

# 6 Week Positive Discipline Parenting Class Outline

Participant Materials: *Positive Discipline Book, Workbook, and Tool Cards*

Week	Topic	Activities from Teaching Parenting Manual	Read Chapter	Weekly Practice
1	<ul style="list-style-type: none"> <li>• What Do You Want?</li> <li>• Curiosity Questions</li> <li>• Hugs for Connection</li> <li>• Positive Discipline Tool Cards</li> </ul>	<ul style="list-style-type: none"> <li>• Two Lists</li> <li>• Asking vs. Telling</li> <li>• Hugs</li> <li>• Parents Helping Parents Problem Solving Steps</li> </ul>	1 & 2	<ul style="list-style-type: none"> <li>• Remember what you want for your children.</li> <li>• Go a whole day (or more) of asking not telling.</li> <li>• Try a hug.</li> <li>• Choose a PD Tool Card for inspiration.</li> </ul>
2	<ul style="list-style-type: none"> <li>• What is Positive Discipline?</li> <li>• Kind and Firm</li> <li>• 4 R's of Punishment</li> <li>• Five Criteria &amp; PD NO NOs</li> <li>• Understanding the Brain</li> <li>• Positive Time Out</li> </ul>	<ul style="list-style-type: none"> <li>• Competent Giant</li> <li>• Kind AND Firm</li> <li>• Brain in the Palm of the Hand</li> <li>• Piaget Demo</li> <li>• Positive Time Out</li> <li>• PHPPSS</li> </ul>	3 & 4	<ul style="list-style-type: none"> <li>• Practice being kind AND firm.</li> <li>• Treat your children the way you would like to be treated.</li> <li>• Create a positive time-out area WITH your child.</li> </ul>
3	<ul style="list-style-type: none"> <li>• Not so Perfect Parenting</li> <li>• Birth Order and Sibling Rivalry</li> <li>• Belief Behind the Behavior</li> <li>• Not your Job to Make your Children Happy</li> </ul>	<ul style="list-style-type: none"> <li>• Four R's of Recovery from Mistakes</li> <li>• Mistaken Goal Chart Introduction</li> <li>• Fighting &amp; the 3 Bs</li> <li>• PHPPSS</li> </ul>	5 & 6	<ul style="list-style-type: none"> <li>• Practice using the Mistaken Goal Chart.</li> <li>• Avoid taking sides when children fight—treat them the same.</li> </ul>
4	<ul style="list-style-type: none"> <li>• Why Children Misbehave</li> <li>• Natural and Logical Consequences</li> <li>• Solutions</li> <li>• Family Meetings</li> <li>• Routine Charts</li> </ul>	<ul style="list-style-type: none"> <li>• Mr./Mrs. Punishment</li> <li>• Family Meetings</li> <li>• Routine Charts</li> <li>• PHPPSS</li> </ul>	7, 8, 9	<ul style="list-style-type: none"> <li>• Be aware of how you might contribute to misbehavior.</li> <li>• Start family meetings.</li> <li>• Create a routine chart WITH your child.</li> </ul>
5	<ul style="list-style-type: none"> <li>• Not Perfect Review</li> <li>• Connection before Correction</li> <li>• Encouragement vs. Praise</li> <li>• Wheel of Choice</li> </ul>	<ul style="list-style-type: none"> <li>• Thermometer Demo</li> <li>• Encouragement vs. Praise</li> <li>• Wheel of Choice</li> <li>• Don't Back Talk Back</li> <li>• PHPPSS</li> </ul>	10,11,12	<ul style="list-style-type: none"> <li>• Remember to make a Connection before Correction.</li> <li>• Create a wheel of choice with your child.</li> <li>• Model what you want from your children.</li> </ul>
6	<ul style="list-style-type: none"> <li>• What is My Part?</li> <li>• Lifestyle Priorities</li> <li>• Mistakes as Opportunities to Learn</li> <li>• Empowering vs. Enabling</li> </ul>	<ul style="list-style-type: none"> <li>• Top Card</li> <li>• Empowering vs. Discouraging</li> <li>• PHPPSS</li> <li>• Ball of Yarn</li> </ul>		<ul style="list-style-type: none"> <li>• Notice your part in conflicts.</li> <li>• Use empowering statements</li> <li>• Practice mistakes as opportunities to learn.</li> </ul>