

WORKSHOPS BY MARCIE ROSEN
4340 DARSEY STREET, BELLAIRE, TEXAS 77401
PHONE (281-793-7802) WWW.MARCIROSEN.COM

LOVING LIMITS: DISCIPLINE AND SELF-ESTEEM

What is discipline? It's gotten a "bad rap!"

Children need limits! ("Our greatest fear is not that we are powerless, but that we are infinitely powerful.")
How does this relate to children's behavior and sense of security?

How can a well-managed classroom promote children's development and self-esteem?

- * Shows them that they are capable of controlling their own behavior.
- * Teaches social skills which encourage positive interactions.
- * Allows the children to use their energy to develop skills and self-esteem instead of testing limits

PREVENTIVE MANAGEMENT

1. Avoid the "criticism trap"; show them a better way!
2. Trite but true: "Catch them being good!" -and be specific! ("Friendships Blossom When We Share and Care")
3. "Strike while the iron is cold."
4. Rules: clear, few and frequently repeated
5. Set up the environment to avoid problems (airports and construction zones don't mix!)
6. Routine procedures-make it fun, and practice often! (picture signs)
7. Transition times-"5 minute warning," songs and rhymes
8. Clean-up games
9. "Dinosaur words": appropriate/inappropriate, acceptable/unacceptable
10. Consequences ("When you choose your actions, you're choosing what happens.")

SELF-ESTEEM

A child's self-concept affects the way he/she:

- * Perceives situations
- * Estimates the chances of achieving success.
- * Approaches problems

Fear (of failure or rejection) has a negative effect on creativity and problem-solving skills.

1. Resist the impulse to do things for them ("Cave now, pay later" vs. "Look what you can do!")
2. Teach creative problem-solving skills: "How can you both have fun?"
3. "Choices you can live with"

REDIRECTION AND GUIDED PROBLEM-SOLVING

1. Problem-solving: a skill that can be taught
 - * What is a "compromise"?
 - * What is a "compromise"?
 - * Aggression: sometimes a symptom of poor social skills
2. Redirection: (It's hard to misbehave when you're busy impressing the teacher!)
3. "Accentuate the positive": tell them what to do
4. Channeling aggression: acceptable alternatives
5. Time out: what it isn't (not forever, and not a punishment)
6. "Catch yourself"
7. Everybody gets angry: give them opportunities and techniques to deal with tension, anger, frustration and conflict.
 - * "Angry energy" can produce beautiful results!
 - * Stress reduction isn't just for grownups!
 - * Bibliotherapy 101