

Positive Discipline GUIDELINES

From the book *Positive Discipline*, by Jane Nelsen



1 *Misbehaving children are “discouraged children” who have mistaken ideas on how to achieve their **primary goal—to belong.** Their mistaken ideas lead them to misbehavior. We cannot be effective unless we address the mistaken beliefs rather than just the misbehavior.*

2 Use **encouragement** to help children feel “belonging” so the motivation for misbehaving will be eliminated. Celebrate each step in the direction of improvement rather than focusing on mistakes.

3 A great way to help children feel encouraged is to **spend special time** “being with them.” Many teachers have noticed a dramatic change in a “problem child” after spending five minutes simply sharing what they both like to do for fun.

4 When talking children into bed, ask them to **share with you** their “saddest time” during the day and their “happiest time” during the day. Then **you share with them.** You will be surprised what you learn.

5 Have **family meetings or class meetings** to solve problems with cooperation and mutual respect. This is the key to creating a loving, respectful atmosphere while helping children develop self-discipline, responsibility, cooperation, and problem-solving skills.

6 Give children **meaningful jobs.** In the name of expediency, many parents and teachers do things that children could do for themselves and one another. *Children feel belonging when they know they can make a real contribution.*

7 **Decide together** what jobs need to be done. Put them all in a jar and let each child draw out a few each week; that way no one is stuck with the same jobs all the time. Teachers can invite children to help them make class rules and list them on a chart titled, “We decided.” Children have ownership, motivation, and enthusiasm when they are included in the decisions.

8 **Take time for training.** Make sure children understand what “clean the kitchen” means to you. To them it may mean simply putting the dishes in the sink. Parents and teachers may ask, “What is your understanding of what is expected?”

9 **Teach and model mutual respect.** One way is to **be kind and firm at the same time**—kind to show respect for the child, and firm to show respect for yourself and “the needs of the situation.” This is difficult during conflict, so use the next guideline whenever you can.

10 Proper **timing** will improve your effectiveness tenfold. It does not “work” to deal with a problem at the time of conflict—emotions get in the way. Teach children about **cooling-off periods.** You (or the children) can go to a separate room and do something to make yourself feel better—and then work on the problem with mutual respect.

11 **Get rid of the crazy idea that in order to make children do better, first you have to make them feel worse.** Do you feel like doing better when you feel humiliated? This suggests a whole new look at “time out.”

12 Use **Positive Time Out.** Let your children help you design a pleasant area (cushions, books, music, stuffed animals) that will help them feel better. Remember that children do better when they feel better. Then you can ask your children, when they are upset, “Do you think it would help you to take some positive time out?”

13 Punishment may “work” if all you are interested in is stopping misbehavior for “the moment.” Sometimes we must **beware of what works** when the long-range results are negative—resentment, rebellion, revenge, or retreat.

14 Teach children that **mistakes are wonderful opportunities to learn!** A great way to teach children that mistakes are wonderful opportunities to learn is to model this yourself by using the Three Rs of Recovery after you have made a mistake:

- (1) **Recognize your mistake.**
- (2) **Reconcile:** Be willing to say “I’m sorry, I didn’t like the way I handled that.”
- (3) **Resolve:** Focus on solutions rather than blame. (R3 is effective only if you do R1 & R2 first.)

15 Focus on **solutions** instead of **consequences.** Many parents and teachers try to disguise punishment by calling it a logical consequence. Get children involved in finding solutions that are:

- (1) **Related**
- (2) **Respectful**
- (3) **Reasonable**
- (4) **Helpful**

16 **Make sure the message of love and respect gets through.** Start with “I care about you. I am concerned about this situation. Will you work with me on a solution?”

17 **Have fun!** Bring joy into homes and classrooms.

