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# Disciplining Differently

— Tayler Klein and Shaniece Martin —

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# Giving Yourself and Your Child Grace

Self care

-Why is this so important and feel so impossible?

Creating structure

-What this looks like and how you can start putting it in your day.

**S.T.A.R.** (Smile/Stop, Take a Deep Breath (or 3), And, Relax),

Your child is exposed to the adult world and may have limited tools to handle it.

# Giving Independence to Your Child

Incorporate parts of your day that gives you a break.

- Set up a Visual Schedule

- Set timers for certain activities (quiet time, free choice, reading, screen time)

Incorporate Rituals that promote Independence and Connection

- Expectations, rules, procedures, guidelines

- I love you rituals

# OUR DAILY ROUTINE



## Bathroom:

- Potty
- Wash hands & face
- Brush teeth
- Comb hair
- Sunscreen



Make bed



Get dressed



Put dirty PJs in hamper



Eat breakfast



Take vitamins



Goodbye hugs



Pick up toys & tidy room



Pack backpack



Put on PJs



Put dirty clothes in hamper



## Bathroom:

- Tub time
- Potty
- Wash hands & face
- Brush teeth



Read for 15 minutes



Lights out

Kid to Kid THE BEST OF KIDS' RESALE

## Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-7:00	Bath time	Bath or shower
7:00-8:00	Reading/TV time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry

# Emotional Recognition with Your Child

## Reasons that toddlers and preschoolers have such extreme emotional reactions

- They often don't know what they're feeling
- Or have skills to cope with it.

## Reasons that your elementary child or teenager have such extreme emotional reactions

- It is part of their brain development
- Or missing skill to handle emotion

# How to Help your Child Regulate their Emotions?

## Neutral Moment

- Introduce different faces, pictures, and emotions.
- Introduce healthy ways of coping or dealing with emotion

This could look like: Being a S.T.A.R., breathing techniques, stress balls, fidgets, going to a safe place/calm spot/Peace Corner.

- Model how the safe place/calm spot/Peace Corner works

\*For older children it would look similar

# Make a Peace Corner/Calm Spot for Your Child

What is a Peace Corner or Calm Spot?

-safe space for your child when they are feeling a strong emotion

-Your child should be a part of creating this special place

-Keep it simple

What is a Peace Corner or Calm Spot NOT?

-Time out, play space, a cluttered space



<https://www.alittleroom2grow.com/blog/2017/3/5/time-out-chair-not-working-anymore-try-the-peace-corner>

# Avoid Power Struggles with Your Child

**Be aware of behaviors or parts of the day that are a struggle or where behavior is noticeable.**

- Use I language
- Apologize if you flip your lid. Not a simple “I’m sorry”
- Be proactive

## **Give your Child the Power of Choice**

- Giving your child choices
- Prepare parts of their day when they can make choices



# Walking Through a Meltdown/Miscommunication

1. Tell your child what they look like
2. Tell your child it is okay to feel how they feel
3. Relate to your child by sharing that you sometimes feel this way, too, and share something you do to cope.
4. Encourage your child to find a healthy coping mechanism: "What would you like to do to help your body calm down?" You may need to make suggestions.

# Questions and Answers!