



# POSITIVE DISCIPLINE

**Presented by Rachel Rubenstein, LCSW**

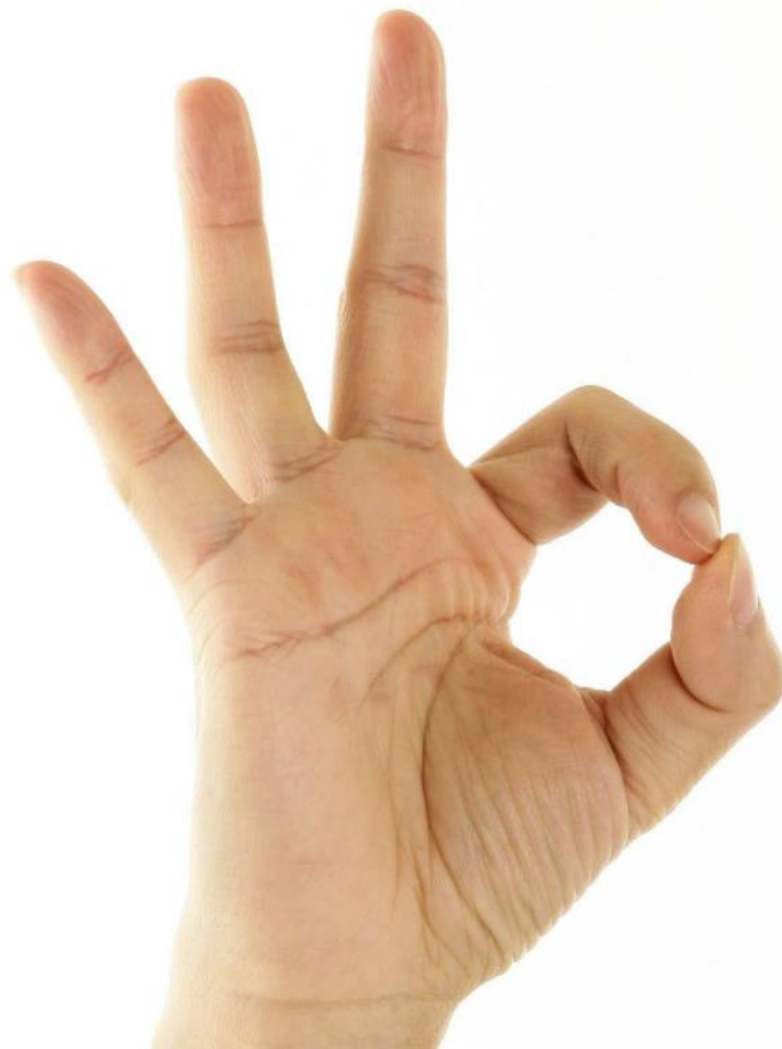
Aurora Behavioral Health System

Tuesday, December 8<sup>th</sup>, 2020

12 p.m. to 1:30 p.m. MST

**TOOLS  
FOR  
CHANGE**





# RACHEL RUBENSTEIN, LCSW

## PRIVATE PRACTICE THERAPIST

- Licensed Clinical Social Worker
- Positive Discipline Certified Parent Educator
- EMDR therapist
- Mom
- Artist



# RACHEL RUBENSTEIN, LCSW

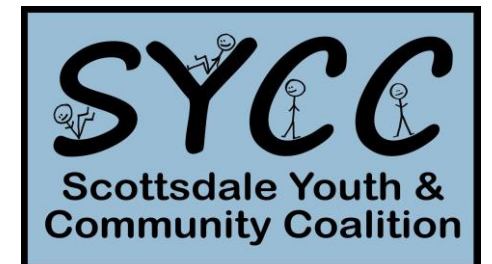
## PROGRAM DIRECTOR

## SCOTTSDALE YOUTH & COMMUNITY COALITION

**VISION** All Scottsdale area youth are living to their fullest potential.

**MISSION** To build an alliance in the Scottsdale area community of youth and families to engage, educate and empower by promoting wellness in the areas of Mental Health, Substance Use and Eating Disorders.

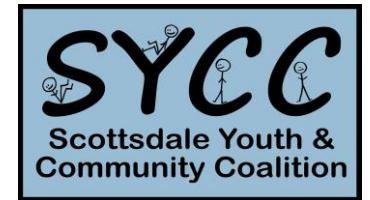
[www.ScottsdaleYouth.org](http://www.ScottsdaleYouth.org)



# RACHEL RUBENSTEIN, LCSW

## SCOTTSDALE YOUTH & COMMUNITY COALITION

### Sponsors



### Leadership



[www.ScottsdaleYouth.org](http://www.ScottsdaleYouth.org)

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# WHY POSITIVE DISCIPLINE?



