

TEACHING PARENTING IS:

- a manual
- a philosophy
- an experiential method
- a program that stands alone or enhances other non-punitive based programs
- a collection of parenting tools
- a process for self-awareness

COMPONENTS OF TEACHING PARENTING THE POSITIVE DISCIPLINE WAY

- Warm up
- Content
- Experiential activity
- Follow-up, Business, Break
- Parents Helping Parents Problem-solving Steps

POSITIVE DISCIPLINE

Alfred Adler, Rudolf Dreikurs, Lynn Lott, Jane Nelsen and many other Adlerians

- Social Interest (Social Consciousness) — the measure of mental health
- Belonging and significance — the primary goal of all people
- Belief behind the behavior — a misbehaving child is a discouraged child
- Encouragement — the primary motivator
- Mutual respect
- Kindness and firmness at the same time
- Short-term vs. long-term parenting — teaching valuable life skills for good character
- The courage to be imperfect — mistakes are wonderful opportunities to learn

ENCOURAGEMENT HALL OF FAME

To get into the Encouragement Hall of Fame, all you need is to be an encouraging person 3 out of 10 times...yes, only 3 out of 10 times!

Vertical

Permissive, autocratic
Blame
Power over
One up, one down
Right, wrong
Self-interest
Moral superiority
Reinforce insecurity
Discourage others
Expert
Judge, criticize
Mine
Know-it-all
“Just-a’s”
Try to change or control others
Provoke feelings of inadequacy
Withdraw
Proof self-worth through control

Horizontal

Firm and kind, authoritative
Solutions
Cooperation
Practice equality
Differences valued
Social interest
Mutual respect
Strengthen self-worth
Promote self-confidence
Learner
Understand, help each other
Ours
Curious
Equality of worth
Responsible for own behavior and
change self
Encourage
Disengage with dignity and respect
Have faith in self and others