



# *Is There a Better Way to Discipline?*

## Protecting Children and Promoting Positive Behavior

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# Overview

## + Discipline, *American style*

- + Conflict & discipline in homes
- + Corporal punishment & problems
- + Changing attitudes & behavior

## + The Quiet Revolution: “Positive Parenting”

- + What is it?
- + Core practices
- + Potential problems

## + Some Trends

# My Major Credentials



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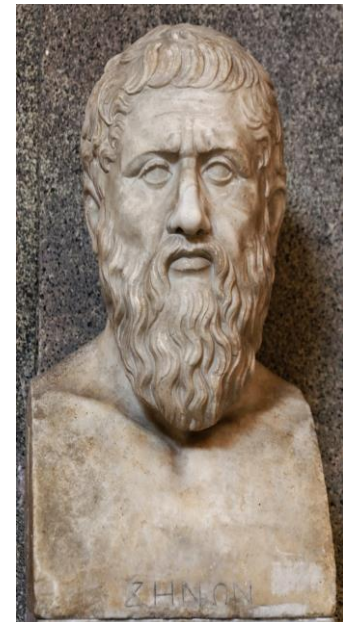
# The Need for “Discipline”



*“What is happening to our young people? They disrespect their elders, they disobey their parents. They ignore the law... Their morals are decaying. What is to become of them?”*



Plato (4<sup>th</sup> Century BC)



# What is “Discipline?”



*Disciplina* = “to instruct” or “to teach”

Contemporary definition:

“Training someone to obey the rules using punishment to correct disobedience.”

# The Sounds of Parenting: Home Audio study

- 33 mothers of 2- to 5-yr-olds
- 4 to 6 evenings
- Audio-recorders on arms
- ~ 13 hours per family

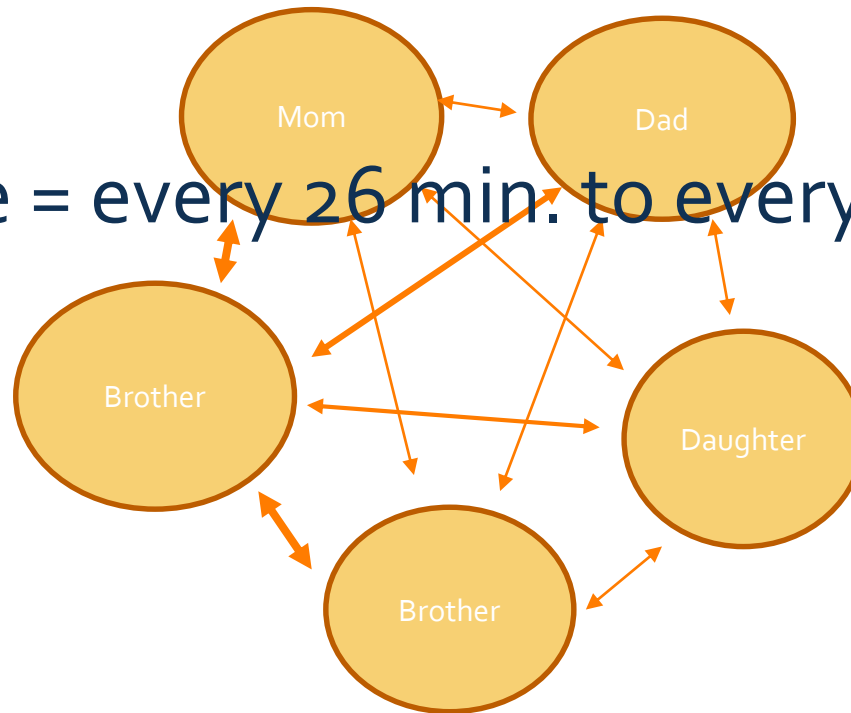
(Holden, Williamson, & Holland, 2014)



