

POSITIVE DISCIPLINE WORKSHOP

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POSITIVE LANGUAGE

- *How you speak to your child directly relates to you.
- *It is human nature to speak negative. The human brain does not actually process negatives. Learning to tell your child what they can do instead of what they can't do will set the stage for effective communication.
- *Always get to your child's level and make eye contact. This connection allows your child the ability to process the interaction more effectively.
- *Speak in the first person. Avoid blame. Talk about what you need. Ask appropriate questions.
- *Address your body language. Sometimes it doesn't matter what we say if our body is screaming a different message.
- *Role play the way the situation could have been experienced. Offering script language often teaches a child how to express themselves more appropriately. With time, the script is no longer needed.
- *Wait to have conversations with your child until the appropriate time.

*From "The Discipline Book" by William Sears



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