

## **POSITIVE DISCIPLINE HANDOUT**

*(NOTE: Copies of this handout should be printed before the session)*

### **What Is Positive Discipline?**

**Positive Discipline is an approach to parenting that:**

1. **Reframes children's 'bad behavior' or mistakes as opportunities** for teachable moments.
2. **Is Kind and Firm** at the same time: respectful, encouraging and clear.
3. **Teaches valuable Social and Life Skills** for good character: Respect, concern for others, problem-solving, accountability, contribution, cooperation.
4. **Focuses on long-term solutions that develop children's own self-discipline and life-long skills:** teaching non-violence, empathy, self-respect, and respect for others.

### **Why is Positive Discipline so important?**

1. **Negative discipline leads to serious problems later in life.** Decades of research has shown the negative long-term effects negative discipline such as hitting and yelling can lead to aggression, unhappiness, anxiety, drug and alcohol use later on in a child's life (Durrant and Ensom, 2012).
2. **Violent punishment hurts everyone.** Violent punishment lowers children's self-esteem, interferes with the learning process and with children's cognitive and emotional development. Violent punishment also creates barriers that impede parent-child communication and the formation of emotional attachment.