

# POSITIVE DISCIPLINE WORKSHOP

## KIM BIGGIO, FACILITATOR

### THE REASONS WHY

\*A child's behavior is driven by many factors. The key element is usually the child's development age and stage. When parents understand where their child's behavior comes from, they are better able to respond appropriately.

\*Temporary stresses such as moving, traveling, a new baby or a parent who is absent affect children on many levels. Without the sophisticated language to explain their dysregulation, they act out their feelings behaviorally.

\*Children dealing with inconsistencies often experience more anxiety. The anxiety can manifest itself in many different ways.

\*The environment is a huge factor in children's behavior and one that is often overlooked. Always consider your child's perception of their surroundings and what is going on around them.

\*Sometimes children just do not have enough information. Being a safe resource for your child creates trust and builds the foundation for your relationship.

\*How you speak to your child directly relates to how your child responds to you.

\*From "Becoming the Parent You Want To Be" by Laura Davis and Janis Keyser