# Conflict in the Home

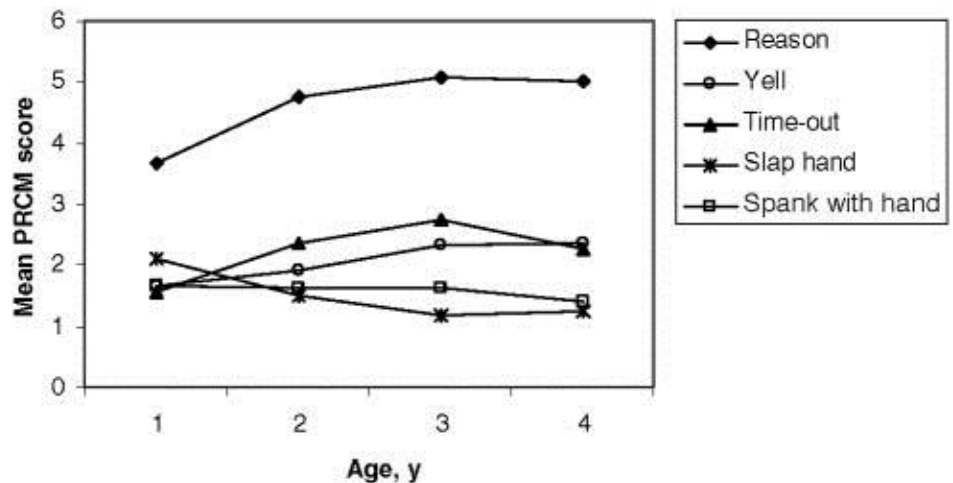
Average = every 5 minutes

Range = every 26 min. to every 2 min.!



# Discipline, American Style

- + Reasoning
- + Yelling
- + Remove privileges
- + Time out
- + Spanking/slapping



Vittrup, Holden, & Buck, 2006

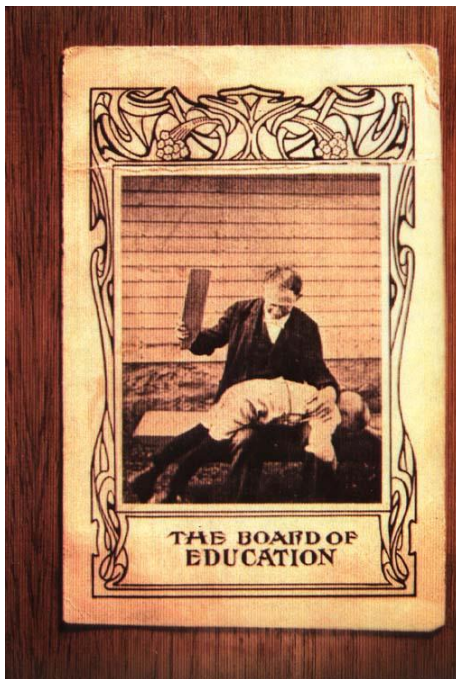
# Corporal Punishment

## Common:

- 70% to 90%

## Varies:

- Frequency
- Child age & sex
- Ethnic-racial group
- Socio-economic status
- Religious affiliation



# CP in the Home

## Offense: Sucking fingers

Mother & 5-yr-old daughter



# Offense: Disobedience

Father & 2 yr-old son



# Offense: Touching stove

Mother & 2-yr-old old son



# Offense: “Messing” with Pages

Mother & 4-yr-old son



# Frequency of Spanking/Slapping

- In 15 of the 33 families
- Average (median) rate = **every 6.3 hrs**
- Most frequent = **every 2.1 hrs !!!**



# CP & Child “Associations”

- ✓ Positives:
  - ✓ Immediate compliance
  - ✓ Nothing else....
- ⊙ Unintended Negative Associations:
  - ⊙ Aggression (& other externalizing problems)
  - ⊙ Depression, anxiety (& other internalizing problems)
  - ⊙ Risk for physical child abuse
  - ⊙ > 10 other problems (e.g., quality p-c relations)
  
  - ⊙ Toxic for brain development?

