

# 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 self-disciplined 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 self-control
- 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."



## Types of Positive Guidance



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

## Types of Positive Guidance

- 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.



## Types of Positive Guidance



- 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?"

## Types of Positive Guidance



- 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



## Types of Positive Guidance