

# Positive Approach

## Embracing Big Emotions with Big Compassion

- \* Understand what's behind the behavior**  
There is a reason behind every behavior. The reason for misbehavior is not because a child is bad. Find the root, remove it and help the child heal.
- \* Yes, we can**  
Instead of saying "don't" (hit, grab, throw), use "can": "You can use gentle hands. You can roll the ball."
- \* Focus on controlling yourself, not the child**  
In the heat of the moment, it is hard to stay calm. However you must demonstrate what you expect from the children. Yelling begets yelling, grabbing begets grabbing. Show empathy, patience and self-control.
- \* Be kind but firm with empathy and respect**  
Sometimes children think they are justified in their misbehavior. Stay calm and repeat your expectation. "Hitting hurts. If someone grabs your toy, you use your words to ask for it back. Hitting hurts; that is why we use our words."
- \* Be constantly consistent**  
Children learn through repetition. Children will learn over time when you are constantly consistent every minute, every day, every week, every month. Positive discipline is not a one-and-done deal.
- \* Celebrate the positive in the process**  
Celebrate the positive choices the child makes within the process. By giving greater attention to the positive than the negative, the child will be motivated and empowered to continue to apply what he is learning within challenging moments.

