
How do I discipline my child?

The American Academy of Pediatrics issued guidance in 2018 about disciplining children:

“Disciplining your child is not easy, but it is a vital part of good parenting. The AAP recommends a three-step approach toward effective child discipline. First, **establish a positive, supporting and loving relationship** with your child. Without this foundation, your child has no reason, other than fear, to demonstrate good behavior. Second, **use positive reinforcement** to increase the behavior you want from your child. Third, if you feel discipline is necessary, the **AAP recommends that you do not spank or use other physical punishments.**”

So what should I do? Positive Behavior Support!

Positive, loving relationships in the home are a primary foundation of Positive Behavior Support - adults model this with each other, cultivate this with their kids. **Positive reinforcement** is key!

There is no right or wrong way to parent. The principles in Positive Behavior Support lead all families toward greater success and happiness.

Positive Behavior Support is a research-based approach to increase quality of life for people and families and decrease problem behavior by teaching new skills and making changes in a person's environment.

Learn more!

Association for Positive Behavior Support (APBS.org)

Free, helpful information for families, starting on the home page with two buttons with the word “family” as starting points, and an interactive video tutorial.

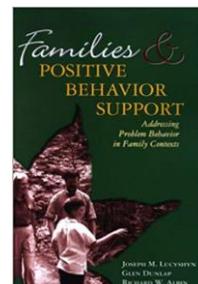
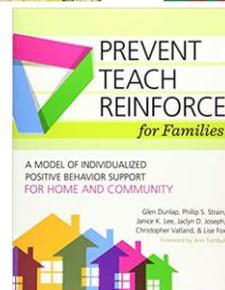
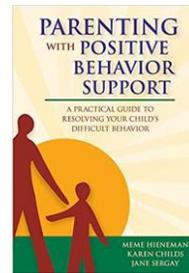
Home and Community Positive Behavior Support Network (HCPBS.org)

Great resources, videos, and links. Start with the “What is PBS” tab, and search the site by topic for resources relevant to you.

VeryWellFamily.com

Click the ‘discipline’ button for helpful articles on determining why behavior happens, important considerations for developing your plan and sticking to it, and focusing on positive outcomes.

Books you may find helpful:



Positive Behavior Support for Children and Families

Addressing difficult behaviors and routines without spanking



Connect with us on social media

Facebook: <https://www.facebook.com/mnpbsnetwork/>

Twitter: @MNPBS

YouTube: Minnesota Positive Behavior Support

The network is used to:

- Build on current and ongoing Positive Behavior Support efforts
- Share resources and tools
- Create a way to share news across agencies, programs, and groups
- Provide information to our Minnesota communities about Positive Behavior Support

What can I do differently starting today?

Be proactive - plan for success

- Set clear expectations for what to do instead of what not to do
- Use calendars and schedules to make things predictable
- Help your children to stay engaged in activities during downtime/leisure time
- Offer choices instead of giving demands
- Offer to work together on hard tasks
- Make hard times fun by incorporating things like music, snacks, or costumes

Teach skills needed to be successful

- Always model good behavior and words, including how to get needs met
- Write down, post, and refer back to expected behavior
- Keep teaching - children learn over time and at different rates - stick with it

Reinforce good behavior

- Pay attention to positive behavior
- Set up, and deliver, something special after kids meet your expectations
- Allow a pass sometimes on tough tasks when kids have been behaving well

Respond to problems by patiently teaching what's right, not punishing

- Take a deep breath - if you cannot be patient in the moment, walk away and come back

Do This: *Encourage and follow through without nagging*

Be nearby to help with expected tasks and focus on fun to be had after tasks are done.

Don't do This: *Power Struggles*

Parents can withdraw from the conflict but still stick to original expectations of getting something done.

Do This: *Make sure you have social support*

Family and friends who know what you are going through, and know what you are doing to make changes to your family's life, can provide critical support for you.

Don't do This: *React harshly because of social pressure*

Not everyone will understand your positive approach to challenges. Use your social supports to help you take that deep breath and stick to your plan.

Core features

Identify goals
what needs to happen more? or less? be specific!

Assess
pay attention to what happens right before things go poorly, and what happens right afterward.

Generate a plan and stick to it
include proactive, teaching, and reinforcement components, and be consistent so you can evaluate if your plan is the right one.

Gather information
about what's working and what isn't: is your child making progress on the goals you identified?

Stay optimistic, be mindful!

Lots of research shows that it helps to be attentive and present to the current moment. Let go of the thoughts that bring you down, focus on your positive intentions for yourself as a parent and for your kids. Everyone will feel better and do better!

Positive Behavior Support is for every parent!

Whether you are a new parent, are dealing with the "terrible twos", or navigating the emotional swings of adolescence, you will find Positive Behavior Support approaches that work for your family.

