

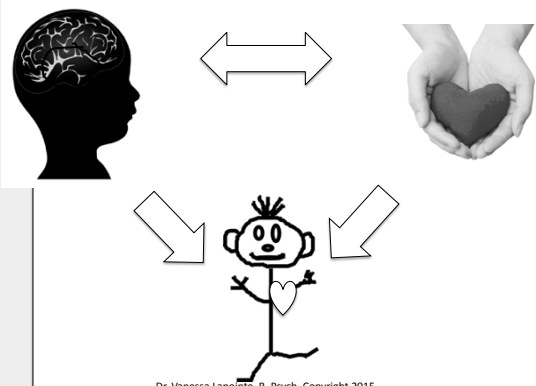
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Discipline
Without
Damage


The art of *Being* rather than *Doing*

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Science and Heart



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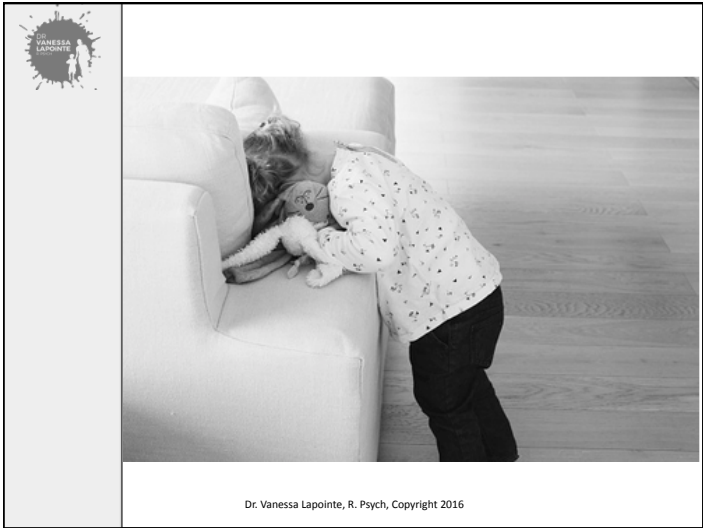
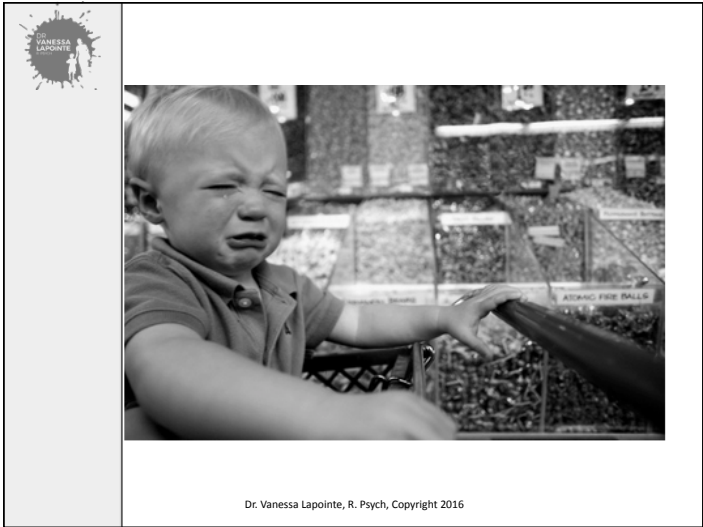
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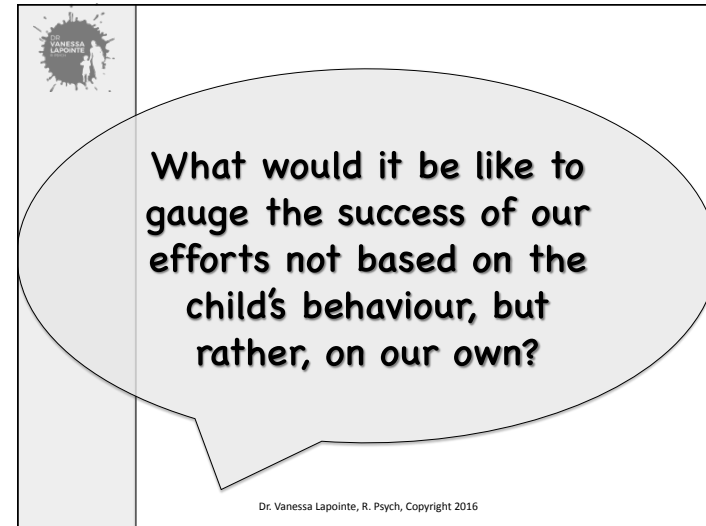
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Plan

