

RAW News

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Positive Discipline - Second Generation

Mary Tamborski Nelsen, MFT Intern

Talk about pressure... I am the living prodigy of Positive Discipline; and for the past few years I have had the opportunity to practice all the positive discipline tools that I've learned since I was eight.

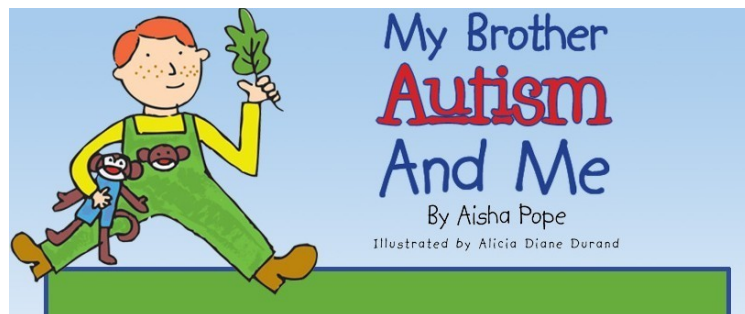
You would think that since my mom is Dr. Jane Nelsen author and speaker of Positive Discipline that I would be an expert (considering I was raised by one) at practicing positive discipline with my own small two boys, Greyson 4 and Reid 2. Don't I wish!

Too often I find myself calling my mom, feeling embarrassed and sometimes ashamed about how I handled a particular situation. Thank goodness my mom is constantly reminding me that it's all "perfect" and that not being the "perfect" mom is just "perfect." After all it's what most moms in America are experiencing...even the ones that "know" better.

She reminds me often that she was never perfect and often felt embarrassed that she didn't always follow what she knew. That gave me the opportunity to remind her of the time she chased me through the house with a belt. I know it's hard to believe that Jane Nelsen could ever use spanking/punitive techniques. I think this is why she erased it from her memory. She couldn't believe she had done this, (as many of us hope to forget some of our mistakes. We laughed about it and she has given me permission to share it because these mistakes are what give us the wonderful opportunity to learn.

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My Brother - Autism - And Me



Order Your Copy Today!! www.MyBrother-Autism-AndMe.com

The Significant Seven

Talin Yesaie, MFT

From early on parents and caregivers think about all the things a child needs to grow up strong and healthy. Caregivers focus on physical health: “What am I feeding my child?” “Are they getting all their vitamins?” “Am I giving them too much junk food?” “What are they watching on television, are they getting enough exercise?” They also make sure to teach their children certain skills before they enter school, like their numbers, letters, and simple words. But, life skills are just as important to help children interact and develop healthy relationships.

The basic principles of Positive Discipline stress that children want two things most in the world: a sense of belonging and significance. They want to feel important and connected to the world, to know that they too are “just as important as the grownups.” Children want to be like the adults around them so they are constantly observing others to mimic their actions. Has your children ever dressed up in your clothes? Repeated something you have said? It is natural for children to mimic others because it helps them feel this sense of belonging in the world. It is the responsibility of the adults around the children to help them learn ways in which they can feel a sense of belonging and significance in appropriate ways. These life skills are developed in children when the adults around them model certain behaviors, and allow children to learn from their experiences.

Jane Nelsen and H. Stephen Glenn have coined these essential life skills, The Significant Seven. Children learn from their environments, a reflection of what their parents are role modeling for them. Mirror neurons are already developed at birth which helps children mimic the actions of those around them, so even pre-verbal children are able to learn from what they see. Research has shown that children who become successful adults possess the following capabilities and perceptions:

The Significant Seven

1. I am confident in my personal capability when faced with challenges.
2. I believe I am personally significant and make meaningful contributions.
3. I have a positive influence over my life; I take responsibility for my choices.
4. I have strong intrapersonal skills and I manage my emotions through self-awareness and self-discipline.
5. I have strong interpersonal skills and I am able to effectively communicate, negotiate, and empathize with others.
6. I am able to adapt with flexibility and integrity, I have strong systemic skills.
7. I have well developed judgment skills and able to make decisions with integrity.

Self confidence and the belief that one is capable of overcoming life’s challenges are essential to the healthy development of children. Knowing that you have a purpose in this world, and that you make a difference is encouragement to become a contributing member of society. Learning self -awareness and self-discipline is key to developing these interpersonal life skills. From a young age, it is essential for children to learn to identify their emotions, for parents to validate their feelings and teach coping skills to manage themselves to effectively communicate and work with others. They also learn to empathize with others because until you can understand another person’s perspective, it is difficult to engage with them whether you are three or ninety three years old. It is not enough to know the difference between right and wrong, but having the judgment and confidence to express yourself can save many children from negative peer influences.

