

Rules For The _____ Family

What To Do

What Not To Do

1. _____

Reward _____

2. _____

Reward _____

3. _____

Reward _____

4. _____

Reward _____

5. _____

Reward _____

1. _____

Penalty _____

2. _____

Penalty _____

3. _____

Penalty _____

4. _____

Penalty _____

5. _____

Penalty _____

CHOICES HANDOUT

_____, you are _____
Name *Undesirable Behavior*

you have a choice, you can either _____ or
Choice #1

Choice #2

However, if you continue to _____
Behavior

The consequence _____.

Use your personal power.

Make a good choice _____

Praise

HERE ARE FIVE TYPES OF PUNISHMENT THAT WORK WELL ...

TIME-OUT ...
... is being alone for a brief period of time.



BEING GROUNDED
...
... is being confined to the yard or home for a brief period of time.



**DISAPPOINTMENT
FROM PARENTS ...**
... is a statement or
look of concern.



PAY BACK ...
... if you make a mess,
you clean it up.



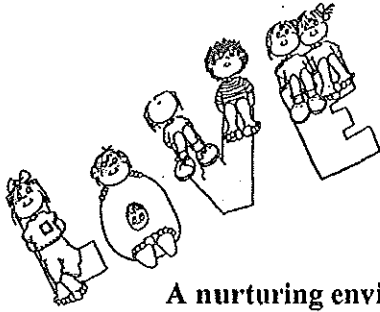
LOSS OF A PRIVILEGE ...

... if you misuse a privilege,
you lose it and need to
earn it back.



Try This ...

Use the punishments presented in this chapter as a way of guiding children and teaching them right from wrong.



CREATING A NURTURING ENVIRONMENT

A nurturing environment focuses on the whole child. It not only takes care of the environment around the child but within the child as well.

A NURTURING ENVIRONMENT IS:

1. **A safe place for a child to be. Not just physically but emotionally.**
A fenced area with age appropriate toys and equipment. A warm friendly atmosphere that encourages the child to explore freely without fear. A place where being touched doesn't hurt.
2. **A place that offers praise for "being" and "doing."**
(Being) "It's so nice to see you this morning."
(Doing) "I like the way you put the toys back, good work."
3. **A place where encouragement is given to enhance the child's self concept and self esteem.**
"You're working so hard on that picture, good job."
4. **A place where focus is put on the positive.**
"Thank you, Malia, for sharing the toy with Lisa."
5. **A place where trust is developed through consistent limits and routines.**
"Remember when we hear the bell, it will be time to clean up."
6. **A place where discipline is done in a non-threatening way.**
The use of time out or personal power.
7. **A place that focuses on the "Do's" instead of the Don'ts."**
"Tommy, we sit down on the swings when we ride."
8. **A place where caregivers are caring and empathic.**
Happy, pleasant expressions and a light cheerful voice with smiles.
9. **A place that is fun.**
Games, fingerplays, songs, dance, etc., etc.



HOW DO WE ENCOURAGE?

1. Use do's more often than don'ts.
2. State rules impersonally and positively.
3. Structure the environment for success.
4. Show empathy.
5. Use I-messages -- positively as well as negatively.
6. Give choices without traps.
7. Use touch control -- early on!
8. Use good, wanted touch.
9. Praise often
 - for doing (and trying)
 - for being
10. Pounce on the positive instead of jumping on the negative!

What you see is what you get.

There are two kinds of praise

Praise for Doing

Praise for Being

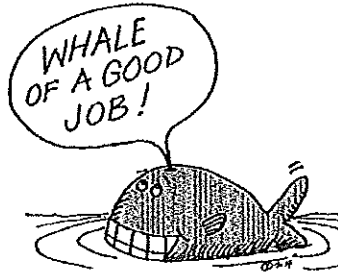
Steps:

- 1) Focus your attention on the child and situation
- 2) Move close to the child
- 3) Make eye contact
- 4) Look pleasant
- 5) Touch the child in a gentle way
- 6) Describe what you see or share your pleasure
- 7) Praise anytime

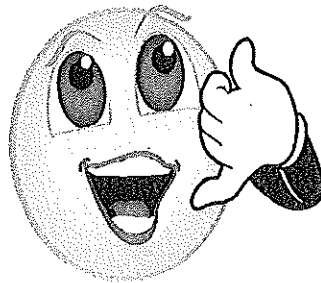
PRAISE

PRAISE IS A:

WORD, “good job”

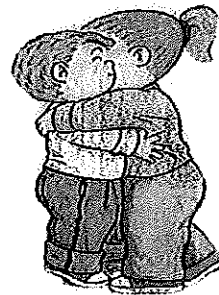


GESTURE “shaka”



LOOK smile

OR TOUCH hug



THAT AFFIRMS US FOR:

WHO WE ARE

(PRAISE FOR BEING)

WHAT WE DO

(PRAISE FOR DOING)

STEPS IN CREATING FAMILY RULES:



1. All family members join in brainstorming rules.
2. Choose five rules.
3. Each rule has a reward (for following the rule) and a penalty (for breaking the rule).
4. Post rules in a common meeting place for the family, such as the refrigerator.

Personal Power

PERSONAL POWER is my ability to make choices in my own life.

POSITIVE PERSONAL POWER is making choices that make me feel good about myself as a person and parent.

NEGATIVE PERSONAL POWER is making choices that make me feel bad about myself as a person.

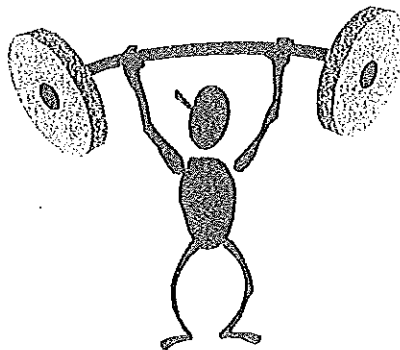
CONTROL is making a choice to govern my own or someone else's behavior and needs.

POSITIVE CONTROL is controlling another person's behavior when they cannot do something for themselves.

NEGATIVE CONTROL is controlling another person's behavior when they can do something for themselves.

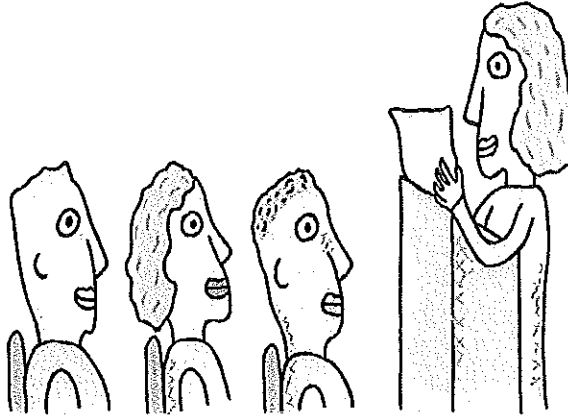
I can build POSITIVE PERSONAL POWER in my kids by

- 1. Making clear family/group rules.*
- 2. Giving kids choices.*
- 3. Giving fair consequences.*
- 4. Praising often.*
- 5. Saying "I Love You" or "I Care About You!"*



DISCIPLINE:

Standards, guidelines, expectations, and rules a group establishes for its members



PUNISHMENT:

Penalty for breaking the rules