- The 3 layers of responding
 - Being it
 - Needs barometer
 - Prevent/Respond
- The profound role of connection
- The roots of behavior
- Responding in the moment
 - 9 stepping stones
- Preventing outside the moment
 - 4 key principles

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"Being it"


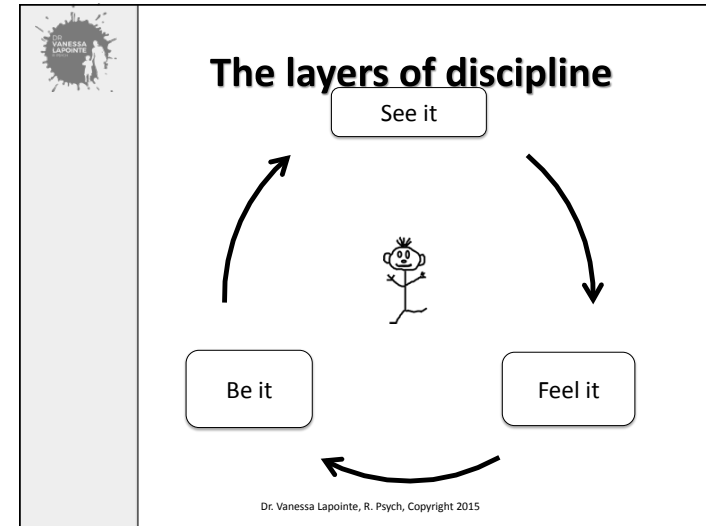
See It	Feel It	Be it

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Attachment and Development

THE PROFOUND ROLE OF CONNECTION

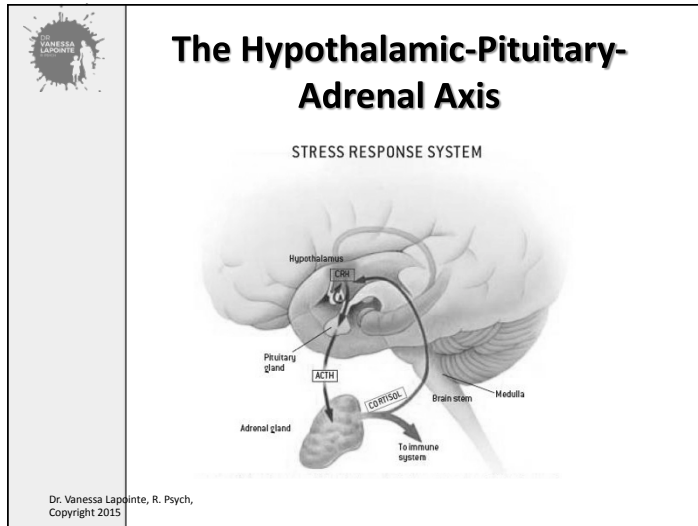
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Connectedness & Development

