



3 Keys for Empowered Discipline

Presented by
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ABCs for Empowering Kids™

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On our journey today, you will:

- **Identify the value of empowered discipline**
- Introduce 3 key concepts to apply when responding to discipline that empower both adult and child.
- Give examples of each key
- Apply the 3 Keys to your situations

Meet Mary...

- ▶ Today Mary is:
- ▶ An Empowered Parent and Grandparent
- ▶ Parent Whisperer
- ▶ Author, Speaker
- ▶ Host of Radio Show-
Be You Parenting™
- ▶ Living a life of joy



What do we know about behavior?

- ❖ anything that an organism does involving action and response to stimulation
- ❖ the response of an individual to its environment
- ❖ it is a form of communicating and expressing

What is discipline?

- to punish or penalize for the sake of enforcing obedience and perfecting moral character
- to train or develop by instruction and exercise
- to bring under control

What are some side effects of discipline?



The Locks...



EXPECTATIONS



ASSUMPTIONS



CONCLUSIONS



JUDGMENTS

These are based on your experiences and beliefs,
and lead to...



CONFUSION



ANGER



FRUSTRATION

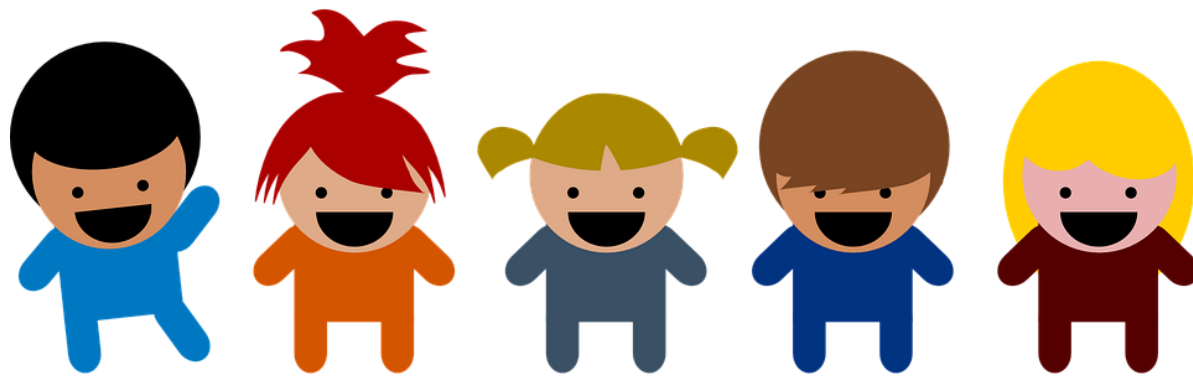


REGRET



Yours and
theirs





What else is possible?

To raise children so that they receive the training they need to prosper and succeed with confidence?

What is Empowered Discipline?

- A response to an action that brings more awareness to the reason for the behavior
- Allows the training/learning to come from acknowledgment, curiosity and choice
- Allows all involved to be empowered and respected





What is your role?

To provide a mutually supportive environment that allows parent/adult and child to grow in awareness and choice in order to Be their true self.



Key 1 Acknowledge

What acknowledgment is not:

It is not a compliment, validation, praise, cheerleading or thanking. It is not a reward or punishment.

What is Acknowledgment?

- ❖ To admit to what is real or true;
- ❖ To recognize the existence, truth, or fact
- ❖ To express recognition or realization without **judgment**

Ways to Acknowledge Kids

Examples:

- You passed your test. You didn't pass your test.
- You got dressed all by yourself. You got dressed with help.
- How did it work not wearing your snow boots today?
- You seem to be angry, tired, frustrated, silly, happy, etc.
- What would work better for you, to eat now
or after you get dressed?

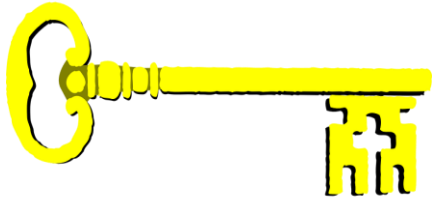
Play with Acknowledging Kids

Your turn! Write down 1 acknowledgment you can say to a child.

Homeplay: Write down at least 3 acknowledgments you can say to a child.

- 1 _____
- 2 _____
- 3 _____





Key 2 Be Curious

What is the value of using empowering questions?

- Invites new possibilities
- Shifts the energy
- Invites greater awareness
- Provides information to build deeper bond
- Implies knowing
- Eliminates assuming the wrong conclusion

Empowering Questions

What else is possible?

What question can I ask here?

What do I know about this?

What can I say that h/she can hear?

What do I need?

What does this child need?

How does it get better than this?

I wonder ...

What if ...

Examples:

Acknowledge- I saw Tommy throw sand at Sam.

Question: What do I know about this?

Acknowledge- Tommy I see you threw sand at Sam.

Question- What can you tell me about that?

Acknowledge- I've told Dena 3 times to pick up the toys and she hasn't.

Question: What else is possible?

Acknowledge- Dena, the toys are not picked up.

Question- What is going on?



Key 3- Choice

What is Choice?

- An act of selecting or making a decision when faced with two or more possibilities.
- The right, power, or opportunity to select from options.
- The capacity to create something new and different.

Using the 3 Keys with Kids

What is the child choosing?

The child is crying.

The child is pulling at you and wants your attention but you are in the middle of a conversation.

The child just hit another child.

What question can I ask?

What's up? What's going on? What can I say that s/he can hear?

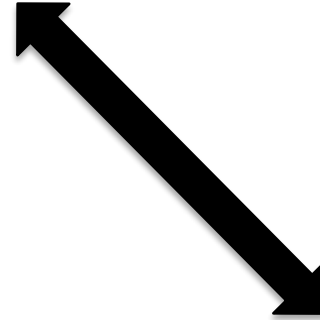
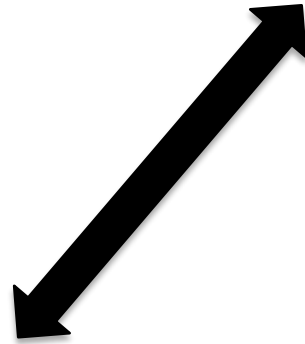
What do you need? I wonder what you could do until I finish? What if I talk with you in just a moment?

I wonder what happened? What do you know about hitting? What do you need? What other choice do you have?

Play with using the 3 Keys

What is a situation that you can turn into an acknowledgment, ask a question and create a different choice?

ACKNOWLEDGMENT



CHOICE



BE CURIOUS



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