

Elements to help us discipline nonviolently with loving guidance, without punishment, timeouts or spanking

**WORDS - ATTITUDES
BELIEFS - DEMEANOR**

WORDS

Engage the Cooperation of Children

DESCRIBE

We can describe what we see.

"I see a glass near the edge of the table."

We can describe the problem.

The kitchen is a mess.

WORD

We can say it in a word.

Shoes!

INFORM

We can give information.

Bikes left out in the rain will rust.

We can make a statement of appropriate function or behavior.

We don't hit people.

CHOICE

We can offer a choice.

You can wear the red outfit or the green outfit.

Describe Feelings

We can describe what we feel.

I get tired and feel sorry for myself when I have to clean up the house all by myself. It would be nice to have some help.

When we appreciate that others have good reasons for their behavior, it allows us to approach them with love in our hearts.

Ways to frame our arguments

Express nuances of anger
without nuances of insult.

Talk to the situation,
not the character of
the person.

**Disagree
without
being
disagreeable.**

CHANGE A MOOD, NOT A MIND.

Here are some alternatives to punishment:

- Point out a way to be helpful.
- Express strong disapproval without attacking character.
- State your expectations.
- Show your child how to make amends.
- Take action.
- Allow your child to experience the consequences of his or her own behavior.
- Sympathize with the child. Be compassionate but stick to your decision
- Give an early warning.
- Give specific instructions. Tell what to clean up, not just to “clean up.”
- Ask your child if you can help.
- Ignore some annoying behavior. Don't reinforce negative behavior by giving it too much attention.
- **Do nothing.**
- Tackle one problem at a time. Correct one behavior at a time.
- Use your sense of humor and imagination/wishes.
- Give yourself time to grow and change.
- **Be affectionate.**
- Make sure the children are getting enough sleep.
- Use the Golden Rule for children. Do unto them as you would like to have done unto you.
- Convey respect.
- Overlook differences that don't really matter.
- Don't do for your children what they can do for themselves.
- Schedule family time.
- Use “I” statements.
- Don't reward inappropriate behavior.
- Use encouragement and honest praise rather than blanket praise.
- Stop and think before you act.
- Don't make a big fuss over spills and accidents.
- Acknowledge positive behavior.
- Sometimes just listen and be sympathetic. You can be sympathetic to both sides.
- *Be willing to change your mind.*
- Say “yes” as much as possible.
- Get support and inspiration as a parent so that you remember you have choices.
- Continue to think of your child as an emotional equal and figure it out.
- Just say “no” to spanking.

Use positive reinforcement

Create a positive environment

Say yes as much as possible

Save **no** for the important things

Use natural consequences

Use logical consequences

Use restitution

Leave it up to your child

Compromise

State your expectations,
& *get out of the way.*

Give specific instructions.

Give a reason.

Give a choice.

Offer help.

Redirect your child.

Remove your child.

Make positive statements.

Give in occasionally

Give your child time to agree

Simply insist

Make rules.

Ignore some behavior

Avoid nagging and threats!!

Distract your child.

Use humor & wishes.

Make it a game.

Be willing to admit your mistakes.

Stop and think before you act.

Don't make a big fuss

over little things

Stick to routines

Don't hurry your children too much

Get to the root of the problem.

Correct one behavior at a time.

Give yourselves time.

Use the golden rule.

Model appropriate behavior.

Think of your child as an equal.

Always keep your love for your child in mind.