



MUMMY
BRAIN
BUILDERS



POSITIVE DISCIPLINE & BOUNDARIES

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WHAT IS POSITIVE DISCIPLINE AND WHY IS IT NECESSARY?

The goal of positive discipline is not to create an obedient child but to make sure the child makes correct decisions and has developed an inner conscious even when we are not with him/her.

First of all, we need to be a good role model in terms of emotional regulation and give guidance by being determined but compassionate and setting age appropriate boundaries. This approach will develop the child's emotional intelligence, enable him/her to learn social norms, monitor self and environment's actions to ensure safety, solve problems and have a good sense of emotion regulation. All of these will have lifelong effects on the child.

Self regulation can be experienced and internalised through positive discipline. These discipline methods should not harm the child in any way and violence or humiliation should never be used.

The child should not be judged by any emotion he/she expresses (anger, sadness, jealousy...). Don't forget that a child's brain does not have the skill to calm itself down yet so the child needs a trusted adult to regulate him/her, to be beside him, to see and to define and accept the child's emotion. Accepting the emotion does not mean accepting the inappropriate behavior.



IDENTIFY RULES ACCORDING TO THE AGE AND OBJECTIVE

It is important that the rules you make are realistic. That's why the identified rules should be to help the child acquire appropriate behavior. What lies under the concept of age-appropriate rules is to protect the child from possible negativities and to support life skills. For example; it isn't realistic to expect a 3 year old to play tidily. When you make such an unrealistic rule, this will not only create conflict but it will also make your child feel unsuccessful and hurt. However, you can ask your 3 year old to help you put away the toys in the toy basket after he/she is done playing. This would be a realistic rule to implement.



BE CONSISTENT

If the rule and its reasons have been shared with the child beforehand, then it must be followed up. Being consistent may be difficult at times but it will have positive results in the long run and will enable your child to understand cause and effect relationship.



GUIDE

A child may have difficulties in adapting to rules. That's why it is important to guide in order to set a model. For example, if your child forgets to brush his/her teeth before going to bed, you can talk about what to do in order to solve this issue, suggest putting a note on the door or pillow that says 'brush your teeth' or putting a piece of paper with a toothbrush picture as a reminder. If your child wants to, you can even work together on the suggestion.



BE DETERMINED

Being determined will make your child's adaptation easier. When you are indecisive, this will be noticed immediately by your child. Children will resist rules they don't like especially when they see that their parents are hesitant. This resistance will result in postponing applying the rule or putting it aside altogether.



EXPLAIN CORRECTLY

Explaining why it is important to go along with the rules makes the child adapt easily. For example, when you tell your child not to run while playing inside the house, you must explain that he/she will be harmed when hitting a piece of furniture while running.

APPROPRIATE DISCIPLINE PROCESS

Forming a loving bond with your child will make your child feel important and create a sense of belonging.

Although it is a long process requiring patience, it will have positive and effective outcomes.

It will support your child's social skills during personality formation.

While supporting your child's self esteem, it will also enable him/her to feel sufficient and use the skills in a positive attitude.

Things to be careful about discipline process:

GIVING CHILDREN ALTERNATIVES

Letting them choose will encourage them to take responsibility and increase their own sense of freedom. *If your child insists on not putting on pyjamas before going to sleep, you can ask 'which pyjama do you want to put on before going to sleep? The green one or the red one?' If you apply this method before the problem arises, there is less chance that you'll have difficulty. Children like doing things when they have the freedom to choose and this will increase their cooperation.

USING NATURAL AND REASONABLE CONSEQUENCES FOR LEARNING

Learning the consequences of behaviors, talking about them and giving them the opportunity to guess what will happen beforehand will make children learn from their mistakes. Although reasonable outcomes may seem complicated, this will enable the child to evaluate before the problem arises. Telling the child that if the toys are not put away after playing, he/she will not be allowed to play with them for a while will change the behavior and the unwanted action.

EFFECTIVE COMMUNICATION

Being at a child's eye level when talking, making eye contact, giving the message that you are listening attentively and using clear, comprehensible expressions will strengthen your bond and will help you form the right discipline.

TEACHING PROBLEM SOLVING SKILLS TO CHILDREN

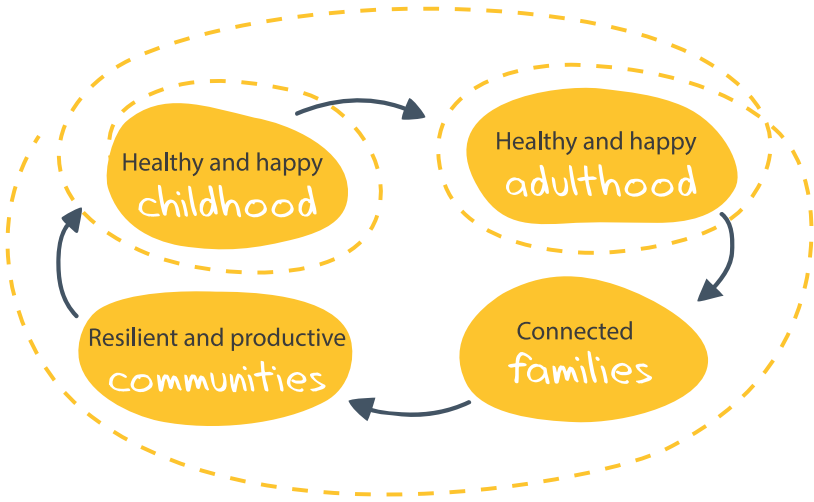
When teaching children to solve their own problems, you give them the opportunity to be careful with their behaviors and to develop their own self regulation. Problem solving techniques enable children to become aware of and understand their emotions as well as others' emotions and believe that it is possible to solve conflict without violence. Illustrated story books can be helpful in diagnosing and finding solutions to problems. For example, by asking questions such as 'What do you think is making this child unhappy?' 'What do you think will make him happy?' 'What should he do?', you can make them identify the problem and come up with solutions.




PROJEMİZHAYAT

As 'Projemiz Hayat' team, our aim is to raise large-scale social awareness and our first of many projects is 'Mummy the Brain Builders' in which the objective is to raise awareness and create solutions to 'childhood emotional neglect'.

We are always here to support with our book, seminars, training programs, web site, volunteers and activities.



For detailed information: “Geleceğe Dokunan Anneler: Çocuklukta Duygusal İhmali Fark Etme, Tanıma, Önleme” (Mothers Who Impact The Future: Identifying, Noticing and Preventing Emotional Neglect During Childhood) (Epsilon Publication, 2020)

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To support our project, you may visit: phocagoods.com