# POSITIVE DISCIPLINE FOUNDERS

Jane Nelsen



Lynn Lott



Alfred Adler



Rudolf Dreikus



# WHAT IS POSITIVE DISCIPLINE?

- Philosophy
- Process for Self Awareness
- Tools and Skills Set
- Parenting, Teacher and Workplace Program



## THE TWO LISTS:

### WHERE ARE WE & WHERE DO WE WANT TO GO?

#### CHALLENGES

- Whining
- Talking back
- Not listening
- Fighting
- Hitting
- Temper tantrums
- Lack of motivation
- Won't do homework
- Morning hassles
- Bedtime hassles

#### CHARACTERISTICS & LIFE SKILLS

- Self-esteem
- Responsibility
- Kindness
- Compassion
- Respect for Self and Others
- Problem Solving Skills
- Sense of Humor
- Resilience
- Love
- Honesty



# POSITIVE DISCIPLINE

CONCEPTS

AND

TOOLS



5 CRITERIA  
**POSITIVE  
DISCIPLINE**

1. Belonging and Significance
2. Kind and Firm
3. Long Term Effectiveness
4. Skill Building
5. Raising Capable People

*CRITERIA #1*  
**POSITIVE  
DISCIPLINE**

**Belonging and Significance**  
A Sense of Connection and  
Cooperation

**Tool**  
**Connection Before Correction**

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## Tool

# Connection Before Correction

- Helps Children - Belonging and Significance
- Indication of Success
- Builds a Positive Relationship
- Problem-Solve Together
- Teach Skills
- Consider Child's Feelings

What is happening  
below the surface of  
the behavior?

What is the child  
trying to  
accomplish?



THINKING?

FEELING?

DECIDING?

# DISCIPLINE VS. PUNISHMENT

## Four Criteria for Effective Discipline

1. Kind and Firm
2. Belonging and Significance
3. Effective Long-Term
4. Social and Life Skills

## Four R'S of Punishment

1. Resentment
2. Rebellion
3. Revenge
4. Retreat

# DISCIPLINE VS. PUNISHMENT

## DISCIPLINE

- Validate feelings
- Communication
- Mutually Agreed Upon Choices
- Predetermined Response

## PUNISHMENT

- Primitive Brain
- Withdraw
- Reactive



## JANE SAYS...

"Where did we ever get the crazy idea that in order to make children do better, first we have to make them feel worse? Think of the last time you felt humiliated or treated unfairly. Did you feel like cooperating or doing better?"

-Jane Nelsen

*CRITERIA #2*  
**POSITIVE  
DISCIPLINE**

**Kind and Firm**

Mutually Respectful  
Encouraging Behaviors and  
Effective Communication

**Tool**

**Curiosity Questions**

Motivational and Conversational

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## Tool

# Curiosity Questions

## Motivational

- What is your plan for doing your homework?
- How can you and your brother solve this problem?
- What might you do differently next time?
- What could we do to solve this problem respectfully?
- What's your plan to...? Or What are your ideas for...?
- What would help you remember to....?
- What could you do to find this information?

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## Tool

# Curiosity Questions

## Conversational

**“I notice (the challenge)....”**

- What happened?...then what happened?
- What were you trying to accomplish?
- How do you feel about what happened?
- What do you think caused it to happen?
- What did you learn from this experience?
- What ideas do you have to fix what happened?
- What solutions will help you experience a different outcome?

*CRITERIA #3*  
**POSITIVE  
DISCIPLINE**

**Long Term Effectiveness**

Consistency

Skill Building

**Love**

**Tool**

**Decide What You Will Do**

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## Tool

# Decide What You Will Do

- Predetermine Your Response and Communicate Beforehand
- Effective Communication and Problem-Solving Skills
- Mutual Respect
- Solutions Instead of Punishment
- Praise vs. Encouragement
- Follow Through

# PRAISE VS. ENCOURAGEMENT

## PRAISE

- All A's. You get a big reward.
- I am so proud of you.
- I am glad you listened to me.
- I like what you did!
- You did it just like I told you.
- You really know how to please me.
- Great! That is just what I expected.
- You are such a good boy/girl.

## ENCOURAGEMENT

- You worked so hard; you deserve it.
- You must be so proud of yourself.
- How do you feel about it?
- You figured it out for yourself.
- I trust your judgement
- You can decide what is best for you
- I have faith in you to learn from mistakes.
- I love you no matter what.

