

Social-Emotional Workshop

Positive Discipline and Routines

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Activator:

What are your burning questions?





Self-regulation

A child's ability to manage their own behavior, emotions, & attention in a way that's appropriate and leads to positive outcome.

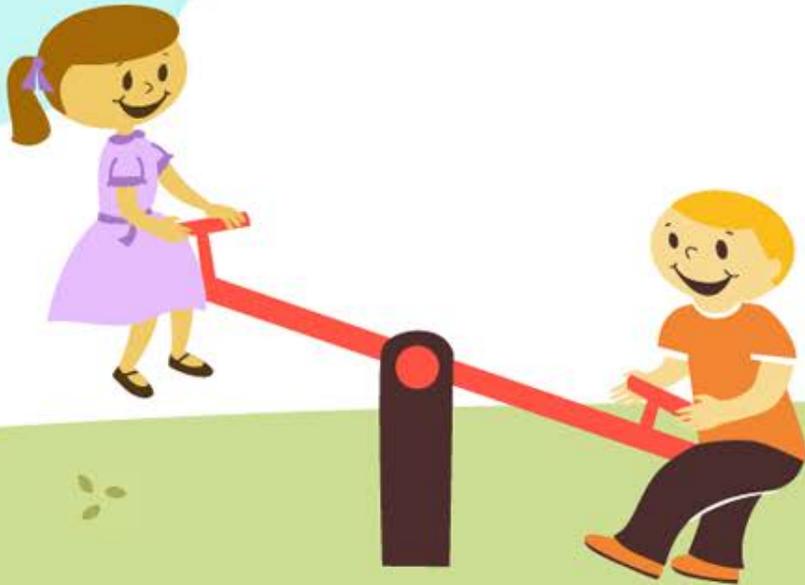


Kids' Brains Are Wired for Self-Regulation but We Help Them Make the Connections



Routines

A Great Investment of Your Time!



What is a Routine? What's Good About It?

A routine is a set of actions that are followed every day.

WHY?

- Kids need to feel safe
- They need to trust that you will be consistent with them
- They need to trust that you will be honest with them (at a level they can handle emotionally) when there is something that might affect them.
- They need to know that you will help them through the rough times (tantrums; fear, anxiety, worry)
- The way you do this is with routines.



Normal daily routines:

- Make it easier for children to deal with stressful events, (a move, loss, divorce, new sibling, visitation, COVID-19's impact)
- Create *safety and belonging*
- Are predictable
- Teach skills and responsibility
 - Such as carrying out chores
- Create healthy habits that reduce illness & stress
- Help establish an internal (body) clock for sleeping, eating, etc.

**More
Benefits
of
Routines**



When and Where do You Build in a Routine?



- Getting up in the morning
- Having breakfast
- Helping with breakfast chores
- Same time for a nap
- Same time for lunch/lunch chores
- Free play time:
 - Structured – time with you or doing something goal-oriented like an art project
 - Unstructured – free play
- Same time for dinner/dinner chores
- Same time for bed

Routine

S

- Safety
- Predictability
- Trust
- Autonomy



What Happens if There's a Change?

- It's most important to give children some control over the change.
- You've already established trust because of a routine.
- You have a base from which you talk about change:
 - "I know that we usually have dinner at this time, but today, we're going to visit grandma and so we'll be eating at her house. Dinner will be a little later, but you can still help out." "How do you think you'll help at grandma's?"
 - "Tomorrow night you'll be sleeping at grandma's house. You'll still have to brush your teeth and get your pajamas on, and grandma will read you a story. So, pick out your pajamas and a book that you'd like to have her read."
 - "I know that it's tough to have to stay home everyday, but let's find ways to make this fun and relaxing." "I'm so proud of you for being safe!"



What Happens if You Don't Have Control Over the Change?

- Kids will act up and you will feel helpless.
- **Maintain the routine**
- Set appropriate limits
- Calm and soothe them
- Help their brains get back online
- Give them a couple of days to adjust



Pictures of the Routine Help (add *Time Together* !)



<https://teachingmama.org/visual-schedule-for-toddlers/>



What are Some Examples of a Child's Chores?



