Positive Guidance

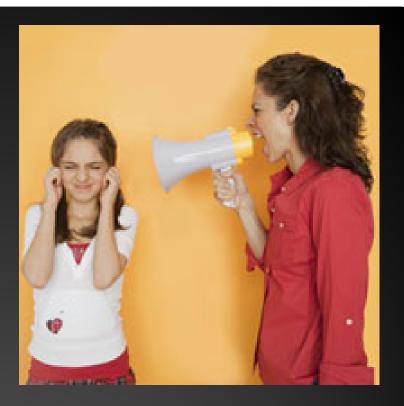
What is discipline?



What is the difference between guidance and punishment?

Guidance vs. Punishment

- Authoritarian
 - External control
 - Punishment
 - Order without freedom
 - Creates rebellion or submission/dependence.



Types of Parenting



Permissive

- Freedom without order
- No restrictions or rules
- No consequences
- Can create a manipulative personality, aggression, and over-independence

Types of Parenting

- Authoritative (Democratic)
 - Mutual respect
 - Cooperation
 - Freedom with order
 - Creates a selfdisciplined child who is responsible for his/her own actions



Types of Parenting

- Stage of Growth
 - Power, attention, revenge, assumed inadequacy are normal
- Unfulfilled Needs
 - Child's needs are not being met

- Environment
 - Uncomfortable and does not understand his/her environment
- Doesn't know better
 - The child has not been taught the concept he/she is dealing with

Reasons for Misbehavior

- Children may rebel when parents punish rather than discipline
- Discipline
 - Guidance which helps the child learn selfcontrol
- Self-discipline
 - Ability to direct one's own behavior
 - HOW???



Positive Guidance

My father didn't tell me how to live; he lived, and let me watch him do it.

~ Clarence B. Kelland

Positive Guidance

Natural Consequences

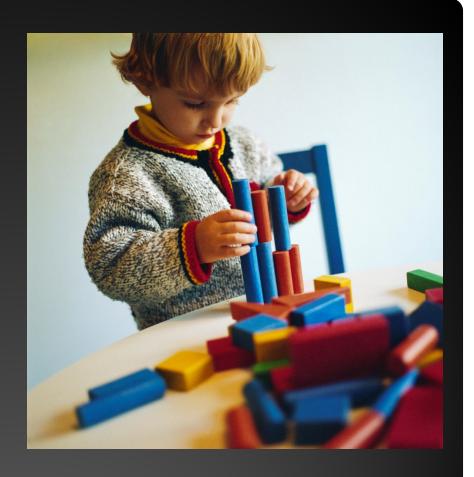
- Occur without interference
- Child can see the result of their choices
- Cannot be used if the consequence will cause harm to self, others or property, or too far in the future
- Examples?

Logical Consequences

- Should be relevant to the misbehavior
- Short in duration
- Not imposed in anger
- Provide opportunities for children to learn from their behavior

Types of Guidance Techniques

- Positive Statements
 - Clearly states what is expected, then helps them get started
 - Phrase all requests in a positive manner
 - Talk to children at their eye level
 - "Let's walk to the blocks" rather than "Don't run to the blocks."





- Redirection
 - Children up to two years can easily be distracted
 - Focus on something else
 - Examples?

Reverse Attention

- Ignore the negative, reinforce the positive
- When a child's behavior is inappropriate, focus on a child who is displaying appropriate behavior and make a positive comment.
- If the child changes his behavior, he should be immediately reinforced with a positive statement.





Limited Choices

- Do not give an unlimited choice unless he/she can really have what is chosen.
- Only give choices that are available
- "Do you want juice or water for a drink?" rather than "What would you like to drink?"

Time Out

- Use a place where there are no distractions or positive reinforcers
- When a child has disobeyed a rule, she will be sent to a predetermined place to distance herself from the problem and gain composure
- Should be a last option, limited use