Underuse	Character Strength	Overuse
Acting Helpless	CONFIDENT	Defiant
Hesitant to Start	INTELLIGENT	Perfectionistic/Anxious
Having a Hard Time Being Empathetic	KIND	Not finding their voice to state their own boundaries/needs



*CRITERIA #4*  
**POSITIVE  
DISCIPLINE**

**Skill Building**  
Social and Life Skills

**Tool**  
**Focusing on a Solution**

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## **Tool**

# **Focusing on a Solution**

## **The Three R's and an H**

- 1. Related**
- 2. Respectful**
- 3. Reasonable**
- 4. Helpful**

# Tool

## Focusing on a Solution

### Problem Solving Square

**Doing the Behavior**

Situation Positives

Situation Negatives

**Not Doing the Behavior**

Situation Negatives

Situation Positives

# Tool

## Focusing on a Solution

### Problem Solving Square

#### Doing the Behavior

Doing Homework

##### Situation Positives

- Learning
- Responsible
- Being fair
- Good grades

##### Situation Negatives

- Takes time
- Difficult
- Takes energy
- May not be interesting

#### Not Doing the Behavior

Not Doing Homework

##### Situation Negatives

- Don't learn
- Not a team player with peers
- Confusing in school

##### Situation Positives

- Free time
- No pressure
- Can sleep more

CRITERIA #5  
**POSITIVE  
DISCIPLINE**

**Raising Capable People**

Encourage Children to Discover How Capable They Are

**Tool**

**Mistakes Are an Opportunity to Learn**

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## Tool

# Mistakes Are an Opportunity to Learn

## The Three R's of Recovery from Mistakes

**1. Recognize**

**2. Reconcile**

**3. Resolve**

**POSITIVE  
DISCIPLINE**

**LOVE**



# Which Positive Discipline Tool for Change will you use today?

Connection Before Correction

Decide What You Will Do

Curiosity Questions

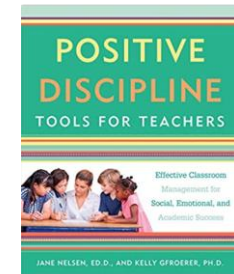
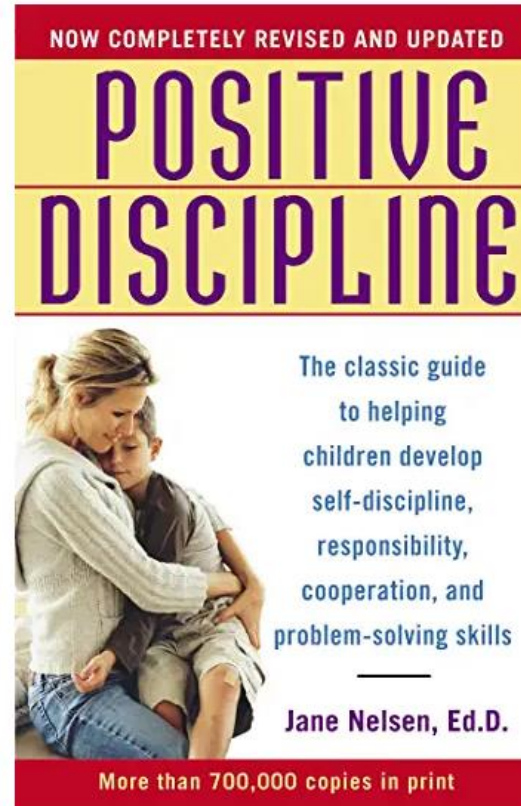
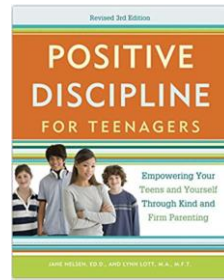
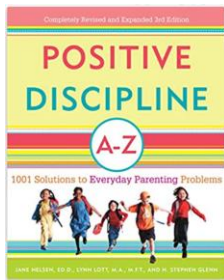
Problem Solving

Mistakes Are an Opportunity to Learn





# POSITIVE DISCIPLINE



[www.positivediscipline.com](http://www.positivediscipline.com)

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# **Positive Discipline** **PARENTING CLASS**

*for teachers and parents*

Teach your children important social and life skills with our parenting program of encouragement and mutual respect for every life stage.

**Tuesdays 2021 *online***  
**January 11, 18, 26 February 2, 9, 16**  
**6:30 p.m. – 8 p.m. MST**

**Contact Rachel Rubenstein, LCSW**  
**480.994.9773   [Rachel@RRCounseling.com](mailto:Rachel@RRCounseling.com)   [www.RRCounseling.com](http://www.RRCounseling.com)**

## RESOURCES

[www.positivediscipline.com](http://www.positivediscipline.com)

Rethinking Challenging Kids-Where There's a Skill  
There's a Way | J. Stuart Ablon

[youtube.com/watch?v=zuoPZkFcLVs](https://youtube.com/watch?v=zuoPZkFcLVs)

**Rachel Rubenstein, LCSW**

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[Rachel@RRCounseling.com](mailto:Rachel@RRCounseling.com)

480.994.9773

[www.ScottsdaleYouth.org](http://www.ScottsdaleYouth.org)



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# THANK YOU!

AURORA BEHAVIORAL HEALTH SYSTEM



**Thank YOU for attending!**