FAMILY GOALS:
1. Commit to use Positive Discipline; study and follow the handout.
2. Track rewards and consequences.
3. Use Positive Practice to teach family members to do the following:
   a) Follow directions
   b) Accept “No” nicely
   c) Stay calm in consequences
4. Decide consequences and write them on the “My Family Rules!” handout.
5. Make a Chore Jar

FAMILY FUN:
Play the game “Truth or Consequence.” Make two jars labeled “Truth” and “Consequences.” Put slips with funny questions in the “Truth Jar” and put funny consequences or stunts in the “Consequence Jar” that people must perform if they answer with a lie instead of the truth. Each person pulls out a slip, reads the question aloud, and either tells the truth or picks and does a consequence.

POWER PHRASE:
“Punishment creates resentment and doesn’t produce lasting change, while Positive Discipline produces long-term good behavior, and better family relationships.”

Establish limits and reasonable consequences and then follow through calmly

Decide and post “My Family Rules!” with consequences

Make a Chore Jar for breaking rules
Adding mild consequences to your rewards program increases good behavior

**Seven Steps of Positive Discipline**

1. Teach the behaviors you want using “Positive Practice.” (“Positive Practice” is teaching kids the specific steps of prosocial good behavior.)
2. Decide on negative consequences ahead of time; discuss them with your children. (Short, mild consequences work best.)
3. Give clear directions.
4. Remain calm.
5. Give a Warning Cue.
6. Be consistent in giving consequences every time.
7. Make sure your kids know they are loved.

**Put Positive Discipline into Practice**

**Teach good behavior using Positive Practice**

1) Name the skill and say how it will benefit your child.
2) Explain the steps.
3) Ask questions to check for understanding so you’re sure your child knows what you expect.
4) Help your child practice the skill using several pretend situations.
5) Provide feedback and praise.

**Use Positive Practice to correct misbehavior:**

1) Show empathy for your child’s feelings. (Don’t use “but.”)
2) Describe what your child did wrong. (“Just now, you...”)
3) State the correct thing your child needs to do.
4) Give a consequence that can be reduced if your child practices willingly.
5) Invite your child to practice the skill—and praise their performance.

**Follow the rules for choosing consequences:**

1) Consequences need to match the severity of the misbehavior.
2) Kids need to know what the consequences are beforehand.
3) Consequences need to be mild and of short duration.
4) Consequences need to involve a “response cost” (e.g., it costs the kids something in time, effort, or money.)
5) Consequences need to be given calmly and not in anger.
6) Consequences need to be followed by expressions of love.

**How to give Clear Directions:**

1. Get your child’s attention.
2. Give lead-time warning if possible.
3. Tell exactly what to DO; explain what, how, and when you want it done.
4. Be brief (don’t follow with long explanation).
5. Tell, don’t ask.
6. Use a firm, but polite, voice.
7. Follow through. (“Follow through” means stand near your child; give one Warning Cue. If they don’t obey after the Warning Cue, give consequence.)

**Directions that DON’T work:**

a) Chain directions  b) Vague directions  c) Question directions
d) “Let’s...” directions  e) Directions followed by a long explanation
Choosing Effective Negative Consequences
Replacing punishment with consequences that work

A negative consequence is effective when it helps bring about long-term positive change in a child’s behavior, while still preserving a loving parent/child relationship. The difference between punishment and positive discipline is intent: the intent of punishment is to inflict pain; the intent of positive discipline is to train a child in positive, pro-social behaviors. Punishment is ineffective because it does not bring about long-term change (i.e. you can’t punish people into lasting good behavior), and it harms relationships so children don’t want to please you. Choosing consequences ahead of time enables you to be fair (kids know what to expect), fit the consequence size to the misbehavior, and teach missing skills to help your child improve long-term behavior. Consequences should include a “response cost”—the time, effort, or money the child needs to give to “make it right.”