What are Some Examples of a Child's Chores?

Toddlers (2-3 years)

- Pick up toys and books.
- Put clothes on clothes hooks or in the hamper
- Set placemats on the dinner table.
- Wiping the table after dinner

Preschoolers (4-5 years)

- Putting their dish in the sink or a reachable bin
- Setting the table for meals.
- Helping with preparing meals, under supervision.
- Putting dirty dishes in the sink
- Helping put clean clothes into piles for each family member, ready to fold.
- Helping with grocery shopping and putting away groceries.
- Putting dirty clothes in the basket.

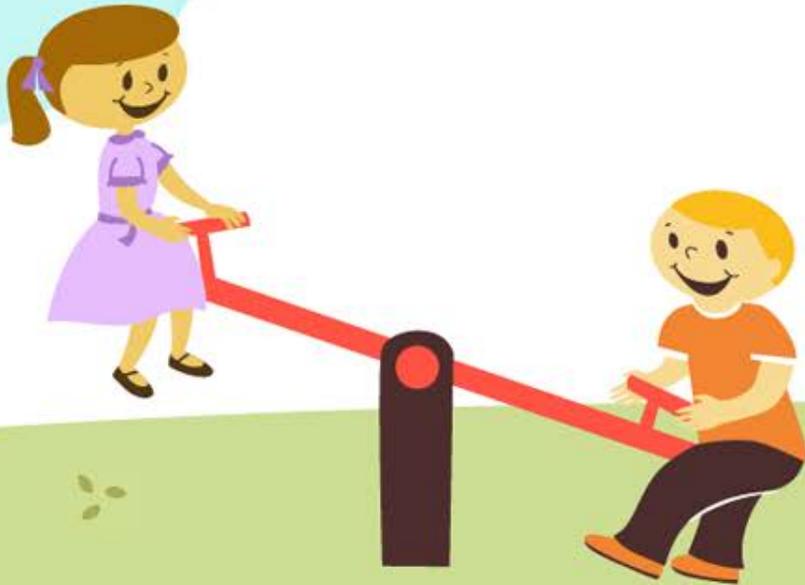


Pictures Help Kids Know What it Looks Like



Positive Discipline

When It's Necessary to "Do Something"



Relationship Matters First: Building the Foundation

- Routine
- Chores/Responsibility
- Special play time/Spending time with your kids
- Kind conversations: Noticing, commenting



What's the Difference?

Positive Discipline

- **Discipline** is a **positive** method of teaching a child self-control, confidence, and responsibility.
- **Discipline** is a way to teach kids to follow rules or correct misbehavior.

Punishment

- **Punishment** focuses on past misbehavior and offers little or nothing to help a child behave better in the future.
- When **punishment** is used, the person who punishes the child becomes responsible for the child's behavior – not the child.



Positive Discipline: Comment and Redirect

If your toddler is playing with an object that could be dangerous, introduce another toy that will grab his attention. If that doesn't work, take him to another room or go outside to divert his attention.



Positive Attention

- When kids receive regular doses of **healthy, positive attention**, they reduce their attention-seeking behaviors.
- Kids are less likely to whine, ask the same question over and over, or start poking at their sibling when they've been given regular doses of positive attention.
- Provide each child with **10 to 15 minutes** of your undivided attention each day.



Use Time-In, Not Time-Out

- Time-out can be overused. Placing a child in repeat time-outs may backfire and cause him to act out even more to gain your attention and affection.
- When your child misbehaves, sit down with him to read a book rather than sending him to time-out alone. Continue this until your child has calmed down and, if appropriate, is ready to apologize for his behavior.



Say What You Expect Rather Than What You Don't Want

Saying What You Don't Want

- “Don't run!”
- “Don't hit!”
- “Stop that!”

Saying What You Expect

- “Walk Please”
- “Nice hands, please.”
- “Let's find something to play with.”
- “Let's see what else we can do.”



Keep it Simple

Noticing Comments:

- “Thanks for walking.”
- “You remembered to walk!”
- “You didn’t give up on that puzzle!”
- “I liked reading with you.”
- “You helped so much today!”



Questions?

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THANK YOU!

