

PROBLEM SOLVING

instead of
punishments

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HAPPY PARENT

and

HAPPY CHILD

Is it possible to parent without punishing, bribing or exacting consequences on your child and actually have your child listen to you?

The answer is yes! By choosing the positive, non-punitive approach to discipline, you'll nurture a strong relationship with your child that will last a lifetime. Child development expert and bestselling author Judy Arnall explains that **nurturing and teaching is much more effective** in gaining cooperation than punishing our children; if you treat your child with respect, they're more likely to reciprocate.

Discipline through problem-solving and collaboration teaches your child respect and connection; this fosters communication and trust *whereas fear and punishment shuts down a child's communication and breaks their trust.*

So, how can you get your child to cooperate with positive discipline? There are a number of different positive discipline tools to use, just have a look at our printables below!

To start your journey on replacing punishments with positive discipline, here are Judy's steps to gain cooperation through collaboration with your child:

Step 1 : Manage your anger and stress before addressing the issue. This keeps you calm and helps you have a practical discussion with your child.

Step 2 : Acknowledge feelings. Use empathy and put your child's feelings into words so they know you're listening to them and do care about their point of view in the situation.

Step 3 : State your needs with "I" statements. "I feel underappreciated when dishes are left on the table" is one example. "I feel" is a great way to own the problem that has arisen and not blame your child (as this results in defensiveness).

Step 4 : Collaborate! Both your and your child's needs have to be addressed. You and your child come up with a number of solutions to address the problem and meet everyone's needs (not just the parent's needs)! Try out a solution for a week and revisit it again until the result is satisfactory for everyone.

NOTE: Need more tools to gain your child's cooperation? Print out the next three pages and post them where you'll be sure to see them so they can help guide you!



To learn more about positive discipline and for many more tools for gaining cooperation without harsh punishment, please take a look at Judy Arnall's Positive Discipline Tools Masterclass available in The AFineParent Academy at: <https://afineparent.com/academy>

Knowledge is Power

Take some time to learn about brain development! Specifically what you can expect at what age. Often, the trouble we have with a child is not a discipline issue. Our child may just not be developmentally able to do what we're expecting! For instance, kids can't comprehend "no" until age 3, they can't cross the street until age 9, etc. It's important to understand what your child's brain is capable of, and what it isn't yet!

Change the Environment

This can work for all ages! Set your child up for success by creating as much of a "yes" space as possible -- for toddlers and youngsters, eliminate breakables, provide age-appropriate toys and activities so the environment is at their developmental level. For older kids, you can remove distractions, e.g., move the TV out of the space they do their homework in.

POSITIVE DISCIPLINE TOOLS TO USE

Active Listening

For any aged child! Let your child know that you understand where he's coming from and show your empathy. "Man, you seem really angry about your teacher at school today. Do you want to talk about it?" Validate his feelings (you don't have to agree with them) and then give your child your full attention.

Modeling: Be Who You Want Them To Be

Children are copycats. Your behavior is a more influential teacher than your words. If you want to teach your child manners, ensure that you are using "please" and "thank you." Want your child to be kind? Model kindness in all that you do and your child will pick up on these nuances. Model the behavior you want your child to copy!



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Family Conference

It's great to do this once a week with kids aged 5+. Schedule a time for the whole family to sit together, use collaboration and problem-solving to bring up any issues and brainstorm solutions. A white board can be a handy "parking lot for concerns to address" throughout the week that you can then address during the family conference. It's also a great time to plan family events!

Fulfill Their Basic Needs

Naturally this means sleep, food, touch, attention, but it also means being in tune with their emotional needs. Is your baby fearful of having Grandma hold him? Tell Grandma "He's not comfortable right now." If your older child isn't comfortable with new people, teach him how to politely excuse himself. You're not spoiling them; you're fulfilling their base need for safety and creating connection and respect!

POSITIVE DISCIPLINE TOOLS TO USE

Habits and Routines

The earlier, the better for starting routines! Children learn through repetition and the brain makes connections over time. Routines also provide familiarity, comfort and security. Example for bedtime routine: pajamas, bath, book, cuddle time, sleep. Or before school routine: clothes, breakfast, pack lunch, brush teeth. Too busy any given day to do the routine? Just shorten each step, but don't skip any!

Stay with Your "No"

Credibility is important! Think before you say no to something -- if it could be a yes, then don't say no. Save the "no" for when you mean it, when the issue is not negotiable. And then stick with your no, hold your boundary with empathy, and explain why you have to say no. On the flip side, try to say "yes" as much as possible every day ("Dad can I have a cookie?" "Yes, once you've eaten your dinner").



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Time In

Time out is akin to jail time and often doesn't help your child's development or behavior. Instead, opt for Time In. Ahead of time, set up a Time In place (also known as the Calm Down Corner) where a child can go to become calm. Keep their favorite loveys, books etc. handy in there. When they are young and have a tantrum, gently walk them to the Time In place and help them become calm. When they are older, they will do it themselves!

Choices = Empowerment

Hop to bed or crawl? Blue shirt or red? Wash the dishes or sweep the floors? Homework today or homework on Sunday and risk missing Sunday night movie? This is great to get kids cooperating while the goal is being reached (They're headed to bed but how they get there is up to them. They do chores, but which one is up to them).

POSITIVE DISCIPLINE TOOLS TO USE

One Time Consultation (For Older Teens)

Does your older teen want to do something a bit extreme? (Nose piercings! Smoking pot!) Schedule an hour for a "consultation chat" with them. Then gather all the statistics, evidence, case studies, etc. about why it's not a good idea. And bring it to the chat. At the end of the hour, you agree that you'll not talk about it again (nagging won't change their mind!) And let them make their decision.

Parental Time Out

In the moment of anger, stop, drop and roll: stop yourself, drop your agenda and roll out! Take a breather, sit on the couch and count to ten, splash water on your face. Do something to calm yourself down and reset your mind so that you can deal with the situation rationally. Ensure that you're fulfilling your own needs too; you can't perform your best as a parent when you're already stressed and angry!



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Great Parents are Made, Not Born

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Here is a quick preview clip
of this masterclass:

If you cannot play this clip, please
copy-paste this link in your
browser:

<https://afineparent.com/ja-preview>



Here's what a mom in our AFineParent Academy community had to say:

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I have been a part of the afineparent academy for a little while now and wanted to take a moment to express my appreciation and gratitude for such a great resource and community. As a mum myself and in my work as a child psychologist it has been invaluable and very inspiring for me. I've learned so much from all the masterclasses and expert calls and I love the way you lead those. A big heartfelt thank you from me 🙏

- Merel D.



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