



Positive Discipline for Nannies

Top Five Tips

Danielle Taylor - Nanny Liaison, Sproutable

What is Positive Discipline?

From www.positivediscipline.com:

“Positive Discipline is a program developed by Dr. Jane Nelsen. It is based on the work of Alfred Adler and Rudolf Dreikurs and designed to teach young people to become responsible, respectful and resourceful members of their communities.”

Tip 1: Feel *all* the feelings.

- Get comfortable with uncomfortable feelings
- Can be tough to sit with hard feelings
- All feelings are valid does not mean that all actions that occur because of those feelings are valid
- Teach a feelings vocabulary & calm-down strategies
- Uncomfortable feelings build resilience

Tip 2: Calm down.

- Calming down means getting your brain & body regulated
- Children cannot reason with you or learn in the heat of the moment
- Self-regulation is a learned skill
- Use Positive Time-Out Spaces

Tip 3: You're a teacher.

- Discipline = to teach
- Misbehaving children are struggling
- Remember long-term goals & life-skills
- Mistakes are opportunities to learn
- We explicitly teach & practice missing skills
- Model appropriate ways to handle mistakes, emotions, & challenges
- Kids are just learning these skills

Tip 4: Get rid of punishments.

- Punishments and shaming work short-term but lose effectiveness
- Solutions should be related, respectful, reasonable, & helpful
- There is a place for consequences
- Don't repackage punishment as consequences
- Let them try again as soon as you're ready
- Keep expectations age-appropriate & check for understanding
- Sub in appropriate choices
- Teach problem-solving skills

Tip 5: You're the adult.

- Our feelings are valid, too
- Model what you want to see
- We are respectful to the children we care for as well as ourselves & the situation
- Kind = connected & respectful
- Firm = boundaries & respect
- Consistent = everyone knows what to expect

Next steps:

- Choose one tip to really focus on this week, and see what a difference it makes in your day
- If Positive Discipline is resonating with you, look at our Positive Discipline Nanny Certification at www.besproutable.com
 - 30% off code: THIRTYOFFSP

Contact Info:

danielle@besproutable.com

Find us on Facebook, Instagram, & YouTube:
[@BeSproutable](#)