



Module 1 Section 1 Reflection: Big Picture Parenting

The *Three Lists* tool is from the *Positive Discipline* program by Jane Nelsen & Lynn Lott.
For more informaton about *Positive Discipline*, go to www.positivediscipline.com.

Challenges

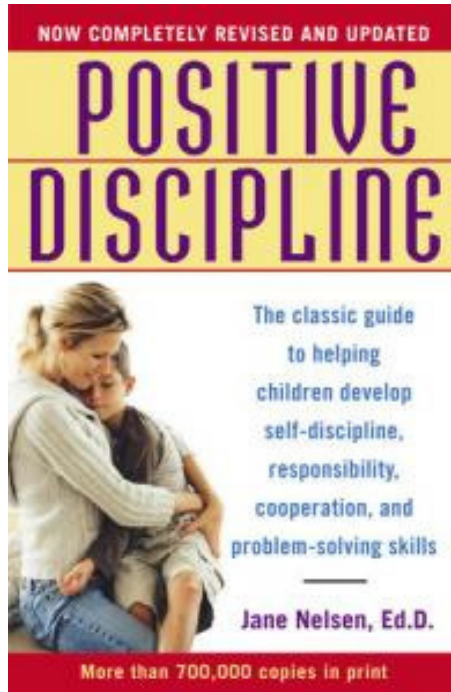
disrespectful
attitude & backtalk
not doing chores/what's
expected
time management
temper outbursts
too much technology
use
low grades
lying/dishonest
bickering with siblings
bedtime hassles
sneaking out at night

Character Traits & Life Skills

show respect for self and others
self-awareness
self-control
empathy
seeing things from other points of view
organization
follow through with expectations
setting priorities/goals
problem solving
friendly
integrity
perseverance
emotional vocabulary
compassion

What Children Need from Us

patience
awareness of our own emotional state
self-control
role modeling
connection
empathy
forgiveness
seeing things from their point of view
organization
follow through
time
sense of humor/fun



Some Core Principles of Positive Discipline:

Kindness and Firmness at the same time

Authoritative parenting...not authoritarian or permissive

Encouragement is needed to motivate change

Mutual respect & dignity between adults & children

Using challenges as opportunities to teach skills

Focus on solutions

Mistakes are opportunities to learn

