

Positive Parenting Solutions



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Discipline

Laying the Foundation - Paying attention to children when they are doing well can prevent them “acting out” to get attention (Swartz et al., 2016). Even though paying attention to your child may seem simple, providing supervision and monitoring for help greatly influences reducing high-risk child behaviors. Specifically, kids often do better when parents know where they are and who they are with (Dyer, 2018).

Apply It: Identifying unwanted behaviors and setting consistent consequences help to prevent unwanted behavior. It is important to explain to your child why the behavior is inappropriate along with implementing consequences. Teach your child ways that they can replace the unwanted behaviors with appropriate behaviors. Reward your child with positive attention such as a hug when they use appropriate behaviors. Use the worksheet provided to assist in identifying unwanted behaviors and replacement behaviors.

<https://www.therapistaid.com/worksheets/planning-rewards-consequences.pdf>

Parents Toolbox - For parents to make positive discipline decisions, the need to be aware of positive solutions (Swartz et al., 2016).

Apply It: Become familiar with how to use rewards and consequences with your children. Using rewards is beneficial in encouraging appropriate behaviors. Setting achievable goals, praising behaviors with desirable rewards, and not taking away rewards are important in getting consistent appropriate behaviors. Using consequences can decrease the reoccurrence of unwanted behaviors. Create clear rules and consequences, follow through, take away privileges, and chose your battles. The linked worksheet gives further in-depth tips for using rewards and consequences in parenting. <https://www.therapistaid.com/worksheets/rewards-punishments.pdf>

Challenging Behaviors - While prevention is the best medicine, parents need strategies for their child's challenging behaviors (Swartz et al., 2016). For some parents, corporal punishment (i.e., spanking) was a way their problematic behaviors were reprimanded when they were growing up and is now incorporated into their parenting styles. Even though research on corporal punishment can be seen as very complicated, there are aspects of these findings that are important for parents to consider, including strategies for challenging their child's challenging behaviors. In general, across the family science field, it is agreed upon that frequent or harsh physical punishment is problematic for both the parent and the child (Gershoff, 2013).

Apply It: Positive Parenting Solutions offers a completely free online class that gives you the tools to have your children listen to you without yelling, nagging, or losing control. Take the Free Parenting Class at <https://www.positiveparentingsolutions.com/>

References:

Gershoff, E. T. (2013). Spanking and child development: We know enough now to stop hitting our children. *Child Development Perspectives*, 7(3), 133 – 137.

Swartz, L., Seeley, J., Gau, J., & Schroeder, S. (2016). *Parenting Now! Results From a Randomized Control Trial of Parenting Intervention for Highly Stressed Families: Make Parenting A Pleasure* [Ebook]. Oregon Research Institute. Retrieved 8 March 2021, from https://parentingnow.org/wp-content/uploads/2016/03/MPAP-Evaluation-Results3_1_2016.pdf.

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