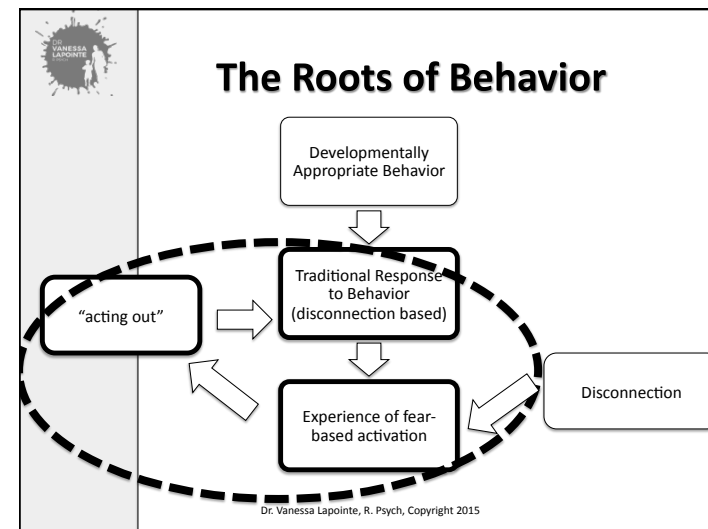
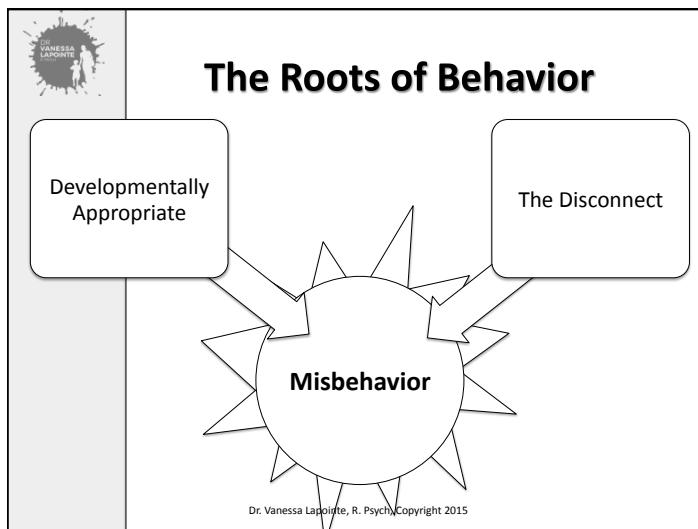
- Foundational to all growth is connection
- In the research world, it is called "Attachment"
- Attachment is the relationship between a key big person and a child

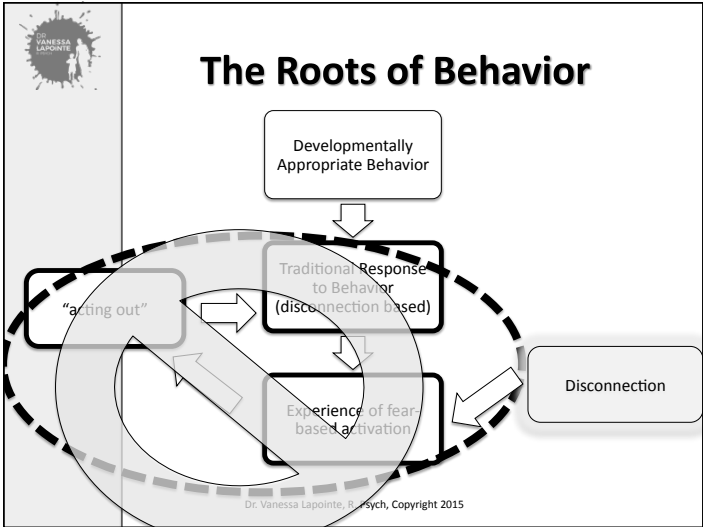
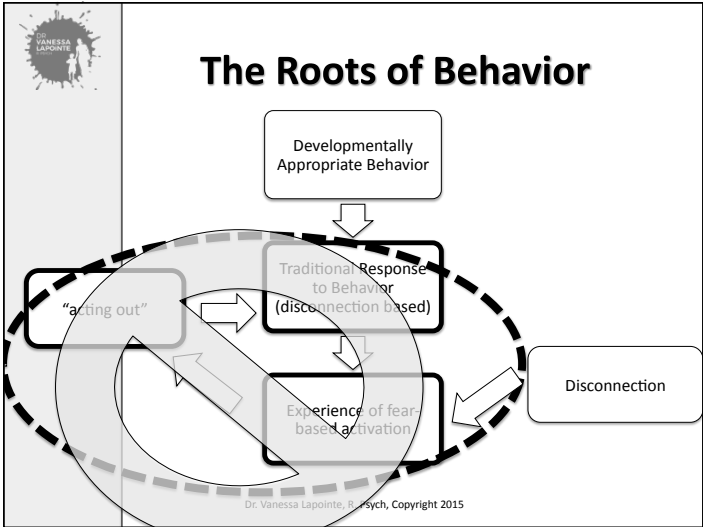
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Where does behaviour really come from? A REVISED AND CONTEMPORARY UNDERSTANDING OF BEHAVIOR