**Effective consequences** include the following:

- Positive Practice (practice the missing social skill that led to the misbehavior)
- Extra chores (choose a chore from the Chore Jar)
- Time out (effective for kids ages 2–12)
- Make it right (apologize and fix the mistake)
- Grounding from privileges or possessions for a short time (6–24 hours) until the child does Positive Practice or makes it right

**EFFECTIVE NEGATIVE CONSEQUENCES ARE:**

1. **Mild:** Doesn’t cause physical or emotional harm
2. **Kind:** Doesn’t involve anger, yelling, humiliation, or threats
3. **Logical:** Results logically from the misbehavior
4. **Instructive:** Involves practicing the missing skill
5. **Understood:** Agreed upon beforehand
6. **Simple** to give and track (ex. “Chore Jar” and “Tracking Sheet”)
7. **Consistent:** Negative behavior results in negative consequence
8. **Loving:** Followed by a sincere expression of love
9. **Safe:** Never violates a child’s basic human rights to food, shelter, emotional and physical safety, love, or education

**DRAWBACKS TO PUNISHMENT INCLUDE:**

1. **Fear and resentment:** Kids won’t like or respect you, making it hard for them to obey you or accept your values
2. **Two-faced behavior:** Kids only behave when you’re around
3. **Imitation:** Children hurt others (including you when they’re grown)
4. **Low self-esteem:** Children think parents don’t love them
5. **Hard to control:** Kids build up tolerance to pain; parents escalate and become abusive
6. **Ineffective:** Usually fails to produce lasting change
7. **Insecure attachment:** Failure to bond with parents; negatively affects future relationships
8. **Harsh physical consequences** lowers a child’s IQ

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**PRE-PLANNED NEGATIVE CONSEQUENCES**
As a family, discuss negative behaviors and decide on negative consequences ahead of time. Write them in the spaces below.

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<tr>
<th>Minor Offenses</th>
<th>Medium Offenses</th>
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Chore Jar
Encourage good behavior through constructive consequences

The best way of changing behavior is to reward kids for doing a misbehavior’s “Positive Opposite.” But sometimes they also need a mild, easy to administer negative consequence. A Chore Jar with slips listing extra chores (that are not a child’s normal jobs) makes this easy. (Slips can also be color-coded for difficulty.) When kids misbehave, they have to randomly pull out a slip and do the chore before they play. Keep track of the slips on the “Calm Consequences” tracking sheet. Extra Chores provide a “Response Cost,” teach kids useful skills, and keep the house cleaner. It’s a win-win for everyone.

Examples of Extra Chores: Shake rugs; sweep stairs, front or back porch, remove cobwebs in each room; dust picture frames; clean window(s); dust shelves; wipe baseboards with damp rag; clean handprints off doors, doorjamb, and light-fixtures; scrub the shower or bathtub grout with toothbrush; wash, dry, fold and put away an extra load of laundry; scrub the fronts of kitchen or bathroom cupboards; scrub fronts of dishwasher, oven, or fridge; sanitize kitchen counters with anti-bacterial wipes; clean microwave inside and out; sweep under the kitchen table; clean and polish all the mirrors; empty all the trash; dust lamp shades, clean a toilet, vacuum or sweep one or more rooms.

Family Fun: Have your kids decorate a Chore Jar. The following items can be helpful:
- Colored paper, cloth, or paint
- Family photos
- Pictures cut out from magazines
Staying calm when children misbehave is possible when you develop the right attitudes and skills. Here are some ideas to help:

**Attitude #1:** “I want to be a personal trainer for my child, not a punisher.”
**Attitude #2:** “Anger makes my brain less effective, distracts my kids from what I want him to learn, and harms relationships.”
**Attitude #3:** “I can choose to not be angry.”

**Skill #1:** “As soon as a child misbehaves, take a deep, calming breath before saying anything.”
**Skill #2:** When a child misbehaves, think of it as a teaching moment, and ask yourself, “What skill is my child missing in this situation?”

**Skill #3:** Use this pattern to help you give calm consequences:
1) “I understand you feel . . .” (Express empathy.)
2) “Just now you . . .” (Say what they did wrong.)
3) “What you need to do is . . .” (Tell the skill they should have used instead.)
4) “For choosing to . . ., you have earned a negative consequence of . . .”
5) “If you want to practice the skill of . . . right now, we will reduce the negative consequence to . . .”

