

Positive Discipline

Five Criteria for Positive Discipline

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1. Positive Discipline is Respectful of child (kind) and yet firm (respectful of situation) at the same time. If you are being too kind without firm, you are probably being too permissive. If you are being firm without being kind, you are probably being too controlling and disrespectful.

2. Positive discipline helps give the child a sense of belonging and significance. When children don't have belonging and significance, they look for it in unhealthy ways such as:

- Undue attention
- Misguided power
- Revenge
- Giving up

3. Non-punitive parenting tools work over the long term, not just short term. (Punishment does work in short term)

4. Positive discipline tools builds valuable social and life skills that build character

- Problem solving skills
- Thinking skills
- Listening skills
- Communication skills
- Self soothing skills

5. Positive discipline parenting tools help children build their sense of capability and to how to use their personal power in ways to help them be contributing members of society.

Not punishing does not mean being permissive. Positive discipline methods and tools will help children learn:

- Self discipline
- Responsibility
- Cooperation
- Problem solving skills