



Happy
Moms

Handouts for Tarbyat Program

<https://happymoms.pk>

Session 2:

1. Discipline: What Have You Tried?

**What
discipline
methods you
have tried**

Get into your child's world and imagine what they life skills and characterisitcs they have learned from these discipline methods:

**What your
child has
learned?**

2. What is Positive Discipline

Parents are either too firm and rely on punishments and consequences to discipline their children or too kind and rely on too much freedom of choice to their children.

Positive Discipline is both kind and firm

@happymomspk

Both too kind and too firm are extremes

Kind but not firm Firm but not kind

Read our Instagram post for more details on it [here](#)

you are not supposed to be perfect, just working for improvement.
Apologize for your mistakes and try again.

Reminder: Remember the Competent Giant Activity.

Here is a tip; instead of being in "Competent giant" position try Eye to Eye:
This could mean getting on your knees to be eye level with a young child, or asking your teen to sit at your level

Watch video on Validation and boundary setting to understand how you can be both kind and firm when dealing with your children

Positive Discipline is:

- ✓ Being Kind and Firm at the same time.
- ✓ Develop the sense of Belonging and Significance.
- ✓ Is Effective Long-Term.
- ✓ Teaches valuable Social and Life Skills
- ✓ Encourages children to Discover how Capable they are

@happymomspk

3. Why Punishment doesn't work?

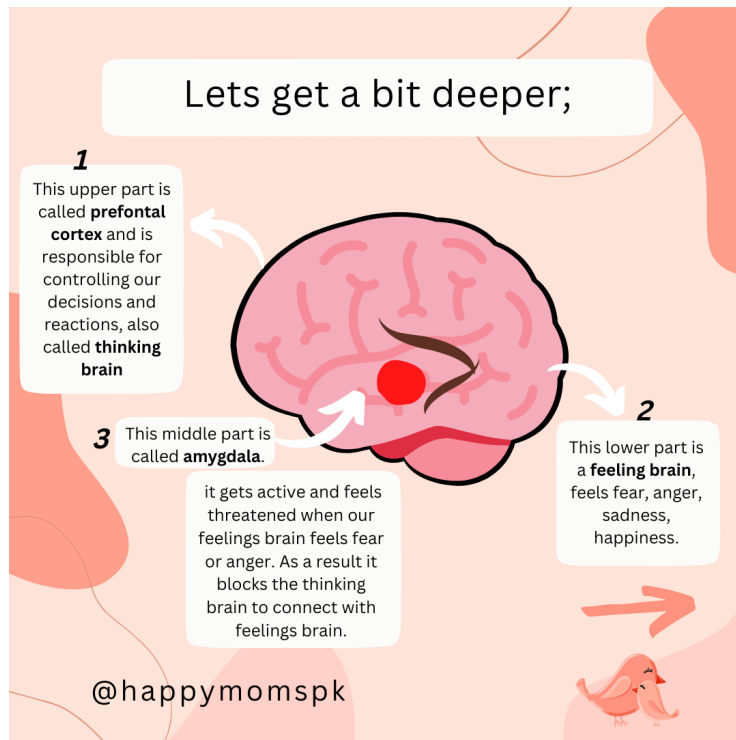
4 R's of Punishment explained during the session

If you just want to stop the behavior, or want temporary compliance, use punishment which is an external motivator. However, punishments and rewards do not help children develop "internal motivation" to learn the characteristics and life skills you want for them.

Positive Discipline is never humiliating: no Blame, Shame, or Pain!

Apologize from your children if you have been rude or angry to them, children are very forgiving. Use the 3 RS' of recovery tool card at the end of this handout!

4. Understanding the brain



Read our post on instagram about understanding the brain [here](#)

5. Positive Time Out

Time out is the most popular disciplining method used so far, but its not used in a positive and kind way. As explained in the session, create a positive time out space with your children. Watch a story on "Jerad's time out Space" in the video section of your portal.



Sit down with your child to create a positive time-out area with him or her. Start by explaining, "Sometimes we get upset and need time to calm down (like time-out in sports). Let's create a positive time-out area. This is not about punishment, but a place that will help you calm down and feel better. If you had a corner you could fix up with things that would help you feel better, what would you put in that corner?" It might include pillows, stuffed animals, books, colors, paints, markers, etc. Make a list of everything your child thinks would help him or her feel better.

6. Parenting tool cards to use

There are not any parenting tools that work every time for every child. That's why you need many of them.

Use one word



Instead of lectures and repeating everything, just use one word as a reminder

it works best when things are agreed upon together and beforehand

- Toys
- Bedtime
- Brush time
- Homework time

www.happymoms.pk

3 R's of recovery



Making mistakes as a parent isn't as important as what you do after them. Once you are calmed down follow these steps

1. **Recognize** the mistake with a feeling of responsibility instead of blame.
2. **Reconcile** by apologizing. Children are so forgiving.
3. **Resolve** the problem by working together on a respectful solution.

www.happymoms.pk

Connection Before Correction



Creating a connection before correction is a great example of kindness and firmness.

1. "I love you and the answer is, no"
2. "Ap mere liye grades se zada important ho, ap batao apki liye grades ka matlab kya hai?"
3. "I love you and have faith that we can find a respectful solution."
4. "I know, ap ko wo toy chahye aur I am sorry, apko yeh nahi mil sakta"

www.happymoms.pk

Avoid Arguments



Talking back to your child doesn't model what you want to teach

1. Respond respectfully
2. Validate feelings. "looks like you are really angry"
3. Lets take some time to calm down and talk again respectfully
4. "Smile and tell them " I love you"

www.happymoms.pk

Alone time with kids



Set special time that is different from regular time.

1. Turn your phone off
2. Choose an activity you both enjoy from a list you have brainstormed together beforehand
3. Age Guidelines:
 - 2-6 years old: 10 min./day
 - 7-12: at least 30 min./week
 - 13 and older: once a month something your teen can't resist

www.happymoms.pk

Validate Feelings



1. Allow children to share their feelings so they can learn they are capable of dealing with them.
2. Don't fix, rescue, or distract.
3. Validate their feelings: "I can see you are really angry, upset, sad."
4. Follow through by being there with them and let them deal with it

www.happymoms.pk

Do not share this with any individual outside of our tarbyat program without permission.

copyright@happymoms.pk