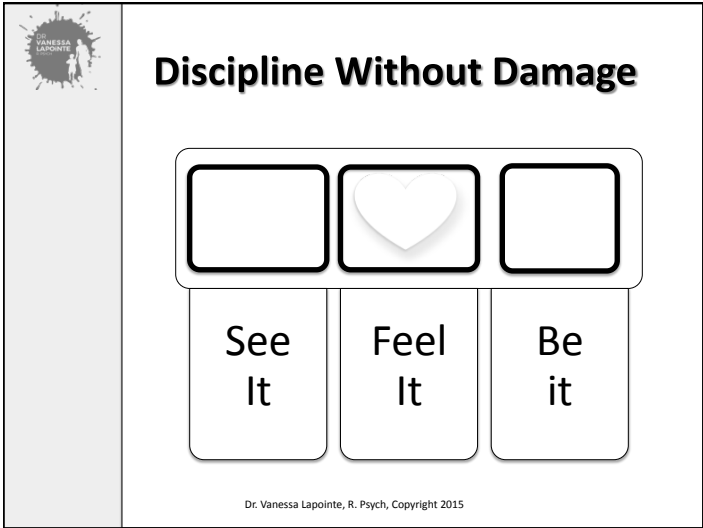
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What does damage-free discipline look like?
PUTTING KNOWLEDGE INTO ACTION

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Our starting point...

- What are we actually responding to when we have a child who is “misbehaving”
 - The behavior? or
 - Something else?
- What is YOUR answer?
 - Responding to behaviour leads us to rely on punitive practices - time outs, consequences, removal of privileges
 - Responding to the “something else” leads us somewhere very different!


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Discipline gone wrong

Time Outs	Consequences
= DISCONNECTION	
Removal of Privileges	Rewards (Charts, token economies, etc.)
= ALL EXTERNAL	

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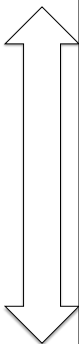


Needs Barometer


1. Walk alongside

2. Low and slow

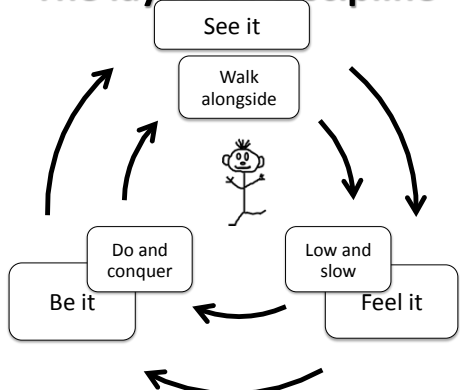
3. Do and conquer



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The layers of discipline



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Make room for development
RESPOND & PREVENT

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Overview

**In the Moment –
9 Stepping Stones**

1. Respond with Connection
2. Stay low
3. Dropping the flag
4. Firmness with Kindness
5. No explanations
6. Choose your moments
7. Exit gracefully as needed
8. Relationship = bottom line
9. Debrief

**Outside of the Moment –
4 Principles**

1. Nurture connection
2. Be big
3. Create Containment
4. Connect to Relax

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The layers of discipline


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graph TD
    A[See it] --> B[Walk alongside]
    B --> C[Prevent]
    C --> D[Respond]
    D --> E[Low and slow]
    E --> F[Feel it]
    F --> G[Be it]
    G --> H[Do and conquer]
    H --> A
    I[Influence] --> C
    
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Respond IN THE MOMENT

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Overview

**In the Moment –
9 Stepping Stones**

1. Respond with Connection
2. Stay low
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1. Respond with Connection

- This is a time to highlight your relationship rather than their behaviour
- Respond in ways that have the child feel you care about them
- Side with their feeling, even if you aren't siding with their behaviour
- Have them feel your presence and your empathy
- The "commentator" of their emotion


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2. Stay low

- You are your child's co-regulator
- As they go high, you go low
- Be genuine in your lowness – avoid being flat or distant
- Match intensity with your compassionate responding


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3. Drop a Flag

- You can respond with a quick flag drop
 - "That needs to stop..."
 - "Gentle hands..."
 - "Those are not words we use..."
- Go in quick and get out quick with the flag
- Move immediately into caretaking of the emotions
 - "You are so upset" ... "oh my goodness" ... "come with me" ... "I will help you" ...


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4. Firmness with Kindness

- The “NO” needs to be “NO”
- The caring needs to be PROMINENT – bigger than the “no”
- Communicate empathy for upset, disappointment, etc. in the face of the “no”
- Tears and upset are ok as long as they are compassionately supported
- “No” ...”I know”...