# How Change Attitudes & Behavior?

## #1. Awareness:

- Informing about the research findings (d = .40)

(Holden, Brown, Baldwin, & Croft Cadera, 2014)

- Creating “Spank-free” zones

## #2. “Self-Persuasion”:

- Use motivational interviewing (d = .97)

(Holland & Holden, *in press*)

# “Traditional” Orientation

- ✓ Parent-centered
- ✓ Immediate compliance
- ✓ Punitive/Painful

*“.... discipline sometimes confrontational or punitive, is required to socialize the child’s self-indulgent willfulness.”*

(Baumrind, 1997)

# An Alternative Orientation: “Positive Parenting/Discipline”

Two forms: Lite and Strong



# Positive Parenting: Lite



- Warm, sensitive, responsive, involved, monitor, promote autonomy, calm, authoritative, time-outs, etc.
- Triple P-Positive Parenting program

# STRONG form



- Different Orientation
- “Positive Discipline,” “Non-Violent P.,” “Attachment P.,” “Connection P.”

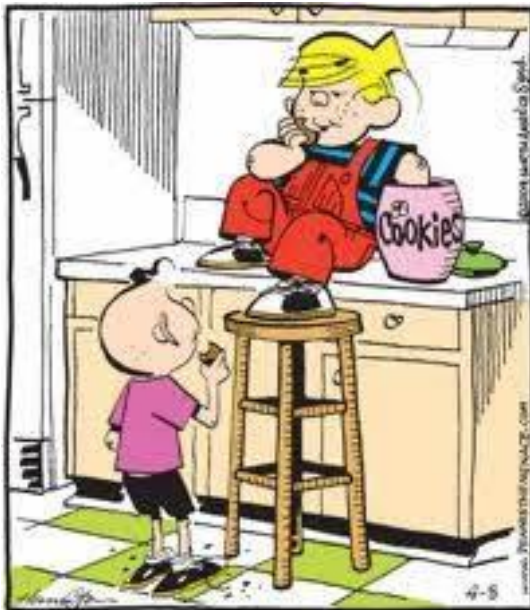
## Definition:

*... a child-rearing orientation that is centered around promoting a loving and cooperative relationship, respecting the child's individuality, focusing on guidance not compliance, and thereby avoiding punishments.*

# Two Views of Child Misbehavior

## Traditional

Misbehavior reflects:  
Willfulness & challenge to authority



"MY DAD SAID TO LISTEN TO MY CONSCIENCE.  
MY CONSCIENCE SAYS, 'GO FOR IT!'"

## Positive Parenting

Misbehavior reflects:

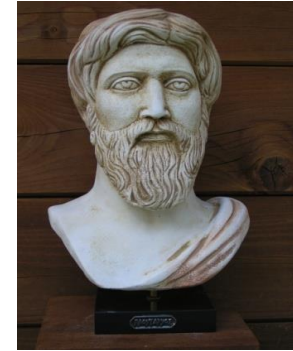
- Child's age
- Fatigue level
- Blood sugar
- Seeking attention
- Brain development
- Unrealistic expectations
- etc.



# Where Did it Come From?

Plutarch (46 – 120 AD)

*"children ought to be led to honorable practices by means of encouragement and reasoning"*



Jean Jacques Rousseau (1717-1778)

*"the words 'obey' and 'command' will be excluded";*  
*"logical consequences"*



# Alfred Adler

(1870-1937)



- Encouragement
- Logical consequences
- Avoid rewards & punishment
- Disinvolvement from conflict

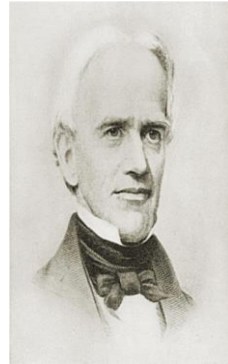
# Rudolf Dreikurs

(1897-1972)



