

POSITIVE DISCIPLINE WORKSHOP
KIM BIGGIO, FACILITATOR

TEACHING BEHAVIOR FROM WITHIN

*Look behind your child's behavior. What is driving it? When parents understand the impulse that their child is acting on, they are better able to address those needs.

RESPECT THAT IMPULSE

*Learn how to be an effective listener. Give feedback about what you hear to clarify the other person's feelings. Be specific about the emotion that you are being expressed.

PRACTICE REFLECTIVE LISTENING

*Do not assume your child has information that you have not provided. Parents often assume that their child understands things that they in fact, do not. Pretend your child is a blank slate and offer basic information in a matter of fact way.

PROVIDE INFORMATION

*Clear boundaries are essential. Do what you say you are going to do. Offer the choice to your child and then follow through on their decision. Offer children another opportunity to make the right choice.

SET THE LIMIT

*It is really hard for parents sometimes to move forward and let go of their child's behavior. After fully dealing with each incident, it is important to let go and help your child transition.

OFFER REDIRECTION

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

