

POSITIVE DISCIPLINE

Does not mean: Do what you want



Positive discipline

When I talk to different families, I very often hear them saying: I cannot just let her do what she wants, because my house will be destroyed! I need my child to be well behaved and have manners! I will not let my child to be wild. Children need discipline.. and so on and so forth. And as much as I understand all the above points, what I don't understand is why do people think that positive discipline means letting your child to run wild? Nobody ever said that gentle parenting means no rules! Quite on the contrary positive discipline helps to set out clear rules and boundaries in your house, just it does so without punishments and prizes. People often ask: if I don't punish my child how does he know he did wrong? Or how will he know to do better in the future.. Its a very long topic and we will look into that step by step, but firstly let's have a look at the rules and boundaries and how can we set them up in our house without shouting or punishing

Rules are important



Rules give children the sense of security. They need rules to function properly, they need rules to understand the right or wrong. We, as parents do not have to agree to all the things our kids do! This is not a part of gentle parenting or positive discipline approach! But it's the way we introduce the rules and boundaries that matters! Its the way we talk to our children and execute those rules at home. It all can be done with no shouting and no stress!

If you don't like something - say it!

If you want to practice positive discipline you should by all means be able to tell your child what not to do! And you have a right as a parent to create any rules you like in your house. For example, loads of toddlers like to smack their mum's butts.. You do not have to just accept that if you don't like it, but instead of punishing or shouting you should go to your child's level and with a calm but firm voice say:

I don't like when you do that
or simply: it hurts me, please don't do that



The importance of staying calm



You can say whatever you like or don't like, you can decide about the rules in your house, just the difference is to stay calm and be consequent, gentle but firm. It's tricky but it works. If you keep your cool you are showing your child that you are in control, if you start shouting you show that you are loosing control and therefore that sense of security for your child is gone.

Show respect

Positive discipline is based on mutual respect. You teach your child to respect you, by showing that you respect other people including your children of course. So when you decide on your house rules, when you discipline your child- be respectful of them. For example if your child is grabbing things out of your hands- don't grab back, don't get mad, just gently explain to them that this is not a nice behavior and if they asked you, you would give it to them etc



