

CONNECT AND REDIRECT REFRIGERATOR SHEET

No-Drama Discipline

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First, Connect

- *Why connect first?*
 - Short-term benefit: It moves a child from reactivity to receptivity.
 - Long-term benefit: It builds a child's brain.
 - Relational benefit: It deepens your relationship with your child.
- *Connection Principles*
 - Turn down the “shark music”: Let go of the background noise caused by past experiences and future fears.
 - Chase the Why: Instead of focusing only on behavior, look for what's *behind* the actions. *Why* is my child acting this way? What is my child communicating?
 - Think about the How: *What* you say is important. But just as important, if not more important, is *how* you say it.
- *Connection Strategies – The Connection Cycle: Help your child feel felt*
 - Communicate comfort: By getting below eye level, then giving a loving touch, a nod of the head, or an empathetic look, you can often quickly diffuse a heated situation.
 - Validate: Even when you don't like the behavior, acknowledge and even embrace *feelings*.
 - Stop talking and listen: When your child's emotions are exploding, don't explain or lecture or try to talk them out of their feelings. Just listen, looking for the meaning and emotions they're communicating.
 - Reflect what you hear: Once you've listened, reflect back what you've heard, letting your kids know you've heard them. That leads back to communicating comfort, and the cycle repeats.

Then, Redirect

- *1-2-3 Discipline*
 - **One** definition: Discipline is teaching. Ask the three questions:
 1. Why did my child act this way? (What was happening internally/emotionally?)
 2. What lesson do I want to teach?
 3. How can I best teach it?
 - **Two** principles:
 1. Wait until your child is ready.
 2. Be consistent but not rigid.
 - **Three** Mindsight outcomes:
 1. Insight: Help kids understand their own feelings and their responses to difficult situations.
 2. Empathy: Give kids practice reflecting on how their actions impact others.
 3. Repair: Ask kids what they can do to make things right.
- *Redirection Strategies*
 - **R**educe words
 - **E**mbrace emotions
 - **D**escribe, don't preach
 - **I**nvolve your child in the discipline
 - **R**eframe a no into a yes with conditions
 - **E**mphasize the positive
 - **C**reatively approach the situation
 - **T**each Mindsight tools