

SCOTT NOYES EMPOWERING PROGRAMS

22 Prescott Street Essex, Vermont 05452-2932 802-872-8419
SNoyes@EmpoweringPrograms.com www.EmpoweringPrograms.com

POSITIVE DISCIPLINE - THAT WORKS!

REINVOLVEMENT

- Goal:** The child learns to make appropriate behavior choices
- Do:**
- 1) Explain inappropriate behavior
 - 2) Give choices for appropriate behavior (look for motivation of behavior)
 - 3) Wait to hear the child's choice
 - 4) Reinforce appropriate behavior
- Don't:** Give choices the child doesn't like or ones that are not really choices
Allow inappropriate behavior to reoccur
Dwell on inappropriate behavior, giving it attention reinforces it

CALM DOWN TIME

- Goal:** Stops the inappropriate behavior and teaches appropriate behavior
Calming device: not a punishment. The child chooses when to return.
- Do:**
- 1) Explain the technique i.e. "You need to leave this area until you are in control of your behavior." or "You are showing me you need to calm down. Please join us when you are ready to follow the rules."
 - 2) Allow the child to return whenever s/he is ready
 - 3) Reinforce the appropriate behavior i.e. "Thanks for joining us. I like the way you are building."
- Model the technique when you need to have a moment to calm down

ENCOURAGEMENT

- Goal:** Reinforcement to support a specific behavior in hopes of it recurring
- Do:** Praise the event specifically i.e. "You remembered to wash your hands. I am proud of your behavior."
- Don't:** Couple with negative comparisons i.e. "That was a nice job for a little boy."

ACTIVE LISTENING

- Goal:** Clarify the child's feelings to help them solve their own problems
- Do:** Reflect the feeling and content of what the child is saying and showing with acceptance
- Don't:** Ask questions, reason, give advice, or encourage action

CONSEQUENCES

- Goal:** Helps child understand their action and its result
Child is responsible for own action
- Natural Consequence:** Direct result - cold hands resulting from no mittens
- Logical Consequences:** Provided by the adult, related to the behavior, occurs every time, and acceptable to the adult - putting blocks out of reach for a while when they are being thrown

SUBSTITUTION

- Goal:** Make inappropriate behavior appropriate
- Do:**
- 1) Change tool or location
 - 2) Explain why
 - 3) Encourage activity

MODIFY THE ENVIRONMENT

- Goal:** Change surroundings/tool to encourage or discourage behavior
- Add:** Introduce material of child's interest - broaden play areas
- Limit:** Reduce activity/tool - restrict play to particular area
- Change:** Add a helping tool - put object within/outside child's reach

EXTINCTION

- Goal:** Not reinforcing inappropriate behavior with attention
- Do:**
- 1) Ignore it, give it NO attention
 - 2) Praise when behavior becomes appropriate
- Cannot used for destructive or dangerous behavior



EMPOWERING PROGRAMS

Supporting Adults who Enjoy Playing & Working with Children