

“Disciplining with Dignity”

Encouraging Positive Behavior

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Objectives:

- **Encourage participant interaction through “share & tell”**
- **Present the use of choice and consequences as a discipline method**
- **Teach methods of handling “difficult” behavior**
- **Build awareness of how not to discourage children**
- **Present and practice methods of encouragement**
- **Encourage Teachers in their job as educators**

1. Share & Tell

- a. Discussion on disciplining with dignity
- b. Definition of discipline
- c. Preventing misbehavior by giving choices
- d. Importance of providing transitions
- e. Discuss the When-Then rule for prevention
- f. Teach the ACT method of discipline
- g. Discussion: “Who has a success to share”
- h. Discussion: “Who has introduced a new routine in the classroom that has made teaching easier?”
- i. Discussion: “Who has introduced a new routine in the classroom that has made teaching more difficult?”

2. Choice and Consequences

- a. Understanding Consequences
- b. Consequence must make sense for the misbehavior
- c. Tone of voice firm and calm
- d. Only choices and consequences you can live with
- e. Give the choice one time, then act
- f. Consistency is the key
- g. Choice and consequence Practice
- h. Discussion: “Who will give us their discipline problem for us to work with?”

3. Tantrums / Defiance

- a. Cause
- b. Frustration tantrums are a child's way to getting back into control
- c. How teacher reaction affects future outbursts
- d. Model (Display)
- e. Tips to keeping control
 - 1. Stay calm
 - 2. If child is safe, step back and let them finish
 - 3. Talk gently
 - 4. If child is in danger to himself or others, restrain firmly
 - 5. Do not offer rewards or give into demands
 - 6. Offer a choice or remove to another room

4. The Power of Encouragement

- a. Build 'Em Up or Put 'Em Down
- b. Discussion: "How many of you as educators think children have it easy today?"
- c. Discussion: "How many of you as educators think life is about facing problems & that everyone has them?"
- d. Discussion: "Do you agree that those who survive and thrive in life are the ones who are able to deal with problems and move on?"
- e. The importance of "Courage"
- f. Times in a child's life when they need courage
 - 1. Overcoming fears
 - 2. Learning in school
 - 3. Working hard when they would rather play
 - 4. Saying "no" to drugs and violence
- g. How to Encourage
- h. Build 'em up
 - 1. Teach independence
 - 2. Putting down when we as teachers don't want to help
 - 3. Positive words
 - 4. Discouraging influence
 - 5. Catch them doing something good

5. Caring for the Educator

- a. Health
- b. Teacher Education
- c. Where to go for help
- d. Teacher In-Service
- e. Parent Education
- f. Discussion: “After the conference, how would you deal a problem or with your frustration differently

Interactive: Separate educators into groups and give each group a case study. Each group will work together to come up with positive solutions to the behavior or problem. One representative from each group will present their solutions.

Closing: Congratulate all participants for attending and reinforce that positive discipline creates a healthier and calmer environment than negative discipline. Remind them that teaching is an Amana and they are making a life long imprint on the next generation...Let’s make it a positive one with “Disciplining with Dignity”