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<tr>
<th>Date</th>
<th>Child</th>
<th>Misbehavior</th>
<th>Consequence</th>
<th>Given Calmly</th>
<th>Received Calmly</th>
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I Stayed Calm!
Tracking Sheet—Teen

When you make mistakes, like disobeying family rules or harming yourself, others, or things (including animals), you may receive a negative consequence. The negative consequence helps you know when you made a wrong choice, and you know you need to change your behavior to have a happy, successful life. If your parent gives you the negative consequence kindly and calmly, then it can help you be a better person. If you can learn to stay calm when you get a negative consequence, it shows you are developing more self-control—and you will receive fewer negative consequences.

Write down the answer to these questions for each negative consequence you receive this week:
   a) What did YOU DO to receive a negative consequence?
   b) What was the CONSEQUENCE?
   c) Did your parent stay calm while giving the negative consequence to you?
   d) Did you stay calm while receiving the negative consequence?

<table>
<thead>
<tr>
<th>a) Mistake I Made</th>
<th>b) Negative Consequence</th>
<th>c) Was My Parent Calm?</th>
<th>d) Did I Stay Calm?</th>
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©2011 KAROL KUMPFER, PH.D. AND JAYNIE BROWN
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Pro-Social Skills for a Successful Life
How to get along with parents and everyone else

Social skills, like these, help children function well in society and develop “emotional intelligence”—the ability to manage emotions and respond in a pro-social way. Have kids memorize the steps of each skill and practice different pretend situations using them. Reward them for practicing; then track and reward real-life performance. When kids forget to use the skills, have them do “Positive Practice.” For more social skills, see “Teaching Social Skills to Youth” at www.boystownpress.org.

**HOW TO DEVELOP IMPULSE CONTROL**

1. Practice Mindfulness Breathing for 2–5 minutes night and morning to train your brain to focus.
2. Choose one weak area in your life where you need impulse control. Make a plan of what to think and do when you are triggered to be impulsive. Then courageously follow your plan.
3. When you are tempted to be impulsive, take three deep breaths through your nose and ask yourself the W.I.S.E. question:
   - W = Will everyone say it’s ok if I do or say it?
   - I = Is it true and necessary?
   - S = Will this help me be my highest and best self?
   - E = Do I want everyone to do it to me?
4. Redirect your thoughts to a more positive thing to do; then do it.

**HOW TO FOLLOW INSTRUCTIONS**

1. Look at the person who is speaking to you.
2. Repeat the instructions and say okay.
3. Do what is asked and do it the best you can.
4. Report back when you’ve finished.

**HOW TO ACCEPT NO NICELY**

1. Look at the person who is speaking to you.
2. Calmly ask for a reason if you don’t understand.
3. Say “okay” and thank the person for listening.
4. If you disagree, you may calmly bring it up later. However, after two times the discussion is over.

**HOW TO STAY CALM IN CONSEQUENCES**

1. Take a deep calming breath.
2. Look at the person with a polite face.
3. Remind yourself to be calm.
4. Don’t argue.
5. Say “okay” in a neutral voice tone.
Skills for Successful Parenting
How to handle stressful situations

These cards contain tips that cover some common parenting challenges. Memorize the steps and use them regularly to reduce parent stress, help your kids have better behavior, and make your job as a parent more fun and enjoyable.

**HOW TO DO**

**POSITIVE PRACTICE**

1. Name the skill and say how it will benefit your child.
2. Explain the steps of the skill.
3. Ask the child to repeat the steps.
4. Have your child practice the skill several times using pretend situations.
5. Provide feedback and praise.

**HOW TO**

**CONFRONT NEGATIVE BEHAVIOR**

1. Find a good time to talk privately and calmly.
2. Describe the behavior you observed.
3. Ask what happened.
4. Ask what the child could have done differently.
5. Ask what the child can do to correct behavior and make amends. Give consequence if needed.
6. Ask the child to practice the correct behavior.
7. Express love.