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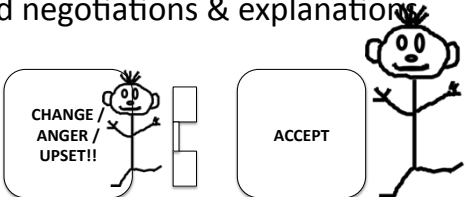
5. No explanations

- Avoid negotiations and explanations until the “no” has really been internalized


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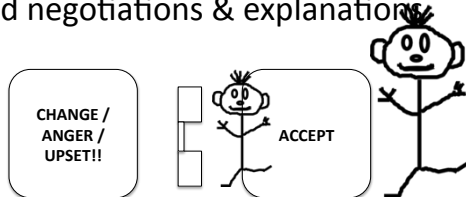
Avoid negotiations & explanations




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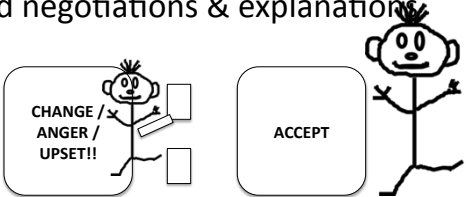
Avoid negotiations & explanations




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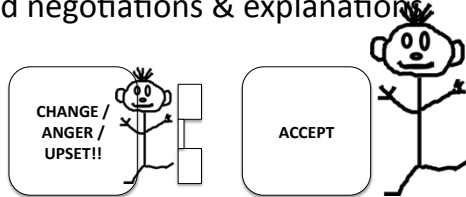
Avoid negotiations & explanations




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Avoid negotiations & explanations




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6. Choose your moments

- Be mindful of where your child is at – their “zone” of need
- Meet them where they are and adjust expectations accordingly
 1. Walk Alongside
 2. Low and Slow
 3. Do and conquer


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7. Exit gracefully as needed

- Know when you need to bail
- Maintain control if a boundary needs to be abandoned
- Even when you realize you have lost control, your child should sense that all is well and good


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8. Relationship = Bottom Line


- There is nothing that could ever get in the way of this!
- Have all of your actions be informed by what nurtures relationship
- Protect it at all costs!
- Have your child believe that it really is your bottom line

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8. Relationship = Bottom Line


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9. Debrief


- WHEN CHILD IS CALM
- First CONNECT
- Revisit what happened – get in and get out
- Provide explanations as you see appropriate
- Plant the seed of ability – “Next time...”

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Prevent OUTSIDE OF THE MOMENT

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Overview

In the Moment – 9 Stepping Stones	Outside of the Moment – 4 Principles
1. Respond with Connection	1. Nurture connection
2. Stay low	2. Be big
3. Dropping the flag	3. Create Containment
4. Firmness with Kindness	4. Connect to Relax
5. No explanations	
6. Choose your moments	
7. Exit gracefully as needed	
8. Relationship = bottom line	
9. Debrief	


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How to roll...


1. Nurture connection
2. Be big
3. Create Containment
4. Connect to Relax

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PRINCIPLE 1. NURTURE CONNECTION


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Principle 1. Nurture Connection

1. Connection security results in maturity
2. Come alongside a child to get her onside
3. Show love in a no-matter-what kind of way
4. Keep relationship as the bottom line
5. Fill 'em up
6. Pick up what they put down
7. Be generous
8. Play


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Principle 1. Nurture Connection

1. Connection security results in maturity
 - Through the gift of deep dependence comes the reality of true independence


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Principle 1. Nurture Connection

2. Come alongside a child to get her onside
 - When you can first be on the same page, the likelihood of cooperation and a desire on the part of the child to please the adult is significantly increased


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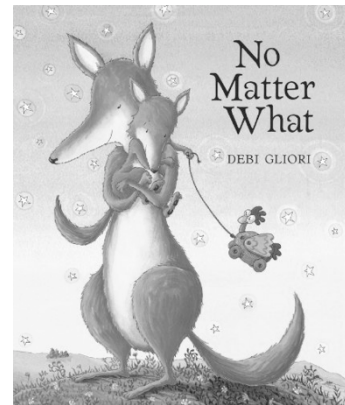


Principle 1. Nurture Connection


3. Show love in a no-matter-what kind of way
 - No matter how big the mistake, the challenge, the goodbye – have the child believe that the connection endures beyond everything
 - Cast forward to the next point of connection
 - Visually script
 - Ideas:
 - Symbols to hold onto
 - A time of reconnection to look forward to
 - Talk about the parents to the child (at school, daycare)
 - Parent picture board
 - Use rituals
 - Bite out of sandwich
 - Etc.!!!!

