

Positive Discipline Parenting Clip Transcript (5)

I now want to touch on this one down here – Positive Discipline. I told you where the word discipline comes from; it comes from the word ‘disciple’, to guide and we do have to guide our children. The operative word here is positive discipline.

Children love structure. Why do children love structure? Why do we all love structure? Everybody talks about structure in their lives and why? Because it makes us feel safe and comfortable. We all love to feel safe and comfortable.

So in our homes and especially in these surreal times structure is very important. Try as much as possible to involve your children in creating that structure so they sign up to it. And they’re brilliant at coming up with fantastic ideas. An example of a structure, and you can guide the children to come up with this: “what time do you think we should get up at? OK we’ll have breakfast at 8 o’clock. We’ll do school time, home school time will go on maybe 9am – 11am. Then we have 11am – 1pm free time.” They may have their time doing what they want to do. Then we have lunch at 1 o’clock. Maybe after lunch you could go for your exercise that the government says you can all have. And then you come back and have that quality time. I talked about the childhood play and descriptive commenting. You could have that time with them. Then it’s 6 o’clock tea or dinner and then it’s the bedtime routine at 8 o’clock. You know sleep is really, really important. And a good old sleep routine for our children is important so keep that sleep going.

Some people say “Oh we can stay up all night now if we can”. No, we need routine and structure; so then have your sleep routine and bedtime routine after that. That’s just a very vague structure routine.

All children are unique. All parents are unique. So put your own kind of thing into it as well. But remember you are always the parent and you are always guiding them. Yes; you are the boss. I don’t mean that in a negative way or authoritarian way but you’re being kind, fair, firm and consistent. But you can allow children to come up with a structure and you all come up with the structure and you sign up to it and you have some family rules. For example: We have kind hands in this house, we use kind words and we do what mummy and daddy say because mummy and daddy are the boss. Because you are kind, fair, firm and consistent. So I’ll leave that with you – structure, structure, structure, involve the children and KFFC - be kind fair firm and consistent. I’ve said it once; I’ve said it a hundred times:

- Be kind
- Be grateful
- Keep having structure so we all feel safe and secure

These are rocky times and I keep saying this as well, “A smooth sea never made a skilled sailor”. So it’s all a bit rocky now; we are on a rocky sea but we are going to be so skilled up. After this we will be able to sail around the world.

Thank you very much.