



TINY TOTS PRACTICES POSITIVE DISCIPLINE IN OUR CLASSROOM.

Based on research by Dr. Jane Nelsen

Positive Discipline is a process of teaching children how to behave appropriately. Positive Discipline respects the rights of the individual child, the group, and the adult. Positive Discipline is different from punishment. Punishment tells children what they should NOT do; Positive Discipline tells children what they SHOULD do. Punishment teaches fear; Positive Discipline teaches self-esteem.

Using Positive Discipline we plan ahead and:

- *Anticipate and eliminate potential problems.
- *Have a few consistent, clear rules that are explained to children and understood by adults.
- *Have a well-planned daily schedule.
- *Plan for ample elements of fun and humor.
- *Include some group decision making.
- *Provide time and space for each child to be alone.
- *Make it possible for each child to feel he/she has had some positive impact on the group.
- *Provide the structure and support children need to resolve their differences.
- *Share ownership and responsibility with the children. Talk about OUR classroom, OUR toys, OUR friends.

We use Positive Discipline by intervening when necessary to:

- *Redirect to a new activity to change the focus of the child's behavior.
- *Provide individualized attention to help the child deal with a particular situation.
- *Use time out by removing a child for a few minutes from the area or activity so that he/she may regain self-control.
- *Redirect the child and remove from the area of conflict.
- *Provide alternative activities and acceptable ways to release feelings.
- *Point out natural or logical consequences of children's behavior.
- *Offer a choice only if there are two acceptable options.
- *Criticize the behavior, not the child. We don't say "bad boy" or "bad girl." Instead we might say "That is not allowed here," then tell them what they CAN do.

We use Positive Discipline by showing love and encouragement.

- *Catch the children behaving appropriately. Respond to and reinforce that positive behavior by acknowledging or praising the child's actions.
- *Use encouragement rather than competition, comparison, or criticism.
- *Overlook small annoyances, and deliberately ignore provocations.
- *Give hugs and caring to every child every day.
- *Appreciate the child's point of view.

Positive Discipline works to provide children alternatives to unwanted behavior with patience, guidance and acceptance. Positive Discipline employs non-punitive methods for teaching valuable social and life skills.

To learn more about Positive Discipline and how to use it at home visit <http://www.positivediscipline.com/> Or ask about our classes for families offered at Tiny Tots throughout the year.