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Positive Discipline Guidelines By Jane Nelsen

Abbré McClain, Jacqueline Salazar



Positive Discipline Guidelines By Jane Nelsen:

Positive Discipline Jane Nelsen, Ed.D., 2011-05-25 For twenty five years Positive Discipline has been the gold standard reference for grown ups working with children Now Jane Nelsen distinguished psychologist educator and mother of seven has written a revised and expanded edition The key to positive discipline is not punishment she tells us but mutual respect Nelsen coaches parents and teachers to be both firm and kind so that any child from a three year old toddler to a rebellious teenager can learn creative cooperation and self discipline with no loss of dignity Inside you ll discover how to bridge communication gaps defuse power struggles avoid the dangers of praise enforce your message of love build on strengths not weaknesses hold children accountable with their self respect intact teach children not what to think but how to think win cooperation at home and at school meet the special challenge of teen misbehavior It is not easy to improve a classic book but Jane Nelson has done so in this revised edition Packed with updated examples that are clear and specific Positive Discipline shows parents exactly how to focus on solutions while being kind and firm If you want to enrich your relationship with your children this is the book for you Sal Severe author of How to Behave So Your Children Will Too Millions of children have already benefited from the counsel in this wise and warmhearted book which features dozens of true stories of positive discipline in action Give your child the tools he or she needs for a well adjusted life with this proven treasure trove of practical advice

Positive Discipline: The First Three Years, Revised and Updated Edition Jane Nelsen, Ed.D., Cheryl Erwin, MA, Roslyn Ann Duffy, 2015-02-24 The celebrated Positive Discipline brand of parenting books presents the revised and updated third edition of their readable and practical guide to communicating boundaries to very young children and solving early discipline problems to set children up for success Over the years millions of parents have used the amazingly effective strategies of Positive Discipline to raise happy well behaved and successful children Research has shown that the first three years in a child s life are a critical moment in their development and that behavior patterns instilled during that time can have profound implications for the rest of a child s life Hundreds of thousands of parents have already used the advice in Positive Discipline The First Three Years to help set effective boundaries forge strong foundations for healthy communication and lay the groundwork for happy and respectful relationships with their young children Now this classic title has been revised and updated to reflect the latest neuroscientific research and developments in positive discipline parenting techniques

Positive Discipline: A Teacher's A-Z Guide Jane Nelsen, Linda Escobar, Kate Ortolano, Roslyn Ann Duffy, Debbie Owen-Sohocki, 2001-07-24 Take back the classroom and make a positive difference in your students lives Many teachers today are facing problems and discipline issues they never dreamed of when they decided to become teachers Combine violence behavioral disorders and downright defiant attitudes from students with the age old problems of bullying poor attendance and more and the mix is positively lethal However there are effective positive strategies for restoring order and turning the teacher student relationship into one of mutual respect Applicable to all grade levels this comprehensive A to Z

guide addresses modern day problems and practical solutions for establishing an effective learning environment Inside you ll discover The 17 fundamental tools of positive discipline Real life stories of proven positive discipline strategies Suggestions for establishing and maintaining respectful nurturing relationships with students And much more Overcome obstacles and get back to why you became a teacher in the first place to empower students with confidence self respect and resourcefulness Bill Scott principal Birney Elementary School Marietta Georgia An inspiring information packed book All teachers from those just beginning to those with many years of experience will find the tools of positive discipline easy to use Phillip Harris Ed D director Center for Professional Development and Services Phi Delta Kappa International

Positive Discipline Jane Nelsen,1985 Parents can learn how to strike the proper balance between permissive and authoritarian parenting using the Setting Limits method Dr Robert MacKenzie s approach helps parents teach their children how to make acceptable choices and to truly understand the consequences of unacceptable behavior This book shows parents how to Set clear firm limits End conflict and power straggles Communicate rules Encourage cooperation Teach children problem solving skills Apply consequences of misbehavior Give guidance to teens Solve problems with chores and homework This updated and revised edition includes chapters on the child centered family the parent centered family and on how children learn rules By following Dr MacKenzie s lead parents will learn to provide the rational predictable boundaries their children desperately seek Copyright Libri GmbH All rights reserved *Positive Discipline in the Classroom, Revised 3rd Edition* Jane Nelsen, Ed.D.,Lynn Lott,H. Stephen Glenn,2011-08-17 The Acclaimed Bestseller That Can Improve Your Classroom Experience Forever Over the years millions of parents have come to trust the classic Positive Discipline series for its consistent commonsense approach to child rearing Hundreds of schools also use these amazingly effective strategies for restoring order and civility to today s turbulent classrooms Now you too can use this philosophy as a foundation for fostering cooperation problem solving skills and mutual respect in children Imagine instead of controlling behavior you can be teaching instead of confronting apathy you will enjoy motivated eager students Inside you ll discover how to Create a classroom climate that enhances academic learning Use encouragement rather than praise and rewards Instill valuable social skills and positive behavior through the use of class meetings Understand the motivation behind students behavior instead of looking for causes And much more Over 1 million Positive Discipline books sold *Seven Steps on the Writer's Path* Nancy Pickard,Lynn Lott,2007-12-18 The blank page the impossible deadline the rush of inspiration There is no profession more maddening or more rewarding than being a writer Yet surprisingly all writers pass through the same sequence of stages in the course of their careers It was this remarkable insight that inspired veteran authors Nancy Pickard and Lynn Lott to write one of the wisest and liveliest guides to the literary life ever penned a volume of astonishing revelation warm reassurance brilliant encouragement and welcome humor No matter what you write or how much recognition you ve received you are bound to pass through the seven steps on the writer s path Unhappiness Wanting Commitment Wavering Letting Go

