Positive Discipline Strategies to Protect, Nurture and Meet Developmental Needs

PRIDE In-Service eLearning

Course Description

This 3-session eLearning module can be taken on your own schedule. The focus of this eLearning is on understanding and promoting positive discipline when caring for children and youth. In the first session, you will reflect on your beliefs about discipline, learn the difference between discipline and punishment, and learn about prohibited practices within Children and Family Services. With that understanding, you will then review what motivates behaviour and how meeting a child or youth's needs for connection supports the relationship for positive discipline. With this foundation in mind, the goals of effective discipline are reviewed, as well as a range of disciplinary techniques that promote positive behavior. You will review how to establish expectations and rules, as well as how to modify the environment for a child or youth's success and other discipline strategies, such as time ins. In session 3 you will be introduced to the concept of the "problem solving machine" and learn how to use it to respond to the different challenges you may experience using a variety of discipline strategies introduced in the module.

Learning Objectives

Session One: Promoting Positive Behaviour
- Define discipline.
- Explain the relationship between the goals of positive discipline and using discipline to protect, nurture, and meet developmental needs.
- Know your own strengths and needs related to the personal qualities needed for positive discipline.
- Describe how meeting attachment (belonging, recognition, power, and enjoyment) supports the relationship needed for positive discipline.
- Describe the range and major categories of techniques that support positive discipline.
- Describe techniques used to support the development of relationships that promote positive discipline and behaviour.

Session Two: Building Self-Esteem and Understanding Behaviour
- Identify the categories of discipline techniques and guidelines for use of discipline techniques.
- Explain why planning a discipline approach is important.
- Identify ways to ensure your own self-regulation when working to promote positive behaviours.
- Identify the components of a healthy environment for discipline.
- Identify techniques that can help you to respond to challenging behaviours.
- Establish respectful communication with children and youth.
- Understand how effective use of positive discipline supports a child or youth's overall social-emotional development.

Session Three: Responding to Challenges
- Describe the different parts of the "Problem Solving Machine".
- Apply an understanding of the goals and strategies to promote positive behaviour.
- Commit to a positive-discipline approach in caregiving.

Classification: Protected A

Alberta

Guided Discussion Questions

1. What are you doing differently after taking the training now that you better understand the differences between discipline vs. punishment?

2. What types of disciplinary techniques have you implemented to promote positive behaviour?

3. How will you use your knowledge of problem solving in your parenting?

Resources

Resource 1-6

The Range of Disciplinary Techniques

PROMOTING ↑

PROMOTING POSITIVE BEHAVIOR		
Seeks to strengthen relationship with child/youth, build self-esteem, and promote child/youth's ability and confidence to handle situations themselves.	Child/youth maintains most responsibility for self-regulation. Caregiver guides and supports.	Communication Listening Questioning Modeling Praise (verbal or non- verbal) Physical (e.g. high-five) Sharing positive feelings Rewards Privileges Increased responsibility Support interests Encouragement
PROMOTING SELF-REGULATION Uses planning and preparation as a means to avoid challenging behaviors.	Caregiver and child/youth share responsibility for regulation.	Encourage risk taking Establish expectations Rules Standards of behavior Household meetings Preparing/planning for changes Modifying the environment
RESPONDING TO DYSREGULATION Uses direct intervention to address situations where the child/youth does not have the ability to self-regulate.	Caregiver maintains greatest responsibility for regulation.	"I-messages" Natural and logical consequences Exploring alternatives Rules Direct requests Removing child/youth from situation Time-in

RESPONDING ↓

Articles

Seven Tips for Practicing Positive Discipline
By Bridget Bentz Sizer from PBS.org
> Link: https://www.pbs.org/parents/thrive/seven-tips-for-practicing-positive-discipline

The Teen Brain and Trauma Recovery
Adapted by Anna Libertin, NACAC's communications specialist, from a webinar by Kim Stevens.
> Link: https://www.nacac.org/resource/the-teen-years-brain-development-and-trauma-recovery/