

# Free One-Hour Introduction to Positive Discipline

## Agenda

- 00—02 Introduce yourself
- 02—05 What is Positive Discipline?

There are two kinds of parenting programs. Those that depend on external locus of control (punishment and rewards) that seem to work temporarily; and those (like Positive Discipline) that teach an internal locus of control—to do the right thing when no one is looking. In just a few minutes you will have an opportunity to participate in a demonstration that will illustrate the difference, but first we are going to create Two Lists:

- 05—10 ACTIVITY: Two Lists (make sure “not listening is on the list”) (Prepare flipcharts in advance)
- 10—30 ACTIVITY: Asking Vs. Telling (using “Not Listening”) (Prepare laminated asking and telling scripts in advance)
- 30—33 Why is this hard to do? Because you have buttons, and guess who knows how to push them?
- 33—35 ACTIVITY: Brain in the Palm of the Hand
- 35—40 Read Jared’s Cool Out Space and talk about the important of involving children in creating their own Positive Time-Out
- 40—42 Most parents have a difficult time giving up punishment and/or permissiveness unless they know what else to do. A hallmark of Positive Discipline is the many parenting tools (taught experientially) that help children learn self-discipline, responsibility, cooperation, and the belief that, “I am capable.” These skills and beliefs serve a child for the rest of his life, in every relationship.
- 42-43 Positive Discipline Tool Cards.  
(Leave a tool card on each chair before people come. Let them know that they will be learning most of these 52 tools during a Positive Discipline Class or Workshop)

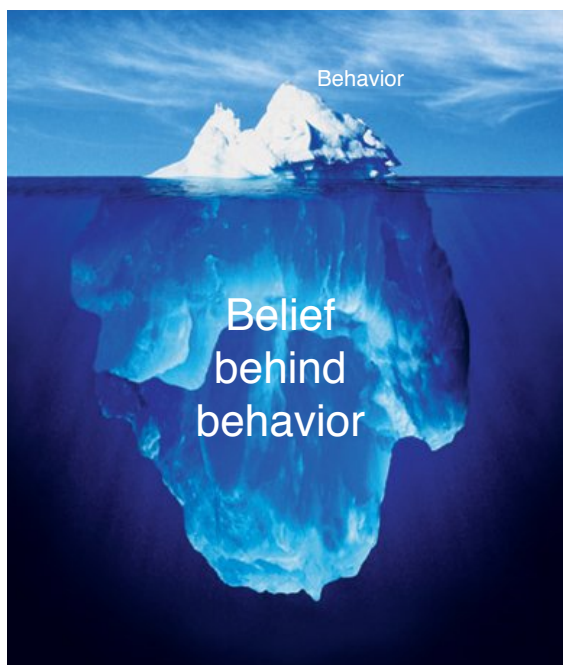
43 – 44      Share the 5 Criteria for Positive Discipline and share that all tools meet all 5 of this criteria.

### **Five Criteria for Positive Discipline**

1. Helps children feel a sense of connection. (Belonging and Significance)
2. Is kind and firm at the same time (Respectful and Encouraging)
3. Is effective long-term. (See the following two criteria)
4. Teaches valuable social and life skills for good character. (Respect, concern for others, problem-solving, cooperation)
5. Invites children to discover how capable they are, and to use their power constructively.

44 - 49      Ask everyone to look at the card they received and think about how they could use this tool with a child (or in any relationship). Have them pair and share for one minute each and then ask if anyone would like to share for the whole group.

49 - 53      Display a poster of the Belief Behind the Behavior Iceberg (You can draw one on a flip chart)



Positive Discipline is one of the few parenting programs that deal with the "belief" behind the behavior—the motivating force behind behavior. Most parenting programs deal only with the behavior. The behavior is unlikely to change unless the behavior is dealt with in ways that help a child shift his or her beliefs.

Positive Discipline classes and workshops include many experiential activities that provide parents with tools to accomplish the above, and to increase their joy in parenting.

- 53 - 55      Pass out a flyer of your upcoming workshop. Let them know there are two sign up sheets at the table in the back of the room: one to sign up for you scheduled class, and one to sign up to be on your mailing list to be notified of future classes and workshops. (You might want to have a display of books and tool cards for sale at the back of the room.)
- 55 - 60      Questions