

- Using natural consequences rather than imposing consequences.
- Focusing on solutions (getting children involved so they have ownership and motivation to follow the guidelines they help create).
- Getting into the child's world (understanding that a "misbehaving child" is a "discouraged" child and the importance of dealing with the "belief" behind the behavior).

There are many more creative ideas for treating children (and adult co-workers) with dignity and respect, but all of them must meet the following five criteria for Positive Discipline:

1. Does it help the child feel a sense of connection? (Belonging and Significance)
2. Is it respectful and encouraging?
3. Is it effective long-term? (Punishment works short-term, but has negative long-term results)
4. Does it teach valuable social and life skills for good character?
5. Does it invite children to discover how capable they are? (Does it encourage the constructive use of personal power and autonomy?)

Positive Discipline has much farther-reaching effects than helping to create cooperative children. It also helps children develop important life skills that they carry into adulthood. Such skills make them better at interpersonal relationships and in any profession they decide to pursue. More importantly, instilling belonging, significance, and respect in the next generation will make the world a better place.

Saleha is passionate about bringing Positive Discipline to all families. Unfortunately, by the time of this printing, her latest parenting weekly study group will be nearly over. Please feel free to contact Saleha through her website, www.parentingfortomorrow.com, for information on other upcoming events and opportunities to study and implement this amazing method.

Roxanne Jorgensen is a wife, mom of two, esthetician mostly on sabbatical, and co-leader of the Sarasota/Bradenton chapter of the Holistic Moms Network.



The Holistic Moms Network is an engaging community that connects parents who are passionate about natural living, health and wellness, and mindful parenting. New members and guests of all ages are always welcome.

Enjoy thought-provoking, inspirational discussions with dynamic, educated women (and occasionally a few fabulous men, too)! Visit the local chapter of Holistic Moms online at facebook.com/holisticmomsofsarasota for details about upcoming meetings.

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