

Practical Tips for Disciplining Children Who Have Experienced Trauma Outline

The heart and soul of discipline is teaching and it helps to approach disciplining kids who've experienced trauma with a mindset that we are teaching our kids rather than punishing them.

Today we're going to be focusing on some tried and true tips that really work when disciplining kids who have experienced trauma.

1. The Relationship Bank Account
 - Spend effort building your relationship with your child so that you have banked "good will" for when you need to say no or set a firm rule.
 - Ideas for making quick and easy deposits:
 - Praise efforts, successes, helpfulness, their unique essence—big and small.
 - Let the child choose whenever possible.
 - Look for compromises.
 - Make more deposits than withdrawals.
 - Magic "rule" 5 positive comments to every 1 negative.
 - Difference between making a deposit and spoiling your child.
 - Sideswipe instead of confront.
2. Respond to What is Beneath the Behavior
 - Behavior is a reflection of a need. It's a symptom.
 - Strategies for digging deeper into what is underneath the behavior.
3. Reexamine Your Expectations
 - See your child for who she is.
4. Balancing Structure and Nurture
 - How does structure lead to feelings of safety and why is this often misunderstood when parenting children with a history of trauma?
 - Choose your battles: choose to ignore some behaviors.
5. Share Power to Gain Power

Specific Behaviors:

- Tantrums
- Name calling and teasing
- Handle attention seeking behaviors
- Lying
- Sexualized Behavior and Play