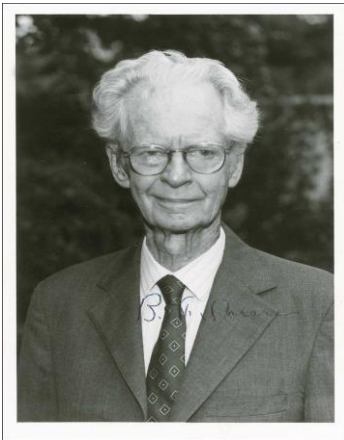
Rudolf Dreikurs © Klatt-Cotta

# Many others ...



**Horace Mann**

1796-1859



**B. F. Skinner**

1909-1990



**John Bowlby**

1907-1990

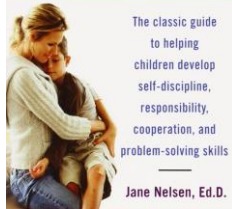
# POSITIVE PARENTING

RAISING CHILDREN WITH SELF-ESTEEM

ELIZABETH HARTLEY-BREWER

NOW COMPLETELY REVISED AND UPDATED

# POSITIVE DISCIPLINE



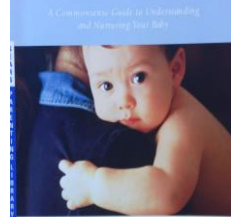
The classic guide to helping children develop self-discipline, responsibility, cooperation, and problem-solving skills

Jane Nelsen, Ed.D.

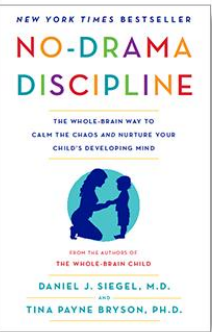
More than 700,000 copies in print



## The Attachment Parenting Book



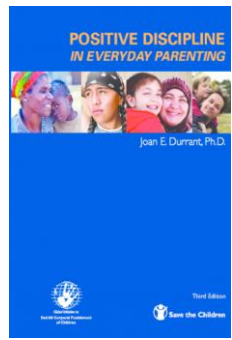
William Sears, M.D., and Martha Sears, R.N.  
Authors of The Pregnancy Book and The Baby Book



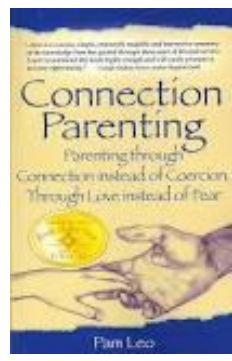
NEW YORK TIMES BESTSELLER  
**NO-DRAMA DISCIPLINE**  
THE WHOLE-BRAIN WAY TO CALM THE CHAOS AND NURTURE YOUR CHILD'S DEVELOPING MIND  
FROM THE AUTHORS OF THE WHOLE-BRAIN CHILD  
**DANIEL J. SIEGEL, M.D.**  
AND  
**TINA PAYNE BRYSON, PH.D.**



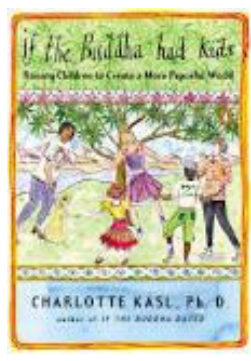
**UNCONDITIONAL PARENTING**  
Raising Kids to Be Kind and Compassionate and How to Help Them Stay That Way  
AUGIE SHINE



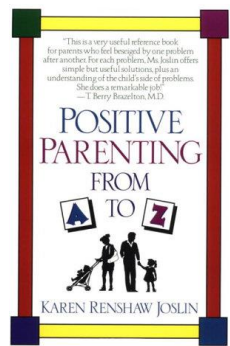
**POSITIVE DISCIPLINE IN EVERYDAY PARENTING**  
Joan E. Durrant, Ph.D.  
Third Edition  
Save the Children



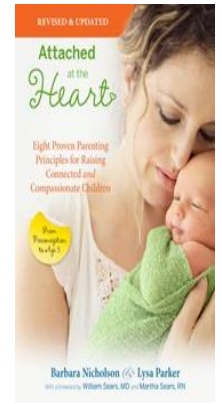
**Connection Parenting**  
Parenting through Connection instead of Coercion. Through Love instead of Fear  
Pam Leo



