



Too Young for Discipline

Don't let the jeans and
cheeky face fool you.

He's still a baby.

Your baby ...



Basics of Positive Parenting

Children are people too - not
a different species

“Do as you would be done by”

Your child is never your enemy

Discipline

Discipline means teaching children how to behave.

It's more to do with understanding than with obedience ...

...and it's almost nothing to do with punishment.



Positive versus negative discipline



Positive discipline focuses on good behaviour and how to encourage it.

Negative discipline focuses on bad behaviour and how to prevent and punish it.

Negative discipline doesn't work and smacking is worse than useless

Spanked toddlers are 5x less compliant

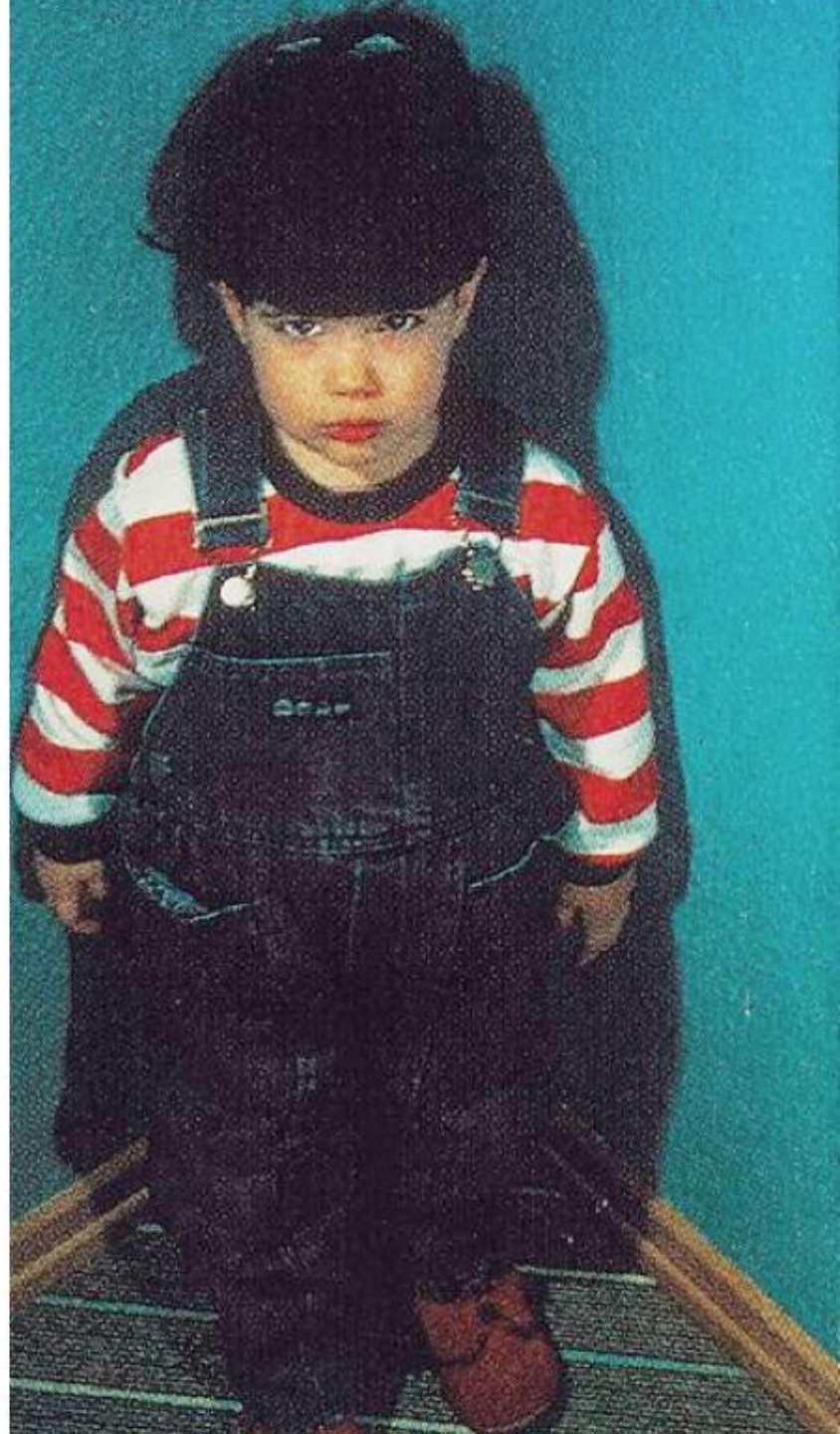
Spanked 6-year-olds are more aggressive

Spanked pre-teens are more likely to be in trouble as teens and adults



Discipline without smacking

The alternative to
smacking isn't a
different punishment,
but a different
approach.



Rewards work better than punishments

From babyhood
to adolescence ...



if you want to children to be good ...

make them feel good.

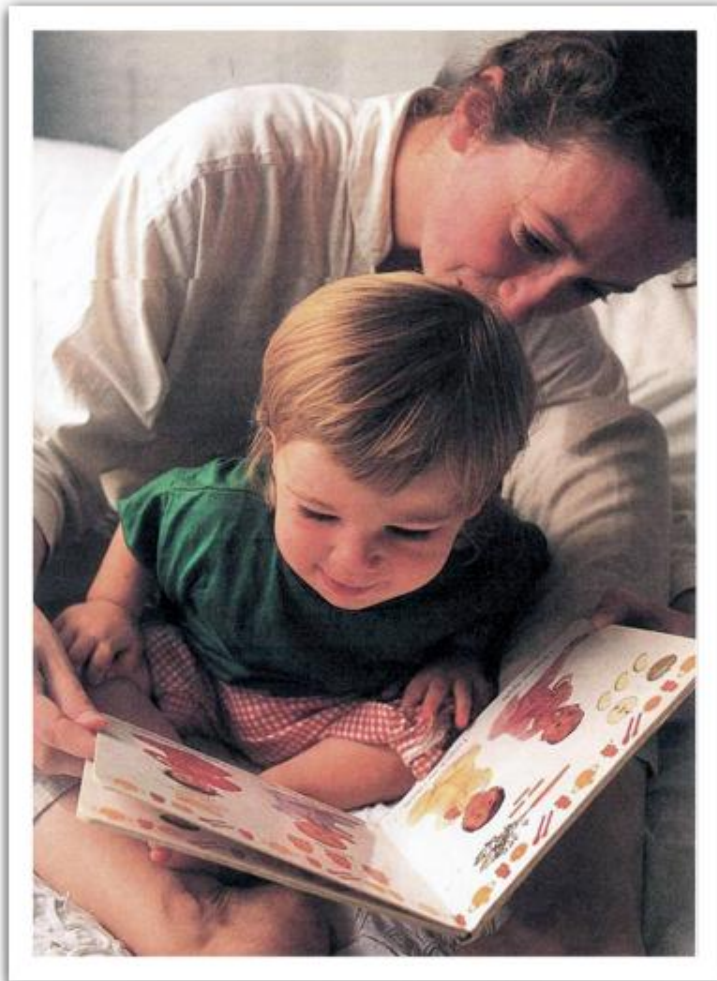
Attention: the reward that works



All children want attention, so being ignored is a punishment.

Try paying attention to the child who is being good and ignoring the child who is being naughty.

Paying attention is not spoiling



Provided it's given because adults want children to have it, not because children have bullied and blackmailed for it.

From positive discipline to self discipline



Lots to gain
and nothing to lose ...

Positive discipline isn't easy
but it's no more difficult
than the negative kind.

And it's far more effective
and far more fun!