

Positive Discipline Matters

Understanding ‘mistaken behaviour’ and how to respond

The word discipline actually means to teach. Most people associate discipline with punishment and suffering. However when children feel shame and guilt and disconnection from their parents, no real learning takes place. The focus for children becomes on whether they get caught, or relying on adult to make them behave.

This session will explore the essence of positive discipline so that children and teens take responsibility for their actions and learn from their behaviour.

This is a topic that almost every parent wants to know about - how to respond effectively to challenging behaviour.

We will explore some typical causes underlying misbehaviour and how parents can use consequences and a ‘mistakes process’ to problem solving in a very practical way.

Session Outline

- What is ‘positive discipline’
- Understanding the causes of misbehaviour
- Effective consequences
- Handling mistaken behaviour

Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Opportunity to ask questions



Facilitator: Rachel Vecht

Trained as a primary school teacher at the Institute of Education in London and taught in both the state and independent sector. She has also worked as a University mentor and lecturer to student teachers.

In 2001, she founded Educating Matters, in addition to becoming a mother to 4 children. She has supported and guided tens of thousands of working parents in the corporate and public sector globally.

She also delivers online parenting courses, speaks in schools, offers one to one consultations to parents globally and comments on parenting for the media, podcasts and blog posts.