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**Principle 1.
Nurture Connection**

4. Keep relationship as the bottom line
- You want them to *feel* like the most important thing to you is the connection
- You are not here in the service of the world around you, but rather, in the service of the child who is utterly dependent upon you


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**Principle 1.
Nurture Connection**

5. Fill 'em up
- Only when they have had their fill can they rest from seeking it
- Give them more of you than you think they need
- Have them feel your connection above and beyond


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**Principle 1.
Nurture Connection**

6. Pick up what they put down
- Nurture a sense of trust
- Have them know they can depend on you to act on their behalf in the best possible way
- Respond swiftly and deftly
- Be fierce about this – in a quiet, strong, confident, sure way without flaunting


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**Principle 1.
Nurture Connection**

7. Be generous
 - What a wonderful gift!
 - Surprise the child with generosity
 - Act before they ask
 - Be stealth in your generous provision


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**Principle 1.
Nurture Connection**


8. Play
 - Play is an essential part of healthy existence (David Elkind)
 - You must play in order to grow – even as adults!
 - Aim for at least 15 minutes a day of uninterrupted playtime with your child
 - Seek the joy

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**PRINCIPLE 2.
BE BIG**


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**Principle 2.
Be Big**

1. “Just know”...
2. Exit stage left
3. Steer into the skid
4. Be okay with upset
5. Exude confidence
6. Be the biggest
7. Provide hope in advance


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Principle 2. Be Big

1. “Just know”...
 - Even if you don’t have the answer, you need to BE the answer
 - Have your children sense you as “all knowing” even if you don’t know


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Principle 2. Be Big

2. Exit stage left
 - Get out of there when you need to!
 - But do so gracefully and without surrounding your “hulkness”
 - Never fear - you will have lots of other opportunities


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Principle 2. Be Big

3. Steer into the skid
 - This allows a sense of you as being in control even in situations that actually are very much out of control
 - You cannot control a child who cannot control themselves
 - So call the shots on what you know is coming anyway


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Principle 2. Be Big

4. Be okay with upset
 - Nobody ever said childhood was meant to be quiet and peaceful and pleasant all the time
 - Chaos and upset are a lovely and essential part of the package!
 - Welcome it
 - Tears and upset are wonderful when safely received by the warm embrace of connection with a caring adult

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**Principle 2.
Be Big**

5. Exude confidence

- You have got to walk it
- Your tone
- Your posture
- Your words
- Your eyes
- Have your sense of yourself as a “big person” come seeping out of how you *are* – drip, drop, drip, drop

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**Principle 2.
Be Big**

6. Be the biggest

- You be in charge of the connection
- You nurture it
- You mend it
- You apologize
- You care take
- You shield

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**Principle 2.
Be Big**

7. Provide hope in advance


- There is a sense of desperation that can set in when the “point of no return” is thought to have been passed
- Hope in advance rescues the child from having to go there

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**PRINCIPLE 3.
CREATE CONTAINMENT**


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Principle 3. Create Containment

1. Get the shout out
2. Hand over the road map: using verbal or visual scripting
3. Establish rituals and traditions
4. Feel the rhythm of your schedule
5. Repeat subtle flags
6. Create a nest


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Principle 3. Create Containment

1. Get the shout out
 - Sometimes this can just build up
 - And it gets stuck
 - Provide your child the relief of allow some of the pressure out of the system
 - But set this up to occur at a time and in a way that ultimately safeguards them from the judgmental, shaming gaze of the world


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Principle 3. Create Containment


