication skills

Create a Routine

- Brainstorm with child/ren
- Write down ALL ideas
- Select
- Create a poster (if appropriate)
- Add digital photos of child/ren

Morning Routine

Pee

Brush Teeth

Get Dressed

Eat Breakfast

Make Bed



Effective Communication

- You feel _____
- Because _____
- And you wish _____

- What would help you now?



Look for Solutions

Avoid Blame, Shame, and Pain
(punishment)

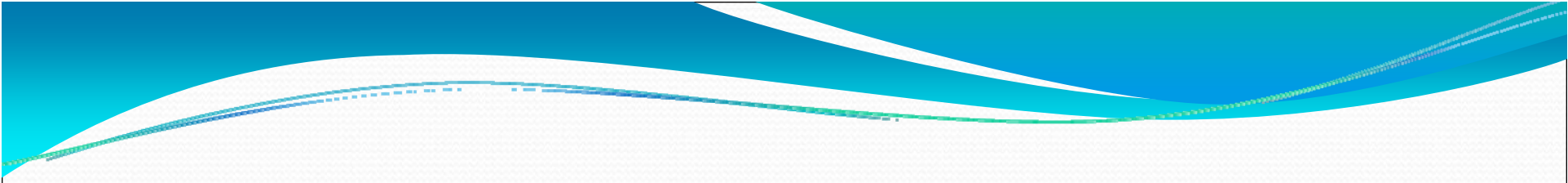
Help children work things out so they
can do it differently next time

Teach Peace—Be the agent of peace

ASK don't TELL

- Listen more than you talk
- Silence really is golden
- When we are quiet,
children can think and process
their feelings





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For more information

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