Marcilie Smith Boyle's
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Obstacle	Tip
Traditional perspective on discipline	Pay attention to what you are modeling for your kids. Discipline is about teaching, encouraging, and modeling the behaviors we want to see for the long term.
Putting yourself last	Ask yourself, "What do I already know I need in order to feel more balanced, centered, and peaceful?" Then protect it with your life.
We lack tools	Learn new tools. E.g., Asking vs. Telling with Curiosity Questions; As soon as __, then you can / I will ___; Eye to Eye
Hard Wiring	Create a daily practice of the new tools/behavior you want to acquire.
Fear	Relax and trust that your child today is not who your child will be as an adult. It takes time, practice, and lots of learning from mistakes to get to List B.
Busyness	Put love and relationship as high on the priority list (if not higher) than getting things done and done right. Spend some focused 1:1 time with each child regularly.

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Parenting GPS

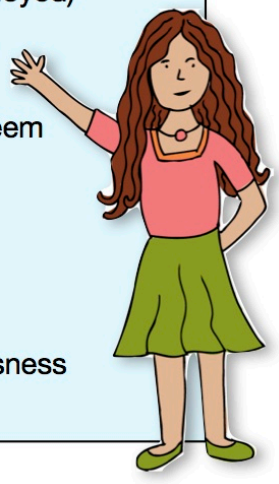
Following is a list of behavior challenges **(Now)** and life skills and characteristics **(Future)** brainstormed by parents in many classes. They are always very similar. How many of these challenges and goals were on your list? Are there some you would like to add to your list?

Challenges (Now)

- Won't listen
- Back talk
- Lack of motivation
- Foul language
- Interrupting
- Homework problems
- Morning hassles
- Bedtime hassles
- Lying
- Stealing
- Cheating
- Fighting
- Biting
- Whining
- Temper tantrums
- Texting (constantly)
- Media addiction
- Won't do chores
- Defiance
- Strong willed
- Materialistic
- Entitled

Characteristics and Life Skills (Future)

- Belief in personal capability
- Self-discipline
- Responsibility (accountability)
- Self-confidence and courage (risk takers)
- Desire to cooperate and contribute
- Communication skills
- Problem-solving skills
- Self motivation to learn
- Work ethic (employed)
- Honesty
- Sense of humor
- Happy
- Healthy self-esteem
- Flexible
- Resilient
- Curious
- Respect for self & others
- Compassion
- Social consciousness



The second list is what I call your "Parenting GPS" – it's the destination. And getting there takes lots of time, practice, messing up, learning from mistakes, and trying again. It's a long-term endeavor! Our children are more likely to get there when we teach, encourage, and model these very behaviors ourselves.

From Lesson One of "Positive Discipline Workbook" by Jane Nelsen

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What Is Positive Discipline?

Positive Discipline (www.positivediscipline.com) is a program designed to teach young people to become responsible, resourceful members of their communities. Based on the best selling "Positive Discipline" books by Jane Nelsen and others, it promotes **self discipline**: doing the right thing when no one is watching, forcing, or bribing. This happens when we **model and teach** our children important social and **life skills** in a manner that is **deeply respectful** and **encouraging** for both children and adults (including parents, teachers, childcare providers, youth workers, etc.) Positive Discipline teaches adults to employ **kindness and firmness** at the same time, and is neither punitive nor permissive.

Five Criteria for "Effective Discipline that teaches":

1. **Helps children feel a sense of Belonging and Significance.**
2. **Is kind and firm at the same time** (mutually respectful and encouraging.)
3. **Is effective long-term.** (Considers what the child is thinking, feeling, learning, and deciding about himself and his world – and what to do in the future to survive or to thrive.)
4. **Teaches important social and life skills.** (Respect, concern for others, problem solving, and cooperation as well as the skills to contribute to the home, school or larger community.)
5. **Invites children to discover how capable they are**. (Encourages the constructive use of personal power and autonomy.)

The tools and concepts of Positive Discipline include:

Mutual respect. Adults model firmness by respecting themselves and the needs of the situation, and kindness by respecting the needs of the child.
Identifying the belief behind the behavior. Effective discipline recognizes the reasons kids do what they do and works to change those beliefs, rather than merely attempting to change behavior.
Effective communication and problem solving skills.
Discipline that teaches (and is neither permissive nor punitive.)
Focusing on solutions instead of punishment.
Encouragement (instead of praise.) Encouragement notices effort and improvement, not just success, and builds long-term self-esteem and empowerment.

Prepared and adapted by Marcilie Smith Boyle. Source: "Teaching Parenting the Positive Discipline Way" by Jane Nelsen and Lynn Lott

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Asking vs. Telling Activity
From "Teaching Parenting the Positive Discipline Way" by Jane Nelsen and Lynn Lott

A. Go brush your teeth.

B. What do you need to do so your teeth will feel clean?

. . . . . .

A. Don't forget your coat.

B. What will you take so you won't be cold outside?

. . . . . .

A. Go to bed now!

B. What is next in your bedtime routine chart?

. . . . . .

A. Do your homework first.

B. What is your plan for doing your homework?

. . . . . .