So the next time you wonder if you packed the right stuff in your child’s lunch today, or if you helped them enough to prepare for that math test, don’t forget to also ask yourself, what did I do today with my child that helped him develop one of the significant seven?

For more information about how to help your children develop their Significant Seven skills refer to the book *Raising Self-Reliant Children in an Self Indulgent World* by H. Stephen Glenn and Dr. Jane Nelsen. For more information about workshops or parent coaching, email us at info@contactraw.com or call 619-737-7721.

Kids say the darndest things...

A small boy is sent to bed by his father. Five minutes later....

'Daad...!' 'What?!' 'I'm thirsty. Can you bring me a drink of water?'
'No, You had your chance. Lights out.'

Five minutes later;

'Da-aaaad.....!' 'WHAT!?!' 'I'm THIRSTY. Can I have a drink of water?'
'I told you NO! If you ask again, I'll have to spank you!!'

Five minutes later.....

'Daaaa-aaaad.....!' 'WHAT!?!?!' 'When you come in to spank me, can you bring a drink of water?'



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What I have truly learned is that all moms have one thing in common and that is that we absolutely love our children. We get caught up in our busy lives with many distractions and sometimes it's the painful/shameful experiences that remind us that each new day gives us an opportunity to practice what we know and to remind us that we too (just like our children) sometimes forget how to behave.

I have recently discovered that my attitude, not my children's, decide how my days will go. When I am patient (and believe me, sometimes this takes many deep breaths), my children are more patient and less frustrated. The bottom line is that when I actually practice the very valuable and logical tools of positive discipline it works! But then there are those other days when I need reminding; and my children do that so well...especially in public.

Recently I was waiting in line in a store with both boys when Greyson found a lollipop in my purse. He asked if he could have it and I told him after he ate his dinner. Well that was not the answer he wanted so he started to unwrap it. I kindly took it away and put it in my pocket. As you can imagine, that is when the loudest shriek and full blown tantrum started. I immediately felt my body getting warm and my face red. I responded by kneeling down to his level and said, "You're really upset right now." And he just cried louder. I asked him if he needed a hug and he, of course, said No! I continued to acknowledge his feelings of him wanting that lollipop and that I understood that he was upset and told him that he could have it after dinner. Naturally he said, "But I want it now! I then stopped talking and reasoning. Again I asked if I could have a hug? Thank goodness he said yes, and gave me the tightest squeeze.

Even when I know what I should do, such as being kind and firm, following through with what I say



I'm going to do, being reasonable and respectful, etc., doesn't mean it always turns out that way. Positive Discipline the second generation is definitely easier said than done, and I'm glad I'm able to do it most of the time – in spite of my many mistakes.

Mary Nelsen Tamborski is an MFT Intern available for therapy with individuals, couples, and families. She is also available for parent coaching and does co-therapy with her Mother, Dr. Jane Nelsen, for parents with their teenagers. Mary is supervised by Aisha Pope, LCSW of Roots & Wings Consulting. To schedule an appointment, or for more information please call 619.737.7721, or email info@contactraw.com.

**Reserve Your Space Today for the 1st Annual Positive Discipline Conference!
San Diego, CA ~ Town & Country Resort ~ 7/15/10 9:00am-3:40pm**

Pick Any Three of the Following

**Understanding Gender & Why It Matters!
Sticks & Snails & Puppy Dog Tails**
Cheryl Erwin, MFT, CPDT, LT

**PD & the Criminal Justice System:
Repairing Families**
Jane Weed Pomerantz, CPDT, LT &
Eryn Rogers, MA, CPDT

**Disciplina Positiva para Padres Latinos
(Conferencia en Español)**
Laura Garcia, CPDT

Coaching Kids to Success
Dina Emser, CPDT

PD & Adaptations for Special Education
Arlene Raphael, MS, CPDT &
Steven Foster, LCSW, CPDT

Connecting Christian Families With PD
Jan Morris, MA, CPDT & Mary Hughes, MA, CPDT

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10 Criteria For Self-Publishing
Jane Nelsen, MFT

**PD For Early Childhood Educators &
Parents of Young Children**
Laurie Prusso, MA, CPDT

Why Do They Do What They Do???
(Mistaken Goals & Top Card)
Mary Jamin Maguire, MA, LP, LICSW, CPDT,
LT

CEUs Available!

For more info, including pricing, presenter information, and to register, visit the Positive Discipline Association website.

Reserve Your Space Today! www.PositiveDiscipline.org Under Special Events



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