Immersion and Fulfillment Whether you re a wannabe writer or a published literary veteran you re bound to find this book a source of true delight vital wisdom and lasting inspiration The Everything Parent's Guide To Raising Boys Cheryl L Erwin,2006-06-12 With The Everything Parent s Guide to Raising Boys parents find the authoritative handbook they need to raise their boys right from early childhood through the teenage years They learn how to help their sons Strengthen self image and resist peer pressure Define and exhibit acceptable behavior Instill solid values they can apply at school and on the playing field Honor their commitments to family community and themselves Noted family therapist Cheryl L Irwin shows parents how to create positive supportive relationships with their sons that encourage open communication and help them establish a healthy foundation of values and goals With patience perseverance and The Everything Parent s Guide to Raising Boys parents can see their boys through those challenging developmental years and take pride in their successful transition from boys to men **A Therapist's Guide to Child Development** Dee C. Ray,2025-09-15 A Therapist s Guide to Child Development gives therapists and counselors the basics they need to understand their clients in the context of development and to explain development to parents The chapters take the reader through the various physical social and identity developments occurring at each age explaining how each stage of development is closely linked to mental health and how that is revealed in therapy This ideal guide for students as well as early and experienced professionals will also give readers the tools to communicate successfully with the child s caregivers or teachers including easy to read handouts that detail what kind of behaviors are not cause for concern and which behaviors mean it s time to seek help In the new edition each chapter also includes new sections on brain development and cultural identity development as well as updates on child development in the age of technology As an aid to practitioners this book matches developmental ages with appropriate evidence based mental health interventions **The Conscious Parent's Guide to Raising Boys** Cheryl L Erwin,Jennifer Costa,2017-01-01 The tools you need to foster a positive supportive relationship with your son Concerns about self esteem peer pressure and behavior can make raising healthy happy boys seem overwhelming but it doesn t have to be With the help of The Conscious Parent s Guide to Raising Boys you can encourage open communication with your son With patience and everyday mindfulness you can guide your boys from childhood through those challenging developmental years This easy to use guide explains how you can help your son Communicate effectively with others Strengthen self image and resist peer pressure Define and exhibit acceptable behavior Keep their commitments to family community and themselves Family therapist Jennifer Costa provides you with the information and support you need for parenting with flexibility resilience and love so you can create a calm happy environment for raising well adjusted confident boys *Positive Discipline for Today's Busy (and Overwhelmed) Parent* Jane Nelsen, Ed.D.,Kristina Bill,Joy Marchese,2018-09-11 With the increasing pressure to excel at parenting work and personal relationships it s easy to feel stressed and dissatisfied This targeted Positive Discipline guide gives parents the tools to parent effectively without sacrificing their well being or giving up on their life goals Instead of

