



## **Topic**      **Create a Self-Disciplined Program**

### **Audience**

Before- and After-School Providers

### **Program Description**

To get children to exercise self-discipline, we need to create environments that encourage them to “practice positive behaviors in a controlled and habitual way” – for themselves! And in order to do that, we need a clear personal view, and a bigger toolbox than just how we were disciplined as children because each child we encounter has a unique set of needs and internal motivators for his or her behaviors.

### **Program Content**

- Get a clear personal view
  - Examine your own discipline values by creating your personal “10 Commandments of How to Do Discipline Right”
  - See how each of us tends – under stress – to revert to strategies used to discipline us as children, whether those fit the child and situation or not
- Build a bigger toolbox of strategies based on resources:
  - A deeper understanding of reasonable expectations of children’s developmental stages *Yardsticks: Children in the Classroom Ages 8-14* by Chip Wood
  - *Discipline with Dignity* by Richard Curwin and Allen Mendler
  - *Discipline That Works* by Thomas Gordon
  - *Positive Discipline* by Jane Nelson
  - Responsive Classroom resources

### **Required Time**

90 Minutes

### **Delighted Clients**

New York State Association for the Education of Young Children

### **Contact**

For more information about Healthy People or to book Sally to speak with your organization, contact:

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