A. Stop fighting with your brother (or friend).

B. How can you and your brother (or friend) solve this problem?

. . . . . .

A. Put your dishes in the dishwasher.

B. What did we agree to do with our dishes when we have finished eating?

. . . . . .

A. Hurry up and get dressed or you'll miss the bus.

B. What is your plan for catching the bus on time?

. . . . . .

A. Stop whining. You are driving me crazy.

B. What words can you use so I can hear you?

. . . . . .

A. Pick up your toys or I'll give them to Goodwill (or charity).

B. What is your responsibility when you are finished playing with your toys?

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CURIOSITY QUESTIONS: "WHAT" AND "HOW"

Handout created by Lois Ingber, LCSW, from "Positive Discipline" by Jane Nelsen

When children and teens have challenging or troubling experiences, adults often jump in to give advice, lecture, tell them what happened, what caused it, how they should feel about it, and how to take care of it. Adults do this because we care and want to help children learn to manage their lives. We do this without realizing that when we tell children *what* to think and do, it robs them of the opportunity to learn ***how*** to think and problem solve for themselves. The purpose of these questions is to get into the child's world, give responsibility and invite problem solving while maintaining connection with the child.

What and How Questions:

What happened?
What do you think caused it to happen?
What were you trying to accomplish?
How do you feel about what happened?
What ideas do you have to take care of the problem?
How do you think ____ might feel if you do this?
What did you learn from this experience?
What could you do next time?

Children benefit from "what" and "how" questions by:

Feeling listened to, taken seriously, and respected.
Being invited to draw from their inner wisdom.
Encouraging them to think and develop their problem-solving skills.
Cultivating beliefs of capability, significance and personal empowerment.
Creating closeness and trust.
Having adults who understand what the child is feeling and thinking.

Curiosity Questions:

What is your plan for..? (getting your homework done, your education, etc.)?
How do you see that working... (so many hours of TV, staying up late school nights, etc.)?
What is your story about... (the conflict with your classmate, how the toy got broken, etc.)?
Is there anything else? (Asking this question several times encourages the child to dig deeper for thoughts and feelings while you listen.)

Hints: These questions are not effective during a conflict with the child. Allow for a cooling off period first.

- Ask only if you are truly interested in the child's ideas and beliefs.
- Use a friendly tone of voice, and direct, encouraging eye contact.
- It is important to keep listening and not jump in to lecture.
- Avoid the temptation to defend yourself.
- If you hear something that you want to comment about, make a mental note to bring it up in conversation another time. This way, the child will trust that you really want to hear what they have to say and are not just using the question to get your point of view across.

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A Phrase That Pays

"As soon as _____, then you can / or then I will _____"

For example:
"As soon as you get out of the tub, then we can read a story."

Doesn't that feel better than the old way?
"Get out of the tub RIGHT NOW, or there will be NO STORIES tonight!"

More examples:

- As soon as your plate is cleared, then I will serve dessert.
- As soon as your homework is done, then you can play on your computer.
- As soon as your toys are picked up, then I will play a game with you.

I love it because it clearly lays out the order of events, in a kind and firm way without threats or demands. Try it out! Any time you feel a threat coming on, it's a good time for this phrase that pays.

A Positive Discipline Tool: Eye to Eye

Rather than bark commands across the house:
"Get your shoes on! It's time to go!" or
"Hurry up, dinner's getting cold!"
Get Eye to Eye with your child before speaking to them. I don't mean a stare-down, some kids get very anxious with eye contact. What I do mean is this:

Go to wherever your child is and get at their level. Get their attention and maybe even use some gentle touch before you speak.

"It's time to go now." or
"What do you need to be ready to go?"

When you get right next to your child, at their level, you'll find it's much easier to model the kind of respect you want in return, and you're much more likely to get cooperation.

These tools and phrases are from "Positive Discipline" by Jane Nelsen

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Are you ready for some support in getting to List B more peacefully, positively, and efficiently?

An 8-Week, Interactive, Parenting with Positive Discipline Series in a Virtual Classroom

Sign up by Sept. 17 to get $40 Off + Bonus Gifts

This live, interactive Parenting with Positive Discipline on-line workshop series will help you show up as the parent you want to be, and create a home where respectful cooperation is the norm. Here's just some of what you'll learn over the 8-week class:

- How to stay cool, calm, and curious in the face of really irritating behavior
- 2 things every child needs for *intrinsically* motivated cooperation
- Simple, tangible, and effective Positive Discipline tools to reduce defiance, tantrums, back talk and other challenging behaviors
- How to leverage your family team (including your partner) in household responsibilities
- The one principle that matters most in helping your kids to become responsible, respectful, resourceful, and happy adults (and how to put that principle into practice every day)

When: 8 Wednesdays from 11-12:30 p.m. Pacific Time starting October 3, 2018.
Where: In the comfort of your own home or office via web video or audio conference. I'll facilitate each workshop live, via web telecast, and you'll be able to participate and ask your questions as if we were in a room together live.
How: We will use Zoom web conferencing, which works with most any computer or mobile device. You'll be given a URL to tune in via web conference OR a phone number if you prefer audio only. Recordings available.

More Info or Register:
http://www.WorkingParenting.com/peaceful-virtual

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