**If the Buddha had Kids**  
Raising Children to Create a More Peaceful World  
CHARLOTTE KASL, Ph.D.  
Author of If the Buddha Dined

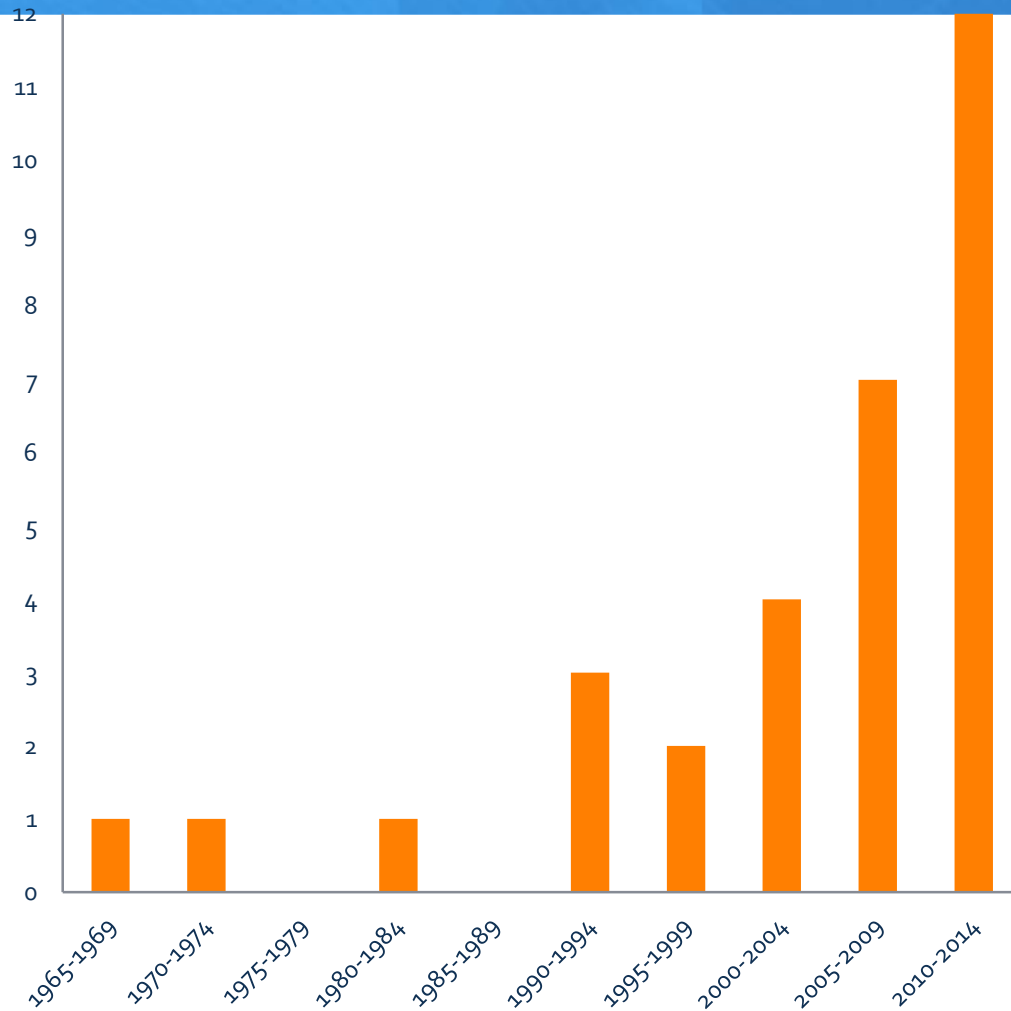


"This is a very useful reference book for parents who feel bogged by one problem after another. For each problem, Ms. Joslin offers simple but useful solutions, plus an understanding of the child's side of problems. She does a remarkable job!"  
—T. Berry Brazelton, M.D.  
**POSITIVE PARENTING FROM A TO Z**  
KAREN RENSHAW JOSLIN