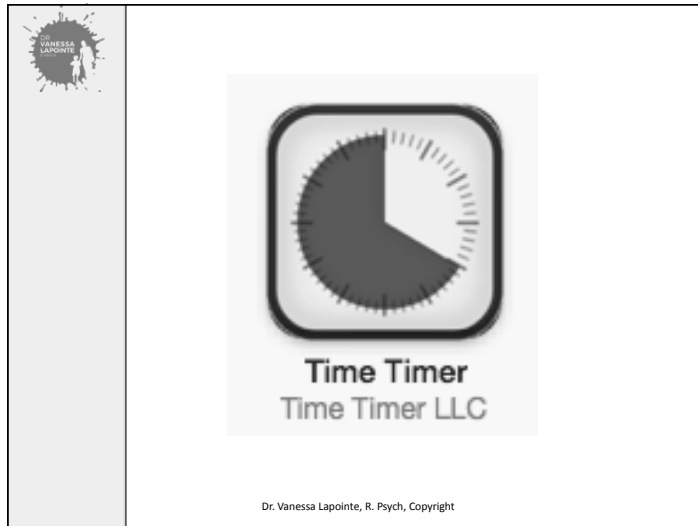
2. Hand over the road map: using verbal or visual scripting
 - Tell the whole story from beginning to end
 - Make it visual
 - Visual schedule of week/month
 - Visual schedule of day
 - Visual schedule for tricky patches in the day e.g. leaving the house
 - Use social stories
 - Remember what stresses kids out:
 - Being rushed
 - Not knowing what is coming next
 - Transitions
 - Resources:
 - Boardmaker
 - www.easydaysies.com

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Principle 3. Create Containment

3. Establish rituals and traditions

- A sense of belonging and identity
- Rituals are a way to bring special meaning and emotional safety into the daily goings-on of a child's world
- We think of rituals and traditions for special occasions, but what about just for life?
- E.g.
 - What are Fridays all about?
 - What do you do to kick off the day each day?
 - What are your special goodbye rituals (give me an "h"?)

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Principle 3. Create Containment

4. Feel the rhythm of your schedule

- Surprise and spontaneity are not generally well-received by most human beings!
- Having a rhythm to your days and your life provides a sense of safety
- Create a sense of rest in allowing for "givens"

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Principle 3. Create Containment

5. Repeat subtle flags

- Have some go-to's that allow you to easily highlight necessary boundaries and expectations
- "kindness and respect"
- "Caring words"
- "Gentle hands"
- Etc.


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Principle 3. Create Containment


6. Create a nest
 - Sometimes you have to take cover
 - Put up a big shield
 - Climb into the nest and stay there for as long as is required for the “system” to settle

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PRINCIPLE 4. CONNECT TO RELAX


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Principle 4. Connect to Relax

1. Embrace opportunities to help children with the physical process of “settling”:
 - Form a relationship with their feelings
 - Reduce physical symptoms of agitation
 - Feel calmed in the nurturing presence of one of their big people
2. Deep breathing
3. Relaxation scripts
4. Progressive muscle relaxation
5. Calming boards


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Principle 4. Connect to Relax

1. Embrace opportunities to help children with the physical process of “settling”:
 - Form a relationship with their feelings
 - Reduce physical symptoms of agitation
 - Feel calmed in the nurturing presence of one of their big people


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**Principle 4.
Connect to Relax**

2. Deep breathing
 - Circular breathing
 - In through nose and out through mouth
 - Belly breathing; birthday candles; balloon blowing; etc.
 - Snuggled up next to a special big person!


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**Principle 4.
Connect to Relax**

3. Relaxation scripts
 - Guided meditation
 - Simple stories that allow a “pause” button to be pushed
 - App store – Bedtime Meditations by Christiane Kerr


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**Principle 4.
Connect to Relax**

4. Progressive muscle relaxation
 - The various muscle groups in the body are progressively tensed and released following a script
 - www.sickkids.ca/pdfs/IMP/21461-52IMPReprint-Corniere.pdf
 - Check app store
 - Taming Worry Dragons has a script imbedded in the workbook

