

Where did we ever
get the crazy idea
that in order to
make children do
better, first we have
to make them
feel worse?

Quote by Jane Nelsen

Positive Discipline

means no humiliation, blame,
shame, or pain.

- No punishment
- No permissiveness
- No rewards
- No praise
- No pampering (rescuing or fixing)
- No punitive time-out (grounding)
- No taking away privileges as punishment

5 Criteria for Positive Discipline

1. Is it respectful? (Kind and firm at the same time)
2. Does it help children feel belonging and significance?
3. Is it effective long-term?
4. Does it teach valuable social and life skills for good character?
5. Does it invite children to discover how capable they are and to use their power constructively?

Permissiveness

teaches children:

“Love means getting others to take care of me and give me everything I want,”

and,

“I’m not capable and I can’t survive disappointment.”

Punishment invites

- Rebellion
- Revenge
- Retreat

Thoughts:

- Low self-esteem, “I must be a bad person.”
- Sneaky, “I just won’t get caught next time.”