



Positive Discipline Reference Guide

The goal of Positive Discipline is **self-discipline**. Positive Discipline is NOT giving in to a child's wishes or demands or allowing the child to do whatever he or she pleases.

Positive Language

Telling a child what they **can** do instead of what they can't.

Instead of:

Don't run!

Stop yelling.

Quit whining.

Try saying:

Walking feet!

Quiet voice please.

Use *your* voice.

Try to reserve **no, don't** and **stop** for serious situations so they are more effective.

Crying: Acknowledge, but allow child to practice self-soothing if not hurt.

- I can see you are sad.
- I can't understand your words.
- Take some deep breaths.
- Let me know when you're ready.

Use a **calm, respectful** voice, and **firm, matter of fact** tone. Go to your **child's eye level**.

Consequences

Appropriate consequences **motivate** children and require them to **accept responsibility** for their own behavior.

Natural Consequences: occur without any intervention. You go out in the rain, you get wet.

Logical Consequences should:

- make **sense**
- be **immediate**
- have a **time frame**, or ending
- be discussed **ahead of time**, if possible

If misbehavior is repeated, remember to elevate the consequence.

- Modeling
- Show Me
- No Whining Zone
- Take a Break
- Meditation
- Virtues

Choices

Choices **empower** children and **invite their cooperation**.

- Choices should be **limited**. "Choice A or choice B?"
- Choices should **set a child up for success** and be **appropriate**. Only offer choices that make sense and you can live with.
- Respect your child's choice even if it's not what you hoped. Be prepared to **follow through** with consequences.

Use **when/then** statements when you want the child to perform a task. Avoid **if/then** statements.

When something is **not a choice**, remember to NOT phrase it as a question. Be creative and see if you can incorporate a choice.

Conflict Resolution

Allow children to solve their own issues with as little support as necessary. Do not allow tattling.

Cool Down Time - all parties involved need to be calm and ready to be respectful before talking. No other activities can happen until conflict resolved. Set limits on cool down time.

Don't force an **"I'm sorry."** It doesn't solve the problem.

Encouragement over Praise

Try to allow children to **own their pride**. You should be proud! (instead of "I'm proud of you.")

How do you feel about your art? (instead of "That art is beautiful.")