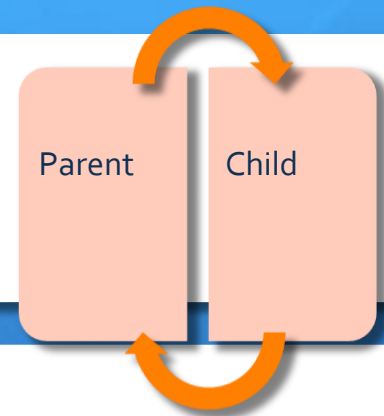


REVISED & UPDATED  
**Attached at the Heart**  
Eight Proven Parenting Principles for Raising Connected and Compassionate Children  
From Parenting Today!  
Barbara Nicholson & Lysa Parker  
With forewords by William Sears, MD and Martha Sears, RN

# “Positive Parent./Disc.” Books



# Core Practices



1. Encouraging
2. Using natural & logical consq.
3. Avoiding punishments (& rewards)
4. Using "time-ins"
5. Staying calm; avoid conflicts
6. Being proactive
7. Joint problem-solving
8. Guiding
9. Attending selectively
10. Using humor

# Sounds of Positive Parenting

A mom reacting to a 5-yr-old girl's behavior



# Sounds of Positive Parenting

A mom talking calmly to a 5-yr-old boy





# Video of Positive Parenting



World's Stupidest Temper Tantrum

[https://www.youtube.com/watch?v=OmUBB71k\\_U8](https://www.youtube.com/watch?v=OmUBB71k_U8)

# The Evidence?

Not much!

Handful of studies:

- + *Maternal responsiveness* (Parpal & Maccoby, 1985)
- + *Mutually responsive orientation* (e.g., Kochanska, 2002)
- + *Gentle guidance* (e.g., Volling et al., 2006)
- No randomized controlled studies!

(If you have access to parents and are interested, contact me!)

# Potential Problems

- It is not permissive parenting (problems in Sweden)
- It may not “work” with some kids
- Parents may not buy-in

