

Positive Discipline

Our approach to behavior and discipline is drawn from the Positive Discipline method. Positive Discipline approaches children in a way that is respectful, kind, and firm. We believe that our approach helps to create children who are happy, capable, and kind.

In our school and all other classrooms, we use positive discipline techniques. These are the main component of Positive Discipline.

FIVE CRITERIA FOR POSITIVE DISCIPLINE

1. Is **Kind and Firm** at the same time.
2. Helps children feel a sense of **Belonging and Significance**.
3. Is **Effective Long-Term**.
4. Teaches valuable **Social and Life Skills** for good character.
5. Invites children to discover how **Capable** they are and to use their personal power in constructive ways.

The tools and concepts of Positive Discipline include:

- Mutual respect. Adults model firmness by respecting themselves and the needs of the situation, and kindness by respecting the needs of the child.
- Identifying the belief behind the behaviour. Effective discipline recognizes the reasons kids do what they do and works to change those beliefs, rather than merely attempting to change behaviour.
- Effective communication and problem-solving skills.
- Discipline that teaches
- Focusing on solutions instead of punishment.
- Encouragement (instead of praise). Encouragement notices effort and improvement, not just success, and builds long-term self-esteem and empowerment.

Regarding this, we often let the children have "thinking time" outside the classroom. This is place where children can go to collect themselves or to think about their actions if they need the time and space to do so. It is normal for children to have outbursts and to challenge rules at times. If this happens, we give gentle reminders/warnings about our rules or expectations, after the third reminder we then ask the child to take a break outside the classroom to reflect on their behaviour. We feel that this gives the child some breathing space and time to collect and reflect on their feelings without the prying eyes of their classmates. Sometimes, their minds and bodies need some time to readjust without the censure of their friends.