creating unachievable expectations you will instead learn to play to your strengths at work and at home You ll integrate your seemingly disparate areas of life and use Positive Discipline to make the most out of your time energy and relationships By helping you get to the bottom of the underlying causes of misbehavior busy parents will also be able to avoid pampering and keep permissive and punitive parenting at bay Instead of feeling fragmented and guilty you ll have the presence of mind to explore what works best for you and your family Attitude is key we ll help you feel confident in your parenting abilities and your professional choices making your children more likely to adopt an attitude of self reliance and cooperation Armed with communication strategies and tips for self reflection moms and dads won t have to feel guilty about leaving their child with a sitter during the day or leaving work early to go to a soccer game *The Ultimate Guide to the Top 100 Parenting & Families Books* Navneet Singh, Introduction Parenting and family life shape the foundation of a child s emotional intellectual and social well being The best parenting books offer guidance reassurance and evidence based strategies for raising happy healthy and resilient children This guide highlights 100 must read parenting and family books covering child development positive discipline communication modern parenting trends and strengthening family bonds Whether you re a new parent a seasoned caregiver or a family focused reader these books will provide valuable insights and practical advice **The Self-Regulation Workbook for 3- to 5-Year-Olds** Abbré McClain,Jacqueline Salazar,2024-10-22 Discover play based activities and coping strategies to help children ages 3 to 5 with social and emotional functioning attachment patterns and handling anxiety and other strong emotions Children aged 3 to 5 years are experiencing a period of rapid growth and play is the key medium in which all aspects of their development especially social and emotional development occur This evidence based workbook acts as a resource for trusted adults and caregivers providing playful and creative activities that will help foster self regulation skills necessary for healthy emotional development in their children Activities within the workbook are play based to help young kids foster a healthy self image and develop self regulation skills necessary to manage stress anxiety and other big emotions Additionally the activities will include reflective opportunities for adults to help strengthen their relationship with the child The reflective process is necessary for co regulation an essential aspect of self regulation These activities can be utilized repeatedly and adapted across ages and settings as well as assist in navigating social and emotional developmental milestones Positive Discipline in the Classroom Jane Nelsen,Lynn Lott,H. Stephen Glenn,1997 Today s classrooms are filled with children of varied backgrounds and subject to many intrusive influences How can teachers foster the essential skills and attitudes for success in their students In Positive Discipline in the Classroom parenting experts Jane Nelsen Lynn Lott and H Stephen Glenn address the popular concept of class meetings where students and teachers discuss moral ethical and behavioral issues and work together to solve problems Students learn a number of social skills through the class meeting process They learn to listen take turns hear different points of view negotiate communicate and take responsibility for their own behavior It is only when students have these skills and attitudes the real basics that reading

writing and arithmetic can be used meaningfully in their lives Inside Positive Discipline in the Classroom are chapters on such topics as The Positive Discipline Dream Building Blocks for Successful Class Meetings Effective Problem Solving Skills Classroom Management Skills Teachers Helping Teachers Problem Solving Steps Using these and other well presented guidelines teachers and parents can create a classroom climate that enhances academic learning and teaches life skills that are essential to every aspect of a child s future About the Authors Jane Nelsen Ed D is coauthor of the bestseller Raising Self Reliant Children in a Self Indulgent World Lynn Lott M A M F C C practices at Summerfield Counseling and Education Services in Santa Rosa California H Stephen Glenn is coauthor of the bestseller Raising Self Reliant Children in a Self Indulgent World Differently Wired Deborah Reber,2018-06-12 Today millions of kids are stuck in a world that doesn t respect support or embrace who they really are these are what Deborah Reber is calling the differently wired kids the one in five children with ADHD dyslexia Asperger s giftedness anxiety sensory processing disorder and other neurodifferences Their challenges are many But for the parents who love them the challenges are just as hard struggling to find the right school the right therapist the right parenting group while feeling isolated and harboring endless internal doubts about what s normal what s not and how to handle it all But now there s hope Written by Deborah Reber a bestselling author and mother in the midst of an eye opening journey with her son who is twice exceptional he has ADHD Asperger s and is highly gifted Differently Wired is a how to a manifesto a book of wise advice and the best kind of been there done that companion On the one hand it s a book of saying NO and how it s time to say no to trying to fit your round peg kid into society s square holes no to educational and social systems that don t respect your child no to the anxiety and fear that keep parents stuck And then it s a book of YES By offering 18 paradigm shifts what she calls tilts Reber shows how to change everything How to Get Out of Isolation and Connect Stop Fighting Who Your Child Is and Lean In Let Go of What Others Think Create a World Where Your Child Can Feel Secure Find Your People and Ditch the Rest Help Your Kids Embrace Self Discovery And through these alternative ways of being discover how to stay open pay attention and become an exceptional parent to your exceptional child

