

Elements to help us discipline nonviolently with loving guidance, without punishment, timeouts or spanking

**WORDS - ATTITUDES  
BELIEFS - DEMEANOR**

## WORDS

### Engage the Cooperation of Children

#### DESCRIBE

We can describe what we see.

*"I see a glass near the edge of the table."*

We can describe the problem.

*The kitchen is a mess.*

#### WORD

We can say it in a word.

*Shoes!*

#### INFORM

We can give information.

*Bikes left out in the rain will rust.*

We can make a statement of appropriate function or behavior.

*We don't hit people.*

#### CHOICE

We can offer a choice.

*You can wear the red outfit or the green outfit.*

#### Describe Feelings

We can describe what we feel.

*I get tired and feel sorry for myself when I have to clean up the house all by myself. It would be nice to have some help.*

**When we appreciate that others have good reasons for their behavior, it allows us to approach them with love in our hearts.**

## Ways to frame our arguments

Express nuances of anger  
without nuances of insult.

Talk to the situation,  
not the character of  
the person.

**Disagree  
without  
being  
disagreeable.**

**CHANGE A MOOD, NOT A MIND.**

## Here are some alternatives to punishment:

- Point out a way to be helpful.
- Express strong disapproval without attacking character.
- State your expectations.
- Show your child how to make amends.
- Take action.
- Allow your child to experience the consequences of his or her own behavior.
- Sympathize with the child. Be compassionate but stick to your decision
- Give an early warning.
- Give specific instructions. Tell what to clean up, not just to “clean up.”
- Ask your child if you can help.
- Ignore some annoying behavior. Don't reinforce negative behavior by giving it too much attention.
- **Do nothing.**
- Tackle one problem at a time. Correct one behavior at a time.
- Use your sense of humor and imagination/wishes.
- Give yourself time to grow and change.
- **Be affectionate.**
- Make sure the children are getting enough sleep.
- Use the Golden Rule for children. Do unto them as you would like to have done unto you.
- Convey respect.
- Overlook differences that don't really matter.
- Don't do for your children what they can do for themselves.
- Schedule family time.
- Use “I” statements.
- Don't reward inappropriate behavior.
- Use encouragement and honest praise rather than blanket praise.
- Stop and think before you act.
- Don't make a big fuss over spills and accidents.
- Acknowledge positive behavior.
- Sometimes just listen and be sympathetic. You can be sympathetic to both sides.
- *Be willing to change your mind.*
- Say “yes” as much as possible.
- Get support and inspiration as a parent so that you remember you have choices.
- Continue to think of your child as an emotional equal and figure it out.
- Just say “no” to spanking.

Use positive reinforcement

# Create a positive environment

*Say yes as much as possible*

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**Save no** for the important things

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*Use natural consequences*

*Use logical consequences*

*Use restitution*

*Leave it up to your child*

# Compromise

State your expectations,  
& *get out of the way.*

*Give specific instructions.*

*Give a reason.*

*Give a choice.*

*Offer help.*

**Redirect your child.**

**Remove your child.**

*Make positive statements.*

**Give in occasionally**

**Give your child time to agree**

# Simply insist

**Make rules.**

*Ignore some behavior*

Avoid nagging and threats!!

**Distract your child.**

*Use humor & wishes.*

**Make it a game.**

Be willing to admit your mistakes.

Stop and think before you act.

**Don't make a big fuss**

**over** little things

**Stick to routines**

**Don't hurry your children too much**

Get to the root of the problem.

Correct one behavior at a time.

Give yourselves time.

Use the golden rule.

**Model appropriate behavior.**

Think of your child as an equal.

**Always keep your love for your child in mind.**