

Discipline

True meaning of the word discipline is to teach. (Latin - Discere)

It is essential that the relationship with the child is maintained, that discipline is not shame based or humiliating for the child. (i.e avoid public systems such as name on the board).

All attempts to discipline should be gentle on the child, firm on behaviour.

Maintain unconditional positive regard and support the child to behave differently next time.

Punishment increases feelings of resentment and/or highlights to the child that adults don't help that they must control.

Not time out, but time in with an adult.

Shame triggers opioid withdrawal (which is painful)

Choices and consequences triggers the frontal lobes.

How nice to be told in a good way that I am doing something wrong.