The Teacher's Guide to Success Ellen L. Kronowitz,2008 Designed to help teachers have a successful school year this guide is organized by eight topical units that address common overriding concerns in the classroom Paired with a DVD this text provides tips from leading authorities in education examples from live classrooms and printable resources The Complete Idiot's Guide to Raising a Strong-Willed Child Helen Coronato,Mary-Michael Levitt Ed.S. LPC,2009-10-06 When because I m the parent meets you re not the boss of me Good news there are many ways to parent willful children without every day clashes Here parents learn how to capitalize on children s strengths and make bad days more manageable Full of ideas and techniques it explores how to use empathy first and discipline second exercises and strategies that work to calm toddler tantrums bringing teachers on board raging hormones in teen rebels and dealing with health and safety issues Much more positive than other parenting books which focus on discipline and parental control Helps parents understand and

accept children for who they are as well as who they can hope to be The Everything Parent's Guide to Raising a Successful Child Denise D Witmer,2011-12-15 As parents struggle with these questions on a daily basis The Everything Parent s Guide to Raising a Successful Child helps put their fears to rest providing them with professional reassuring advice on how to raise a successful child according to their own standards The Everything Parent s Guide to Raising a Successful Child walks parents through all emotional intellectual and physical aspects of development It s the first step in establishing realistic expectations setting boundaries and helping shape the mind of a responsible well rounded happy young adult

Corporal Punishment of Children: A Human Rights Violation Susan Bitensky,2006-06-14 The core of this book is a detailed analysis of the status of corporal punishment of children including Areasonable spankings by parents under international human rights law The analysis leads compellingly to the conclusion that such punishment is indeed a human rights violation consonant with modern norms about right and decent treatment of juveniles The book further provides a comparative analysis between the domestic laws of the seventeen nations that ban all corporal punishment of children and examples of the domestic laws in the countries that still permit some physical chastisement of children **Damn! Why**

Didn't I Write That? Marc McCutcheon,2001 Offers encouragemet to amateur writers who want to support themselves by writing Describes the process from idea research query letters and proposals to agents contract negotiations and promotion

Working Mother ,1999-06 The magazine that helps career moms balance their personal and professional lives

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Table of Contents Positive Discipline Guidelines By Jane Nelsen

1. Understanding the eBook Positive Discipline Guidelines By Jane Nelsen
 - The Rise of Digital Reading Positive Discipline Guidelines By Jane Nelsen
 - Advantages of eBooks Over Traditional Books
2. Identifying Positive Discipline Guidelines By Jane Nelsen
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Positive Discipline Guidelines By Jane Nelsen
 - User-Friendly Interface
4. Exploring eBook Recommendations from Positive Discipline Guidelines By Jane Nelsen
 - Personalized Recommendations
 - Positive Discipline Guidelines By Jane Nelsen User Reviews and Ratings
 - Positive Discipline Guidelines By Jane Nelsen and Bestseller Lists

5. Accessing Positive Discipline Guidelines By Jane Nelsen Free and Paid eBooks
 - Positive Discipline Guidelines By Jane Nelsen Public Domain eBooks
 - Positive Discipline Guidelines By Jane Nelsen eBook Subscription Services
 - Positive Discipline Guidelines By Jane Nelsen Budget-Friendly Options
6. Navigating Positive Discipline Guidelines By Jane Nelsen eBook Formats
 - ePub, PDF, MOBI, and More
 - Positive Discipline Guidelines By Jane Nelsen Compatibility with Devices
 - Positive Discipline Guidelines By Jane Nelsen Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Positive Discipline Guidelines By Jane Nelsen
 - Highlighting and Note-Taking Positive Discipline Guidelines By Jane Nelsen
 - Interactive Elements Positive Discipline Guidelines By Jane Nelsen
8. Staying Engaged with Positive Discipline Guidelines By Jane Nelsen
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Positive Discipline Guidelines By Jane Nelsen
9. Balancing eBooks and Physical Books Positive Discipline Guidelines By Jane Nelsen
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Positive Discipline Guidelines By Jane Nelsen
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Positive Discipline Guidelines By Jane Nelsen
 - Setting Reading Goals Positive Discipline Guidelines By Jane Nelsen
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Positive Discipline Guidelines By Jane Nelsen
 - Fact-Checking eBook Content of Positive Discipline Guidelines By Jane Nelsen
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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