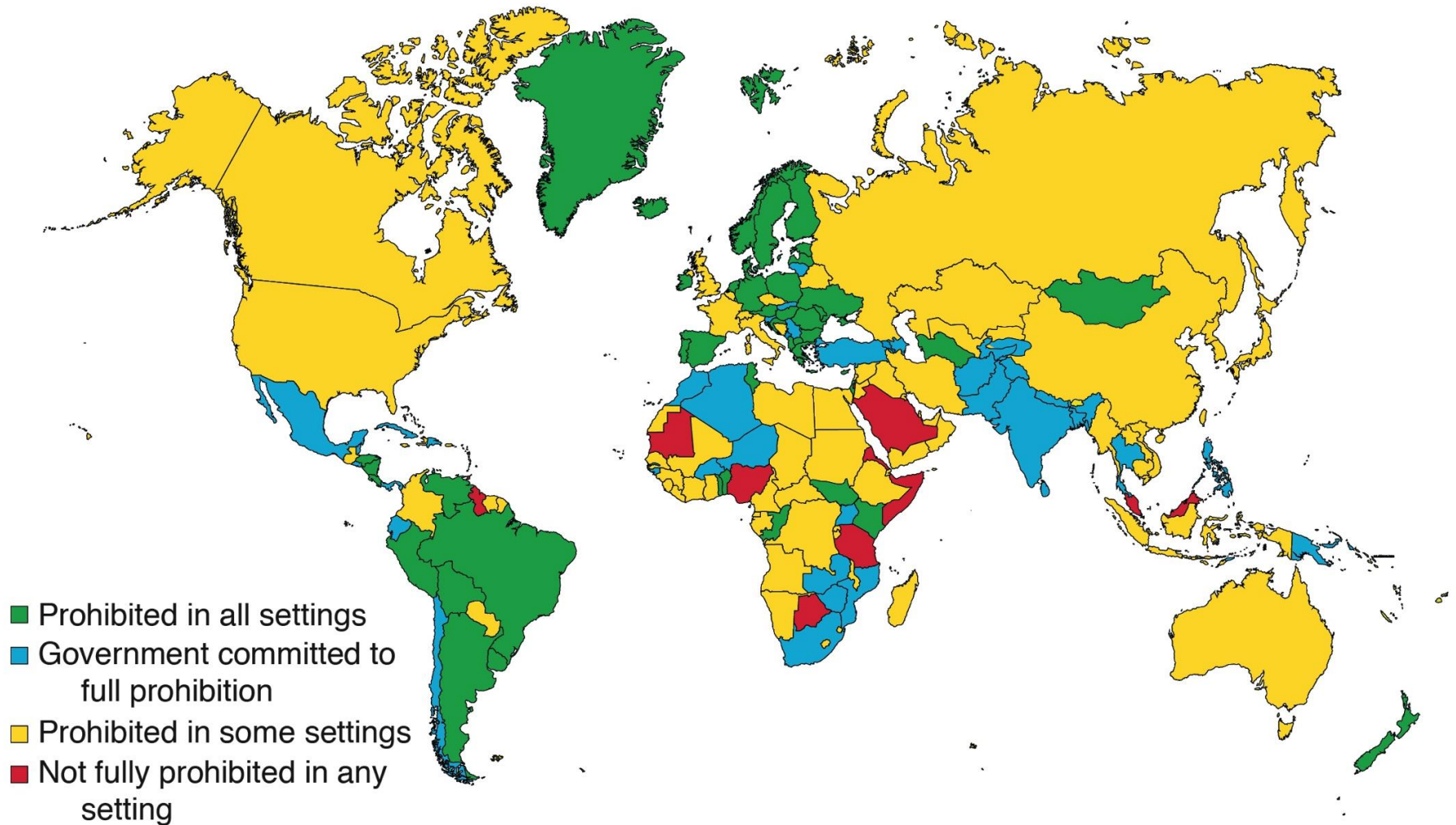


# Trends

- Violence prevention efforts
  - WHO: “Safe, stable, nurturing relationships”
  - CDC recognizing problems with CP
- Changing school discipline
  - School-wide positive discipline/collaborative problem solving/restorative discipline
- Child’s rights & new legislation



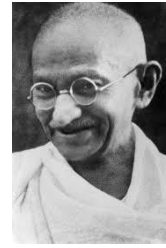
# Prohibiting CP: Now 49 Nations



# Summary

- ✓ Conflict pervasive in families
- ✓ Discipline (CP) → potentially harmful
- ✓ *Positive Parenting* promising—but unstudied & pitfalls
- ✓ Supporting trends
- ✓ A way to empower

# Gandhi



“If we are to reach real peace in this world... we shall have to begin with children, and if they will grow up in their natural innocence, we won't have to struggle; but we shall go from love to love and peace to peace, until at last all the corners of the world are covered with that peace and love for which consciously or unconsciously the whole world is hungering.”



# *Thank you!*

gholden@smu.edu  
@DrNoSpank

& thanks to:

- *Rose Ashraf, Margaret Smith, Grant Holland, Paul Williamson*
- Funded by the Timberlawn Psychological Foundation