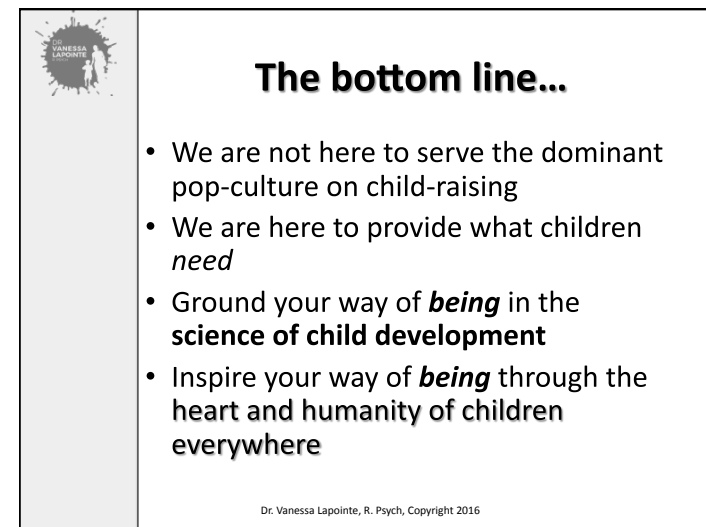
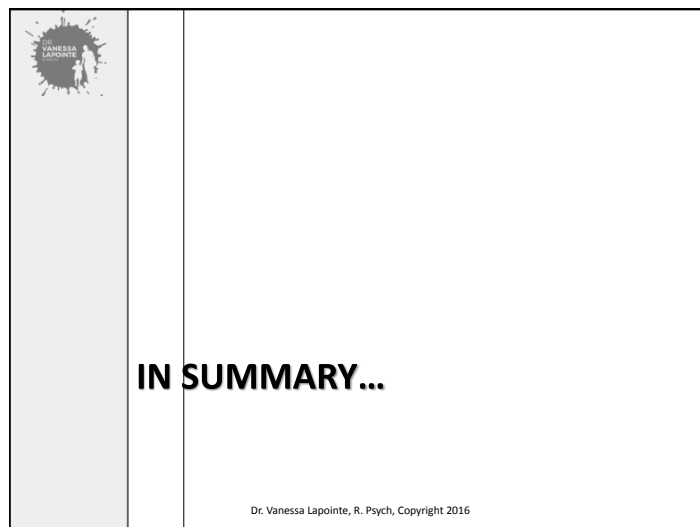
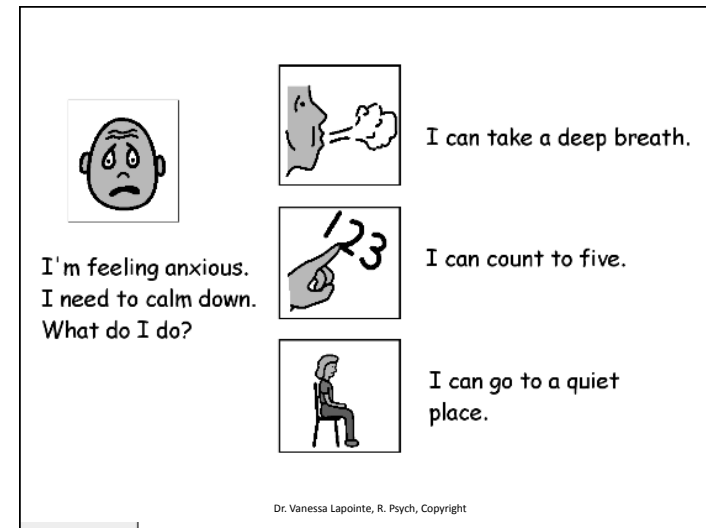
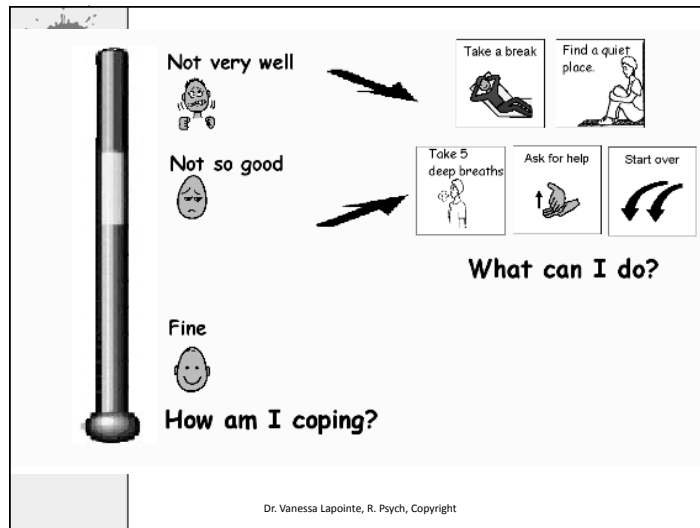
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**Principle 4.
Connect to Relax**

5. Calming boards
 - Visual scripting of what it takes to calm our bodies
 - www.setbc.org for calming boards (visual scripts)

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The bottom line...

Remember, you are not
managing an inconvenience;
you are raising a human being.
- *Kittie Franz*

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"Being it"

		
See It	Feel It	Be it

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