

November

Newsletter-TIGPS,Ariadaha



Connection before Correction

CONNECTION is as important to us parents as it is to our children because that is what makes parenting worth all the sacrifice. We all crave those close moments with our children that make our hearts melt.

Researchers remind us that we need **five positive interactions** to every **negative interactions** to keep any relationship healthy. And since we spend much time guiding that is correcting, scolding, criticizing, nagging and yelling-it is important to ensure we spend five times as much time in **positive connection**.

When the connection has been made, it will be easier to go over the rules again, setting clear limits and consequences. Remember, a child who feels connected to you has less of a need to act out because their needs are met.

Positive discipline versus conventional correction

Developing positive, close relationships with children serves as a buffer against negative behavior and puts adults in a better position to correct children when they get off the track. **Extensive research** shows that we cannot influence children in a positive way until we create a connection with them. It is a brain (and heart) thing. Sometimes we have to stop dealing with the misbehavior and first heal the relationship. Connection creates a sense of safety and openness. Punishment, lecturing, nagging, scolding, blaming or shaming create fight, flight, or freeze.



It is important to understand that "**Correction**" in the **positive discipline** way is very different from **conventional correction**. The biggest difference is that conventional correction usually involves **punishment**. In other words, conventional correction consists of adults doing something to children. Positive Discipline **respectfully involves children whenever possible, finding solutions with them**.

Ideas for Connecting: Every child and parent craves and responds to connection in different ways, so it's important to find out, what works for your family.

- **Take care of yourself first**- According to a 2010 APA (American Psychological Association) study, children are negatively affected by parental stress, with 86 percent of children reporting that parental stress bothers them. It can seem nearly impossible when you are busy with the demands of parenting, work and life, but it is essential to take time to exercise, maintain hobbies and connect with friends and partners.
- **Ignore minor misbehaviour**-If the misbehaviour is minor and not dangerous, ignore it. Ignore when a toddler throws food on the floor or a pre-teen slams a door. Try to make them

understand that good behavior is a reliable way to get attention .

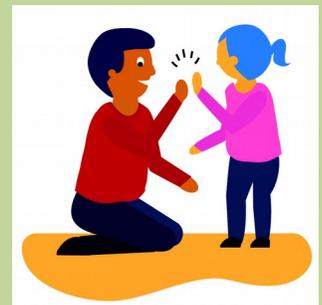
- **Spend time but do nothing-** Spend time with your child (experts recommend 1 hour a day per child) doing nothing but being with them, expressing positive thoughts and feelings to them. Avoid teaching, inquiring, correcting or offering alternative perspectives.
- **Provide labeled praise** - Studies have shown that the behavior that gets attention is the behavior that you will get more of. Attention to undesired behavior will increase undesired behavior. At the same time, specific, labeled praise of desired behaviors increase that behavior. Experts say parents should not offer praise indiscriminately; instead, parents should give specific feedback on exactly what the child did that the parent liked.



Points at a glance



- Schedule a regular hang out time (play a game, reading a book, going to the park, something you both enjoy).
- Come up with a special goodbye ritual (handshake, song, certain words, etc).
- Offer a hug, high five, fist bump, something that requires touch!
- Play in their world - get down to their level, use their toys with them, get silly, use your imagination!
- Share your favorite game, toy, or movie from when you were a kid.
- Ask about their day and just listen.
- Recognize their feelings and be with them while they are sad/angry/scared/excited.



Happy parenting & best of luck to all of us!

Rossey Sengupta, School Counsellor, TIGPS, Ariadaha

Parents who are willing to contribute are encouraged to email their thoughts to tigpsar.counselor@gmail.com