

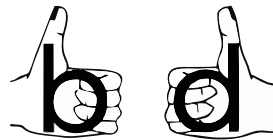
GUIDE PURPOSEFULLY FROM THE SIDE



Getting really clear about what your desirable behaviours look like, and sound like, requires conversations about what's important in your home, in your classroom and in your school.

Think and ink what you feel is wise, and needed, for everyone to **be and do**, in your environment.

Your hands can serve as our reminder.



It's wise to commit to teaching the **missing skill sets**, not punishing.

Parents, care givers and teachers are all involved as role models for behaviour, that why it is wise to be on the same page. It's about creating a family, a team, culture.

When we shift our thinking to embracing and seeing discipline as a means and commitment to giving the child the skills they need to navigate, and be successful, in life, our own attitudes, behaviours and choices, shifts.

If, and when, the child is "misbehaving", we ask ourselves and focus on the WIN: What's Important Now? We choose to notice and use the opportunity to **teach the missing skill/s**, rather than to revert to **punishment**, or **saving** them, because it is easier to do that.



Focussing on our own **WIN** by asking and answering the question:

What Is Needed?

What I Need? (it may be a few deep breathes/ a short walk/ music, etc)

What I kNow, is that it's wise that we as the adults need to be decisive about What Is Needed.

And it's wise that we are being disciplined as the adult first!

Can you move from chaos to calm? How long does it take you? 😊

Knowing and being clear about your boundaries and the behaviours, what you want to see and grow in yourself, your child, your home, your classroom, your school, comes first.

It is always about our own **ABC: Adult Before Child**.

Decide on what you feel discipline looks like in your home.

Smacking doesn't teach the behaviours you wish to see. What will you use? Time in?

Brainstorm ideas. Write them down. Model good behaviour. You can't ask your child not to shout if you are always shouting.

Be clear and consistent. Very clear!

If you make an OOPS, use the word OOPS and be and do it even better. it's an opportunity to press reset.

Less talking. More being and doing. Eliminate the nagging, it offers no return.

When behaviours are challenging, you may need to send an SOS to yourself.