

# Positive Discipline

## Compliments



**Compliments and appreciations bring us closer together.**

Focus on accomplishments and helpfulness to others:

- 1) "I appreciate how quickly you get dressed and ready for school."
- 2) "I notice how kindly you cared for Anna when she felt sad, I bet it helped her feel better."
- 3) "Thank you for setting the table."

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## Family Meetings



**Children learn social and life skills during weekly family meetings.**

**Format for the Family Meeting:**

- 1) Compliments and appreciations
- 2) Evaluation of past solutions
- 3) Agenda items-person can choose
  - a) Share feelings
  - b) Invite a discussion
  - c) Brainstorm for solutions
- 4) Calendar: events, meal planning
- 5) Fun activity and dessert

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## Kind AND Firm



**It is the AND that brings kind AND firm together to avoid extremes.**

Begin by validating feelings and/or showing understanding. Offer a choice when possible. Examples:

- 1) I know you don't want to brush your teeth, AND we can do it together.
- 2) You want to keep playing, AND it is time for bed. Do you want one story or two?
- 3) I love you, AND the answer is, "No."

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## Problem Solving



**Use daily challenges as opportunities to practice problem solving WITH your children.**

- 1) Brainstorm for solutions during family meetings or with one child.
- 2) Ask Curiosity Questions to invite your child to explore solutions.
- 3) For fights: "You kids can figure it out. Come back with your plan."
- 4) For chores: Brainstorm what needs to be done and invite your kids to create a plan. Be willing to try their plan for a week.

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