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Positive Discipline

The Solution Studio



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What is Positive Discipline?

Positive discipline is a key to helping children develop self-discipline, responsibility, cooperation, and problem-solving skills.

It is a discipline model used by schools, and in parenting, that focuses on the positive points of behaviour, based on the idea that there are no bad children, just good and bad behaviours.

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Three Steps to Positive Discipline

1. Assess The Need

- **Identify the cause of the behaviour.** Recognise & understand what the child is doing, why they are doing it, & then find solutions to change those behavioural patterns. Listen, ask questions & understand what happened & why.
- Get down on their level.
- Keep it short and sweet.
- Listen when they want to talk.
- Validate their feelings.

"Most adults are used to thinking that firmness means punishment, lectures, or some other form of control.

Not so!

Firmness, when combined with kindness, means respect for the child, for you, and for the situation."

*~Dr. Jane Nelsen.
Positive Discipline*

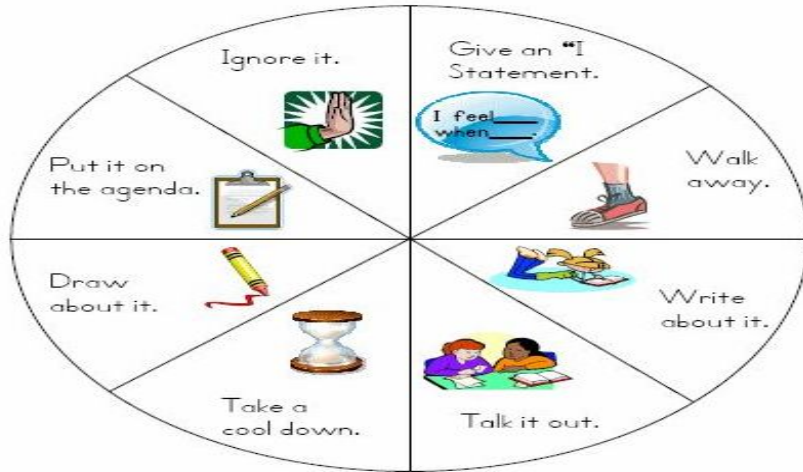


www.positivediscipline.ca

Source: <http://onetimethrough.com/how-can-i-discipline-without-controlling-our-kids/>

Three Steps to Positive Discipline

The Wheel of Choice



The Wheel of Choice empowers children to solve their own problems instead of putting pressure on the teacher or parent to be the sole problem-solver.

2. Calm Yourself and Your Child

How to Use the Wheel of Choice:

- 1) Brainstorm (with your children) a list of possible solutions to everyday conflicts or problems.
- 2) On a pie shaped chart, write one solution in each section and let children draw illustrations or symbols.
- 3) When there is a conflict, suggest the children use the wheel of choice to find a solution that will solve the problem.

Source: <https://www.positivediscipline.org/>

Three Steps to Positive Discipline

3. *Teach and Problem Solve*

- **Reflect on the behaviour with the child.** Validate the child's feelings & empathise with their experience, while showing them that this is not necessarily the right kind of behaviour. This could take the form of a simple "Do you think hitting is right?" or a slightly longer reflection with an older child. Label the behaviour not the child- "hitting hurts" rather than "you are bad for hitting your brother".
- **Offer options for a solution.** Children should be involved in evaluating the gravity of their behaviour & the consequences of it. Offering children choices as part of the solution to the problem can be a very effective tool.
- **Focus on working towards improved behaviour, not punishments.** Make sure that the consequences for behaviour are clear & relevant to the behaviour itself. For example, if you child is misusing text messaging, the pre-established consequence may be loss of cell phone privileges.

Source: <http://behaviorcorner.com/positive-discipline/>



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love
lovingkindness calm
awareness joy listening
parenting
empathy chaos
patience gratitude
communication laughter
compassion
letting go
be present
discipline

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