

Positive Guidance Techniques (Direct/Indirect)

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Positive Guidance Techniques
Direct/Indirect
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A. Guidelines:

1. Focus on the behavior rather than the child.
2. Accept change in yourself and your attitudes before you can change the child's behavior.
3. If you respond to inappropriate behavior-then you reinforce it.

B. Things to Avoid:


1. Talking About Children When They Can Hear You
2. Judgment Words
3. Nagging/Scolding
4. Correcting Children's Speech
5. Stressing Competition
6. Embarrassing/Humiliating Children

C. Positive Discipline Strategies (Direct Techniques):


1. Set reasonable, fair limits:

Why? Provide a guide toward acceptable behavior, transmit values and help children feel secure.

How? Be clear specific, respect feelings and expect compliance.

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- How discipline strategies are enforced affects the child's acceptance and positive response.
 - 2. Remove children from situations they cannot handle.
 - 3. Help children handle negative feelings:
 - a. Try to anticipate negative behavior before it happens.
 - b. Accept the fact that negative feelings are a normal part of growth and development.

Positive Discipline Strategies (cont):

- c. The adult's behavior is the first step in calming a child.
 - d. Help children express negative feelings in an acceptable manner.
 - 4. Extinction/ignoring the behavior:
 - a. Realize that effective ignoring takes time.
 - b. Decide to really ignore the behavior.
 - c. Reinforce more acceptable behavior.
 - 5. Withdrawal
 - 6. Natural and Logical Consequences
 - 7. Positive verbal guidance
 - 8. Problem ownership
 - 9. State the "but"/reason
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D. Effects of Positive Discipline:

1. Does not instill fear.
2. Encourages children to be self-responsible and cooperative.
3. Fosters self-control.
4. Encourages children to think and arouses empathy.
5. Builds self-esteem.
6. Helps children to become compliant.

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