




















# Positive Discipline Tools

 <p>Positive Time Out Cooling Off Period</p>	<p>Use <b>Positive Time Out</b> to help a child feel better so they can then work to solve the problem. Solutions rarely come in the moment of conflict.</p>
 <p>Routines</p>	<p>Create <b>routines</b> for meals, self-care, trips to stores - plan ahead. Involve the child in the creation of the routine, and then allow the routine to be the boss.</p>
	<p><b>Mistaken Goal Chart</b> - Deal with the belief behind the behavior.</p>
 <p>Fix Mistakes</p>	<p>When you make a <b>mistake</b>, fix it by using the <b>3 R's of Recovery</b>: Recognize it, Reconcile with the person, and Resolve the problem.</p>
 <p>Family Meetings</p>	<p>Hold <b>family meetings</b> regularly. The family meeting agenda becomes a built-in cooling off opportunity.</p>
 <p>Set Deadlines and Stick to Them</p>	<p>Agree upon <b>deadlines</b> and stick with them. Be as specific as possible.</p>

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 <p>Spend Quality Time with Each Child</p>	<p>Spend <b>quality</b> time with each child in your family, possibly staggering bedtimes. It takes only a small amount of time <i>with no distractions</i> to truly connect with your child.</p>
 <p>Take time for training</p>	<p>Take time for <b>training!</b> Teach the skills needed to get the behavior desired. Take small steps, one at a time.</p>
 <p>Get Your Own Life</p>	<p><b>Get a life!</b> Walk away from the situation to cool off. Adults deserve positive time out opportunities too. Take responsibility for your own emotions.</p>
 <p>Humor</p>	<p>Use your sense of <b>humor!</b> Maybe a laugh would break the tension and create a cooling off opportunity.</p>
 <p>Encourage</p>	<p>Inspire your children with courage; <b>encourage</b> rather than using praise and rewards.</p>
 <p>Stop Talking and Act</p>	<p><b>Stop talking and act.</b> Decide what you will do rather than what you will try to make a child do. Follow through with your plan rather than talking about it.</p>

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 <p>Limited Choices</p>	<p>Give <b>limited choices</b> <u>that you can live with</u>. Be okay with whichever choice your child makes and allow him to experience it.</p>
 <p>Same Boat</p>	<p>Put kids in the <b>same boat</b>; treat them all the same when there is a conflict. There is no need to attempt to find out "who started it" or "whose fault it was."</p>
 <p>Ask Curiosity Questions</p>	<p>Ask <b>Curiosity Questions</b>. When a child makes a mistake, ask "what?" and "how?" rather than <i>telling</i> your thoughts; help them problem solve. (Remember "why?" is not a helpful question for many children.)</p>
 <p>Make Sure Message of Love Gets Through</p>	<p>Make sure the <b>message of love</b> gets through! Finding "just the right words" is far less important than finding a way to demonstrate that you love this child no matter what.</p>
 <p>Ignore</p>	<p><b>Ignore</b> behavior that is just annoying to you, especially if it is not life threatening or morally damaging.</p>
 <p>Firmness and Kindness</p>	<p>Practice <b>Kindness and Firmness</b> at the same time. You can avoid engaging in an emotional struggle without withdrawing your love.</p>
 <p>Redirect</p>	<p><b>Redirect</b> a child from inappropriate behavior to more desirable behavior. Offer a child the opportunity to restore order to a situation.</p>