

THE POWER OF POSITIVE DISCIPLINE IN CHILDREN

by:

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Positive Discipline is a program that trains young people to be responsible, respectful, and resourceful members of their communities. It is a method in which parents clearly communicate which behaviors are acceptable and which are inappropriate, as well as the rewards for good behavior and the consequences for bad behavior. Positive discipline is a more effective method of managing misbehaving students in the classroom than punishment or rewards. It enables students to learn and adapt their behaviors to meet classroom expectations while also teaching them how to make better decisions as they progress toward adulthood.

Setting clear expectations and boundaries is a core principle of positive discipline. Establishing consistent rules gives children a sense of security and helps them understand the consequences of their actions. Instead of punishment, positive discipline emphasizes natural consequences, allowing children to see the consequences of their actions in a safe and supportive setting. This method encourages them to accept responsibility for their actions and learn from their mistakes.

Positive discipline relies heavily on effective communication. Parents are encouraged to actively listen to their children, acknowledge their feelings, and participate in problem-solving discussions. This open dialogue fosters a sense of cooperation and mutual respect, allowing children to express themselves and promoting the development of strong communication skills.

Another important aspect of positive discipline is the use of positive reinforcement. Celebrating and acknowledging desirable behavior encourages children to repeat it. Praise, encouragement, and rewards are effective tools for increasing a child's self-esteem and confidence. By emphasizing the positive, parents foster an environment in which children feel valued and understood. Time outs and punitive measures are replaced by constructive alternatives in positive discipline. Parents can redirect a child's attention, provide options, or impose logical consequences that are directly related to the behavior. This method helps children understand the impact of their actions on others and encourages them to consider the consequences before making decisions.

Furthermore, positive discipline is a nurturing and effective method for raising well-behaved children. Parents can help their children develop responsible and respectful behavior by creating a supportive environment, setting clear expectations, and emphasizing communication and positive reinforcement. This lays the groundwork for a healthy and loving parent-child relationship.

The Official Website of DepED Division of Bataan

References:

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