

Weekly Practice Session 2

Journal about the following while reading to deepen your experience:

The most profound thing I learned was:

How I used what I learned:

I have questions about

When you experience a conflict with your child, take time to randomly choose a Positive Discipline tool card. Invite your child to do the same and decide together if one of them will solve the problem.

Read Chapters 3 (The Significance of Birth Order) and 4 (A New Look at Misbehavior) in Positive Discipline book if you are following the book (Positive Discipline by Jane Nelson)