

## **Parenting Education Program at Heartwood Montessori School**

***An Interactive Talk: Positive Time Out...For Parents!!***

*How "Self-Care" can be the most powerful tool in your parenting toolbox!*

***Save the date: Tuesday evening, September 25, 2018 – Details to follow***

*Please join us if you can, but if not, we hope you enjoy this informative article by Jean S. Wittig, Certified Positive Discipline Parent Educator*

**Hypothesis:** When we FEEL better we DO better.

**Corollary:** When PARENTS feel better, KIDS do better.

**Conclusion:** Self-Care is ESSENTIAL to navigate the “sharp curves” of daily life with kids

One of the most popular discipline tools parents use today is “time-out.” Often it is imposed as a punishment or “consequence” of bad behavior and can leave the child feeling isolated, humiliated, or ready to strike back. **So what is “positive” time out?**

**A quick foundation to answer this question:** Jane Nelsen, ED. D. and creator of Positive Discipline (PD) gives us a more respectful approach... kind AND firm parenting. PD teaches that punishment might seem effective in the short term, but in the long term it can lead to resentment, revenge, rebellion and/or retreat in the form of sneakiness ‘Next time I won’t get caught’ or reduced self-esteem ‘I’m a bad person.’

**Kind and firm:** kind is being respectful of the child and their needs, firm is being respectful of YOURSELF and the needs of the situation. **It is a “blending” of the two at the same time**, NOT a balance of sometimes kind and sometimes firm. The situation might require firm boundaries or limits. The child might require tools for THEMSELVES to learn how to respect limits, boundaries, and their own emotions. When drivers realize they are dangerously exceeding the speed limit or approaching a sharp curve, they “lift foot off accelerator, gently press down on the brake pedal, go into the curve at a slower, more rational speed.” Slamming on the brake is designed for emergencies and can result in a dangerous outcome around a curve (or on ice in NC!) Learning the art of driving is **ESSENTIAL** to be safe and respectful of yourself and others out in daily travel situations.

**Positive time out** is created and encouraged, NOT imposed. It is designed to “gently apply the brakes” to help children (and adults) **FEEL BETTER**, so they **can access the rational brain**. When people feel angry, upset, overwhelmed or triggered by a situation, the brain goes into some version of fight, flight, freeze or faint, and the person often acts out: yelling, blaming, using bad language, cutting you off in traffic! In families and connected communities like school and work, taking a positive time out for everyone to get back to **rational thinking** is **ESSENTIAL** before cooperation or problem solving can happen or learning can occur.

**Everything doesn’t have to be “feel-good” happy.** Helping a child learn to sit with, work through, or handle the “bad feeling” of disappointment... e.g. kids, TV time is over; teens, can’t have the car now... or even bigger negative emotions, can be difficult. It gets easier and is more straight-forward using a kind and firm approach, with mutual respect, and the many tools available in Positive Discipline.