

# Positive Discipline House of Kind and Firm

AND

KIND

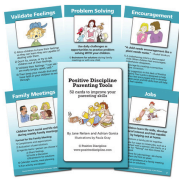
PARENTS

FIRM

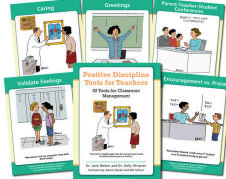
Firmness without Kindness is Punishment,  
and Kindness without Firmness is Permissiveness.

Inspiration Rooms

## Parenting Tools



## Teacher Tools



## Early Childhood



## Tools for Kids



## Relationships



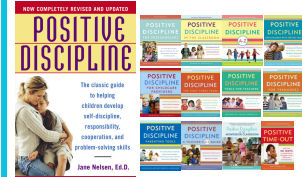
## Workplace



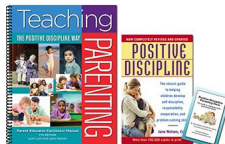
## Coaches



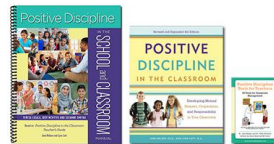
## Books



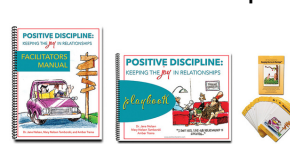
## Teaching Parenting the Positive Discipline Way Certification Workshop



## Positive Discipline in the Classroom Certification Workshop



## Keeping the Joy in Relationships Certification Workshop



## Online Parenting Class



The Foundation

## FIVE CRITERIA FOR POSITIVE DISCIPLINE

1. Helps children feel a sense of belonging and significance.
2. Is kind and firm at the same time.
3. Is effective long term. (See the following two criteria.)
4. Teaches valuable social and life skills.
5. Helps children discover they are capable to use their personal power in useful ways.

Solid Ground

## BASIC ADLERIAN PRINCIPLES

- GEMEINSCHAFTSGEFÜHL (Social interest and contribution.)
- Dignity and Respect FOR ALL
- Understanding the belief behind behavior.
- ENCOURAGEMENT (A misbehaving child is a discouraged child)
- BELONGING (Love/Connection) & SIGNIFICANCE (Skills/Contribution)

## Punishment vs. Permissiveness

The debate between punishment and permissiveness in parenting has been ongoing. However, research shows that neither approach yields effective long-term results.

- Punishment invites rebellion and sneakiness.
- Permissiveness fosters entitlement, lack of motivation and responsibility.

## Positive Discipline

- Encourages kindness and firmness at the same time.
- Focuses on teaching life skills and responsibility.

## Key Strategies

- Understand the belief behind behavior.
- Focus on solutions, not punishment.
- Encourage belonging, significance and social interest.

## Parent Examples of Kind and Firm

*Many other specific tools can be found in the Positive Discipline books, tool cards, workshops, and classes.*

- (Validate feelings) I know you don't want to stop playing, AND it is time for bed.
- (Redirection) You don't want to brush your teeth, AND I don't want to pay dentist bills. I'll race you to the bathroom!
- (Advanced agreement) I know you don't want to help with dinner, AND what was our agreement? (Kindly and quietly wait for the answer.)
- (Provide a choice) You don't want to go to bed, AND it is bedtime. Do you want one story or two?
- (A choice and then follow through by deciding what you will do.) I know you want to keep playing video games, AND, time is up. You can turn it off now, or I will put it in my closet. You decide.

## If a Positive Discipline Tool isn't working, ask yourself:

**1**

Was one of the "Five Criteria" or "Solid Ground Principles" missing?



**2**

Did I take time to calm down until I could access my rational brain (AND MY HEART)?



**3**

Did I model what I want to teach?



**4**

Was I more interested in winning OVER the child, than in WINNING THE CHILD OVER?



**5**

Am I remembering and teaching that MISTAKES ARE OPPORTUNITIES TO LEARN?



For certification and ongoing support visit: [www.positivediscipline.org](http://www.positivediscipline.org)

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