

Raising Children with TLC

A four week course on Positive
Parenting

Review and feedback from week 1

- Did you try descriptive praise?
- How well did it work?
- Any concerns or questions?

Agenda for Week 2

- Difference between punishment and discipline
- Understanding why children misbehave
- Some strategies for discipline
 - Family meetings
 - Time outs
 - Natural and logical consequences

Points to ponder

- What does discipline mean to me?
- Why do I want to discipline my children? What is my goal?
- Are my current methods of discipline effective in shaping behaviour and in moving my children towards self discipline and self reliance?

What is the difference between
discipline and punishment?

Punishment

Punishment is defined as imposing external controls by force on children to change their behaviour.

It includes:

- Inflicting pain, such as by spanking, slapping, or hitting
- Imposing suffering, for example by withholding food
- Enforcing penalties that are not related to the unacceptable behaviour, such as a week of grounding for spilling a glass of milk
- Personal or emotional attacks like name-calling, ridicule, and insults
- **Many forms of punishment are against the law.**
- It's not hard to understand why parents sometimes want to use punishment. There are many reasons, including:
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Why do parents use punishment?

- The misbehaviour often stops immediately
- Children often show remorse during punishment
- The parent gets to blow off steam
- The parent feels in control
- The parent hasn't let the children "get away with it"
- The parent was raised that way
- Punishment has some immediate rewards, but they are offset by long term disadvantages

The impact of punishment on children

- Depends on having you or another authority present.
- Teaches children to lie and sneak around behind your back in order to avoid punishment.
- Teaches children what **not** to do, but not what **to** do.
- Inhibits rather than promotes the learning process.
Children can't learn while dealing with fear and humiliation.
- Can actually encourage undesired behaviour if misbehaving is being used to get parental attention.
- May involve physical force (hitting, slapping, spanking) that can escalate into even more violence.
- Leads to children using force to solve disagreements.
- May lead to children seeking revenge.

What is discipline?

- Discipline is defined as training to develop children's behaviour through instruction and practice; especially to teach self-control

Effective or positive discipline

- Teaches children what **to** do, not just what **not** to do
- Teaches children how to problem-solve to get their needs met
- Teaches children how to interact appropriately with adults and others
- Promotes growth in the five areas of development (physical, intellectual, social, emotional and moral)
- Enhances self concept and self-esteem
- Helps your children internalize all of the above and allows them to become self disciplined

Understanding why children misbehave and preventing uncooperative behaviour

Why children misbehave

Reason for misbehaviour	Guidance Techniques
Wanting to belong	Unconditional acceptance
To get attention	Pay positive attention when things are going right
Lack of confidence	Praise and encouragement
Does not feel well	Sleep, nutrition and medical attention
Upset by changes	Predictable routines, reassurance, attention and planning ahead
Disappointment, frustration	Teach and model coping skills
Discouraged	Reassurance, acceptance
Feels unloved, ignored	Attention, affection
New situations, insecurity	Plan ahead, talk and explain
Imitation	Parental self management, desirable role models, effective use of TV and internet
Testing limits	Be firm and consistent about important things
Standing up for self	Listen attentively and discuss ideas respectfully
Because it works	Teach acceptable behaviour (not giving accidental rewards for misbehaviour)
Chaos in the environment	Organize home and family life

Discipline strategies

- 1. Family Meetings**
2. Time Outs
3. Natural and Logical Consequences

Discipline strategies

1. Family Meetings

- Used to establish, explain and clarify family ground rules
- Best to have rules that everyone can live by
- Proactive rules
- Reactive rules
- Discussing values and family vision

Discipline strategies

1. Family Meetings – structure

1. Establish ground rules (eg, meeting time, one person speaks at a time, listen, no put-downs)
2. Involve everyone
3. What is working
4. What needs to be fixed
5. What can we do together
6. Keep it short!

Discipline strategies

1. Family Meetings

2. Time Outs

3. Natural and Logical Consequences

What Is Time Out?

- Time out is a way of correcting behavior by placing a misbehaving child in a quiet place alone for a few minutes and then talking about the problem.
- Time out is a short, boring time away from other people.
- Time out can be used with children ages 3 to 12 when they are noisy, fighting, or doing something so annoying you can't ignore it.
- It is best to approach time out as a way to calm everyone involved, not as a way to punish a child.

Advantages of “Time outs”

- Puts limits on behaviours.
- Invites little adult emotion.
- Increases consistency.
- Simple to do.
- Helps parents to calm themselves down.
- Better than spanking and hitting.
- Transferable among care-givers.
- Developed for children with ADD.
- Sometimes attains Short term goals of stopping misbehaviour.

