

Eight Week Outline for *Positive Discipline* by Jane Nelsen

Week	Topic	Handouts	Suggested Experiential Activities	Suggested Practice for Following Week
1	The Positive Approach		Two Lists Discipline: What Have You Tried? Parenting Styles: What is Yours?	Read Chapters 1, 2, 3 and 4 Create a Family Name Card Activity Journal about your favorite discipline methods and make guesses about what your children might be learning from your methods. Have the courage to be imperfect
2	Belief Behind the Behavior Mistaken Goals	Mistaken Goal Chart	Competent Giant Mistaken Goal Chart Introduction Read My Hat: Breaking the Code	Read Chapter 5 Journal about the feelings you have when faced with a behavior challenge. Guess the goal. Follow-up by using encouragement from the last column of the Mistaken Goal Chart
3	Logical Consequences Focusing on Solutions	Helpful Hints for Empowering Vs. Enabling	Empowering vs. Enabling (Discouraging) Mr. Punishment	Read Chapter 6 Journal about how you may be empowering or enabling your children. Make some guesses about what they are deciding
4	Positive Time-Out		Brain in the Palm of Your Hand Positive Time-Out Kind and Firm at the Same Time	Read Chapter 7 Create a Positive Time-Out area with each of your children Journal Assignment: Write about times when you are too kind or too firm, and how that situation would look different if you were kind and firm.
5	Encouragement	Encouragement vs.. Praise Chart	Encouragement vs. Praise Curiosity Questions (All or Expanded Version)	Read Chapters 8 and 9 Journal about how many times you “tell” and rewrite the script for how you could “ask” in the future. Start weekly family meetings
6	Family Meetings		Family Meetings Routine Charts	Read Chapter 10 Start a family dinner ritual of everyone sharing a mistake and what they learned from it. Create routine charts with your children
7	Top Card	Top Card Handouts	Top Card	Read Chapters 11 & 12
8	Other Positive Discipline Strategies	List of Basic Parenting Tools	Positive Discipline Tool Cards for Challenges	Check out <a href="http://www.positivediscipline.com">www.positivediscipline.com</a> and Read other Positive Discipline books.

**English: Based on the Positive Discipline Books and Materials by Jane Nelsen, Ed.D., and Lynn Lott, MA, MFT.**