

Making Sense of Discipline

Course Outline

Dr. Neufeld speaks to the question of “what to do when ...”, but does so in the context of the larger question of what is required for healthy development. Some of the prevailing discipline practices - like time-outs and consequences - are discussed from this perspective. Strategies are provided that are attachment-safe and developmentally friendly. The guidelines and principles apply to children of all ages.

Course Outline

Session 1: Cracking Nature’s Code for Good Behaviour: Why are some children naturally well-behaved?

This session traces the six traits of well-behaved children to their developmental roots. Surprisingly the keys to consistently good behaviour lie not in learning or discipline but in right relationships and in healthy brain functioning. These traits are spelled out and their developmental roots revealed.

Session 2: Discipline Methods to Avoid and Why: a critique of current discipline practices

This session looks at the most common methods used today - alarm-based methods, separation-based methods, and consequences - and explores their impact on the six traits that underlie good behaviour. Guidelines are given for when consequences are appropriate and when they are likely to backfire.

Session 3: Discipline that Does Not Divide: twelve practices of safe and natural discipline

This session offers effective strategies for handling incidents as well as for addressing the deeper roots of problem behaviour. In addition, discipline methods are provided that double as powerful primers of maturation.

Session 4: Disciplining a Stuck Child

This bonus session is from the *Power to Parent, Part III*. This session looks at why the most common discipline methods do not work with stuck kids and then provides eight guidelines for disciplining children who do not feel futility when it is encountered and who lack mixed feelings when they should have them.