

POSITIVE DISCIPLINE WORKSHOP

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WHAT IS POSITIVE DISCIPLINE?

- *The concept behind Positive Discipline is teaching. Instead of using negative motivators, such as punishment, this theory believes that children need to be taught, guided and encouraged.
- *Developing practices that teach children behavior from within, not from fear of punishment, is the key.
- *In studies, it has been shown that punishment can affect brain development. Cortisol, the stress hormone, affects every system in the body.
- *Learning the concepts of positive discipline requires a "re-training" of one's instinctual responses.
- *Empowerment of the child, as opposed to disempowerment is critical component of this theory.
- *Teaching children respect, cooperation and problem solving skills are at the center of this process.
- *Positive discipline is a long term solution, not a short term one in terms of making behavioral changes.
- *Parents practicing positive discipline see changes in their relationships with their children.

From "Positive Discipline" by Jane Nelson



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