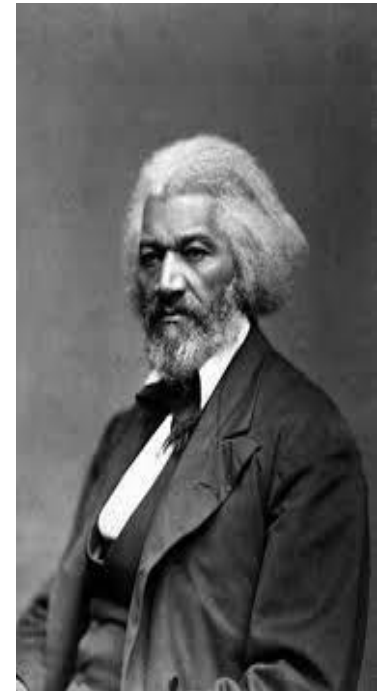


# 19 States Allow Paddling in School



# Frederick Douglass (1817-1895)

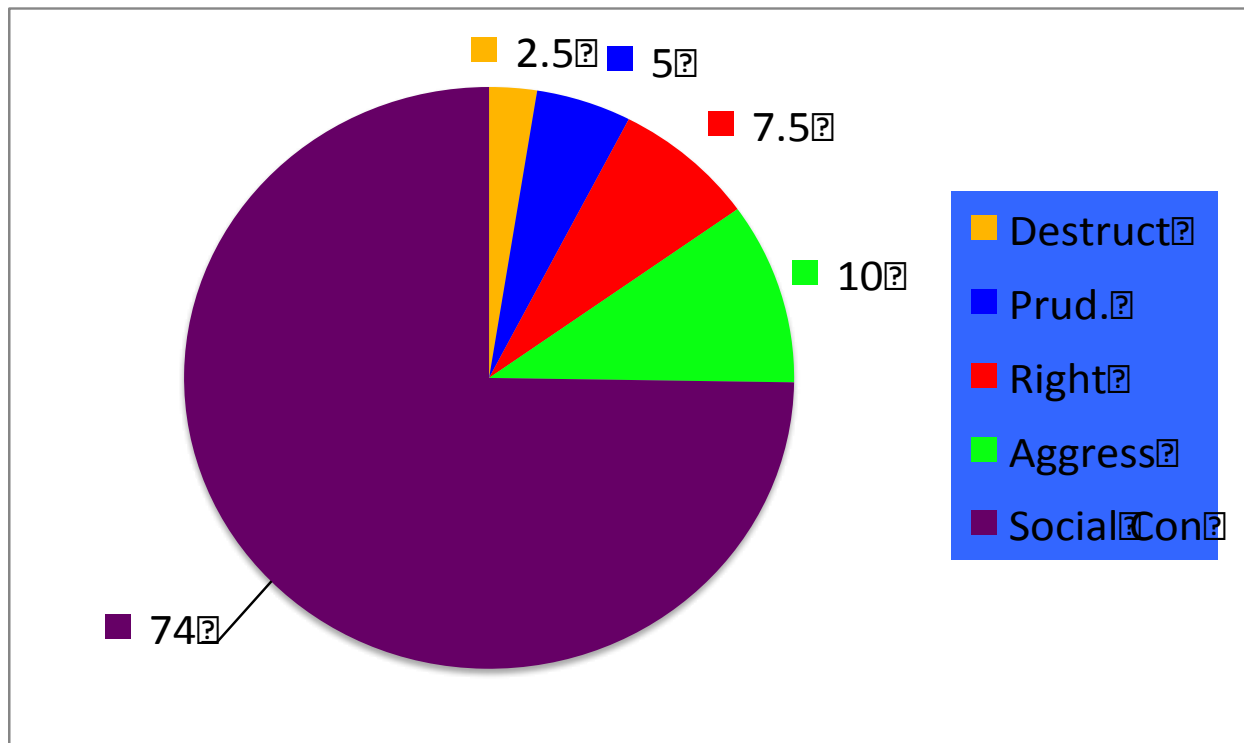
Let's raise children who won't have to recover  
from their childhood.



# What Causes Conflict?



# Types of Child Behavior that Elicited CP



# Key Shifts in MetaParenting

- ✓ Respect child as individual [children have rights!]
- ✓ Be cognizant of the child's developmental level & neurological/self regulatory limits
- ✓ Promote cooperative, open communication
- ✓ Focus on long-term & joint relationship goals
- ✓ Adopt a mutual problem-solving orientation

# Occurrence of the Terms in Books



(click on line label for focus)