Disadvantages of “Time outs”

- Promises “magic” and speed which can be unrealistic goal in parenting.
- Fails to address Long term goals of child developing belonging and attachment with family.
- Teaches that time-out is a negative punishment rather than a positive life skill.
- Invites power struggles.
- Encourages submission to a bigger sized person.
- Fails to teach problem solving or co-operation skills.
- Can incite anger, frustration, and resentment.
- Can promote rebellion, retaliation, and getting even behaviours.
- Fails to teach internal controls and self-discipline.
- Fails to teach conflict resolution and thinking skills.
- Fails to teach how to make amends or restitution.
- Fails to teach how to self calm when child is in a high emotional state.
- Isolates child rather than promote connection. Not “mutually respectful”.
- Gives negative attention to misbehaviour which may increase misbehaviour.
- Label’s child with unhealthy self esteem. “The naughty child goes to the naughty step”.
- Increases original and repeat behaviours because child’s underlying needs not addressed. Children do not have reflective skills until age 7.
- Children often do not know or understand why they are in time out. Often used to help parent calm down rather than for child’s needs.

Positive Time Out

- Talk about it before hand
- Frame it as a way to self-soothe and calm down
- Jointly decide where they should go and what they can take with them
- Once TO is over, descriptively praise the first positive thing they do

Also try “Time In”

- Ask—find out what's happening in your child's life. Really listen to what the child tells you.
- Act—make sure children can achieve normal developmental tasks in a loving, supportive environment.
- Attend—Pay attention to what your child does and act on what you see.
- Amend—Sometimes adults make mistakes with children. It's as important for adults to make amends with their children as it is for children to make amends to adults.

(From “Time-In” by Jean Illsley Clarke)

Discipline strategies

1. Family Meetings
2. Time Outs
- 3. Natural and Logical
Consequences**

Natural Consequences

- Natural consequences are consequences that occur without any interference on the part of the parent and that parents have no control over. If a child stays up too late or gets too little sleep, that child is tired the next day. The parent didn't have to do anything extra to make the child tired. The child is naturally tired because he didn't get enough sleep.
- Parents can become frustrated with natural consequences as a discipline strategy because it can take longer for the positive results to show than with other methods. Although it takes more time for parents to see results, it's important to remember that the process the child is going through to learn from his mistakes is worth the wait.

Logical consequences

- Logical consequences are those that parents impose on a child for behaving in a certain way and are "logically" related to the behaviour the parent is trying to change. For example, if a child refuses to wear a helmet when he goes bike riding, a logical consequence would be to remove bike riding privileges for a period of time.
- Ensuring that consequences are logically connected to the issue is crucial to making sure the strategy works properly. If the child who refuses to wear the helmet is grounded from television or his favourite toy is taken away – rather than being grounded from the bike itself – the strategy will not be effective because there is no connection between what he did wrong and what he is losing as a result.

How to Decide which Strategy to Use

- The best strategy to start with is natural consequences. When children make their own mistakes, they are more likely to change their behaviour because they make their own connection between what they did wrong, what happened as a result, and what the consequence will be if they do it again.
- There are times when it is not appropriate to rely on natural consequences. If the parent of the child who refused to wear the helmet were to let natural consequences occur, the child could hit his head, putting his life at risk. If the natural consequence puts the child or someone else in danger, then it is time to use logical consequences.

How to Decide which Strategy to Use

- Logical consequences are also a better strategy to use when the natural consequences will take so long to occur that a very young child will have forgotten what he did wrong in the first place. If a young child takes toys away from an older cousin he sees only yearly, he will likely not remember a year later why the child doesn't want to play with him.
- There are also some solemn social environments where it may be better to deal with a situation right away rather than wait for natural consequences to take effect. Many parents prefer to teach their children at a young age to behave reverently in mosques, hospitals or other people's homes. In such environments it is better to remove a misbehaving child (logical consequence) rather than waiting for someone else to step in.

Advantages of Natural and Logical Consequences

- The consequence is closely tied to the behaviour, and gives the child a chance to learn what happens when he doesn't behave in the way you expect him to behave.
- Because it separates the deed from the doer, it does not shame or punish the child.
- It is concerned with present and future behaviour and helps children learn to be responsible for their own actions.
- It is done in a calm environment.
- It lets children make a choice.

Disadvantages of Using Natural and Logical Consequences

- The parent must be able to think ahead and come up with a proper response.
- The parent must not step in and “save” the child.
- The child must be allowed to experience the consequence.
- The consequence takes time to put into action and often does not work the first time.

Effective consequences

- Related
- Reasonable
- Revealed
- Respectful
- Repeated back

Lack of five “Rs” may lead to

- Resentment
- Rebellion
- Revenge
- Retreat

Summary

- Prevention is better than cure!
- Disciplining children starts with disciplining self and being a good role model
- Be positive, firm and consistent
- If something does not work, try something different!

Questions?