

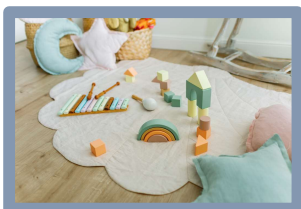
Discipline/Positive Reinforcement

Child Like

Guidance and consequence...

What is proper discipline?

The word discipline carries a lot of weight and many times parents do not know where to go with the actions surrounding this word. Discipline is not a punishment; it is a guidance approach that will enable children to develop self-regulation. And allowing them to control and direct their own behaviors in a prosocial manner. Teaching children how to maintain emotions, behaviors, and learn self-regulation is crucial for them to grow and learn to be a functional part of society and for themselves to create relationships. Discipline should be guidance provided to children as they learn appropriate behaviors. Proper discipline includes predetermined and clearly stated rules for behavior and the use of consequences that allow children to experience the result of their behaviors; therefore, teaching children responsibility for their own actions. Consequences need to be consistently enforced. Inconsistent consequences can be confusing to children. With consistent consequences, children learn to self-regulate their behaviors and responses to others in advance of a consequence.



Time outs?

Time outs greatly depend on the type and how they are implemented. A time out space should not be seclusive and should have useful tools for a child to understand their actions, feelings, and what they can do better. Providing a sensory opportunity in the time out space can help keep calm bodies, giving children a better opportunity to learn from the actions they have taken.



Knowing why

Scenario...

A child becomes upset at another child for playing with a toy they wanted. So, they begin to cry and hit the other child...

Big emotions, big feelings, and big learning opportunities.

Making sure as parents and educators that we are providing proper discipline, and ensuring we know AND the child knows what the discipline is for.

Discipline for having feelings will not allow the child to express their feelings. It will shut them down and teach them that their feelings should not be had.

To validate the feelings and express the discipline within the actions taken not the emotions being had.

The child may feel upset and that is ok, but hitting another friend is not the proper action to have taken.

Expressing a different action and words they could have used to the other child will help them better understand what to do next time.

Positive Reinforcements...

Love, boundaries, and control.



Positive reinforcement may look different for each child, these can be sticker charts, verbal acknowledgement, prizes, ect. Along with boundary, timer, expectation, and consistent enforcement of consequences, positive reinforcement of the behavior that is desired should be given. The outcome we hope for is a positive behavior from each child. We promote positive behaviors in children because it is crucial for future relationships that your child will have. Discipline should not be a fight for control, as it is a guidance for behaviors.

Adults should make sure the discipline implemented is setting an example for the children and guiding them.

Letting the child know that their feeling is normal and acknowledge their feeling and talk with them about the feeling they are having and how they can regulate these feeling, through words. A strong sense of communication is good for children to have. Letting children know that you love them even if you have to follow through with a consequence is important. We should not shut the love and kindness we have for a child off when discipline is needed. Allowing the child to know MISTAKES ARE OK, and this is how we grow from them is crucial for the relationship you have with them and their growth.



Recommended Literature:



The Whole-Brain Child: By Daniel Seigel and Tina Bryson

No-Drama Discipline: the whole-brain way to calm the chaos and nurture your child's developing mind: By Daniel Seigel and Tina Bryson

Tiny Humans, Big Emotions: by Alyssa Campbell and Lauren Stauble