

MAY 2023

POSITIVE DISCIPLINE



How to use safe, healthy, and effective discipline



Parenting is difficult. We want to be of help. Inside this newsletter, you will find safe and effective ways to discipline.

About CPLA

The mission of Counseling Partners of Los Angeles is to support at-risk and under-served students living in Los Angeles by providing a low-cost, school-based program that delivers essential counseling and support services students need in order to grow toward their full potential emotionally, intellectually, morally and socially.

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Interested in counseling for your child?

CPLA's counseling services are FREE to all students attending one of our partner schools! Reach out to the school principal or your child's teacher or request a CPLA referral form from the school.

What is positive discipline?

AN ALTERNATIVE TO CORPORAL PUNISHMENT

Positive discipline is the process of using an authoritative approach to shape behavior. Authoritative parents take into consideration the thoughts and feelings of their children.



Behavior that needs to be changed happens when parents use techniques that safely teach children to be responsible adults. Children are given negative consequences for problematic behavior. They are also taught to avoid that behavior in the first place.

In your parenting journey, make time to take care of yourself. You are best able to discipline positively when you are feeling at your best!

Resource used:

<https://www.verywellfamily.com/positive-discipline-basics-1095043>

Positive Discipline Essentials



- 1. Foster a healthy parent-child relationship.** This allows them to trust you and be more receptive to your feedback.
- 2. Encourage rather than praise your children.** While praising children may be second nature when they do a good job, focusing on their efforts and the hard work they put in, rather than the end product, is more beneficial. Encouraging children to keep going in this way fosters resilience.
- 3. Solve problems and behavior challenges together.** Talk about the presenting issues with your child and ask them to help you understand why they are happening. Let them talk and suggest alternatives for behavior. This makes them feel more invested in the solution.
- 4. Teach.** Have clear guidelines and expectations regarding behavior, and teach children how to accomplish a requested task so they are less likely to abandon it. Be consistent. They need that.
- 5. Avoid punishment.** Punishment is punitive and usually makes children less willing to listen, while discipline prepares kids to be responsible.

Why Physical Punishment Should Be Avoided

Research shows that spanking, slapping, and other forms of physical punishment are neither safe nor effective. Yelling at or shaming a child also has the same negative effects. Here's why:

- **Physical Punishment is a cycle** - It does not teach children responsibility but actually increases aggressive and antisocial behavior in children
- **Physical punishment may leave lasting marks on the body and mind** - Bruises and welts may be especially problematic for younger children. Physical punishment also increases toxic stress in the body, affecting the brain.
- **Verbal abuse and depression** - Teens who experience verbal abuse may later suffer from depression and escalated behavior problems.

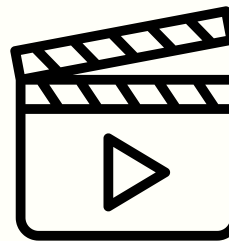


Resource used:

<https://www.apa.org/monitor/2019/10/child-discipline.html>

"The results of... studies repeatedly point to the conclusion that physical discipline leads to increased aggression and antisocial behavior in children." - Stephanie Pappas of the American Psychological Association

Check out this video!



Parenting Tips -

YouTube · Parents
Feb 19, 2013



7 key moments in this video

<https://www.youtube.com/watch?v=4tBbL7VcNh0>

Alternative Discipline Techniques from the American Academy of Pediatrics (AAP)

- Model the behavior you want to see
- Set clear and age-appropriate limits and expectations
- Give and explain consequences - Follow through quickly on a consequence if a child misbehaves and do not go back on it. Remember that consequences should never include something the child really needs, like food.
- Watch for behavior patterns - Listen to your child and see if certain behaviors are triggered by events or feelings. Point this out to your child so they are aware and can learn how to be proactive.
- Be attentive - Children want your attention. Reinforce desirable behaviors with encouragement.
- Notice good behavior - Focus on good behavior and point that out.
- Allow natural consequences to teach children - For example, if a child throws a tantrum and breaks a toy, call it to their attention so they recognize the cause and effect.
- Be proactive - Prepare for events that may trigger misbehavior.
- See where misbehavior is coming from - For example, if it is boredom, give the child a task to accomplish.
- Time-Out - Allow children some space to calm down and self-regulate when a rule is broken. State that they broke a rule and will be removed from the situation. (1 minute per year of age). For example, if a child is 7 years old, a 7-minute time out is sufficient.

Resource used: <https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Disciplining-Your-Child.aspx#:~:text=Calmly%20and%20firmly%20explain%20the,back%20after%20a%20few%20minutes.>