**HOW TO**

**GIVE CALM CONSEQUENCES**

1. Stay calm and talk privately with your child.
2. Express empathy: “I understand how you feel...”
3. Describe behavior: “Just now you...” (Don’t begin with “But...”)
4. Give the consequence: “For choosing to ______, you earned ______ [consequence].”
5. Reduce consequence if they do positive practice and make amends.
6. Express love.

**HOW TO**

**HANDLE CHILD RAGES**

1. Stay calm. View it as a teaching opportunity.
2. Recognize a child has a right to feel angry, but not the right to behave badly.
3. Say, “I understand you feel angry. We will talk about this when we both feel calm.”
4. Walk away. Don’t attempt to reason with a raging person.
5. When calm, discuss the situation; give consequences for bad behavior.
6. Use up Positive Practice to teach missing skills that calm rage.
Skills for Successful Parenting

How to correct behavior

These cards contain tips that cover some common parenting challenges. Memorize the steps and use them regularly to reduce parent stress, help your kids have better behavior, and make your job as a parent more fun and enjoyable.

**HOW TO USE 7 STEPS OF POSITIVE DISCIPLINE**

1. Teach the behaviors you want using “Positive Practice.” (Positive practice is teaching kids the specific steps of each good behavior you want them to do and helping them practice it.)
2. Decide on negative consequences ahead of time and discuss them with your children. Remember, short, mild consequences work best.
3. Give clear directions.
4. Remain calm.
5. Give a warning cue.
6. Be consistent. Give the right consequence every time.
7. Make sure your kids know they are loved.

**HOW TO USE POSITIVE PRACTICE TO CORRECT MISBEHAVIOR**

1. Show empathy for your child’s feelings. Don’t use “but” or it negates your empathy statement.
2. Describe what your child did wrong. Example: “Just now you . . .”
3. State the correct thing your child needs to do. Example: “What you need to do is . . .”
4. Give a consequence that can be reduced if your child practices the correct behavior willingly. Example: “For hitting your sister, you need to take two yellow slips from the chore jar. But, if you practice talking about it nicely instead of hitting, you only need to take one slip.

**HOW TO GIVE CLEAR DIRECTIONS**

1. Get your child’s attention.
2. Give him or her a warning ahead of time, if possible.
3. Tell him or her exactly what to do. Explain what, how, and when you want it done.
4. Be brief (don’t follow with a long explanation).
5. Use “please” and then tell, don’t ask.
6. Use a firm, but polite, voice.
7. Follow through to make sure he or she did what you asked. You can follow through by standing near your child and start by giving one warning cue. Wait ten seconds, and if they don’t obey, then give the consequence.
8. Here are some directions that DON’T work: chain directions, vague directions, question directions, “Let’s . . .” directions, or directions followed by a long explanation.
When we improve our behavior by learning and practicing a new skill, we wire our brain to be more effective. Decide how often to give a reward by circling with a colored pen or pencil certain dots, such as every third or fourth dot. Have your child draw a line between the dots as he or she accomplishes what is expected.

What seems like the end... ...is only the beginning of something better

REWARD: _____________________________________________
What I will do to earn the reward: _______________________
____________________________________________________
____________________________________________________
____________________________________________________
____________________________________________________
____________________________________________________

All progress starts 1 with the first step
**Track and Reward Positive Practice**

**High-5s**

Put a small sticker or mark each time a skill or behavior is practiced. Skills could include staying calm, obeying the first time, accepting "No" nicely, etc.

An alternative to using stickers is using a rating system. For example, you can rate the performance from 1-5, 5 being excellent and 1 the least acceptable. Write the score on the poster each day. At the end of the week add up the score. Pick a minimum score, such as 25 or 28 that earns the reward. Give a bonus for extra high points.

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Track and Reward Positive Practice

Bee Good Chart

Write the skill or behavior to be practiced at the bottom of the beehive. Place a small sticker or mark on the poster each time that the skill or behavior is practiced. Behaviors could be making the bed, obeying the first time, accepting "No" nicely, putting clothes away, etc.

Bees are known for their hard work and their positive effect on their own family or hive. A hive is like a home—everyone has a job to do to make the family run happily and well. If everyone does their part, pure sweet honey is the reward.

Better **beehavior** **beegins** with me.