

imagine if

# How to discipline a child

To help move a child from a **reactive** to a **receptive** state, Professor of Clinical Psychiatry, Daniel Siegel recommends promoting feelings of:

Love



Kindness



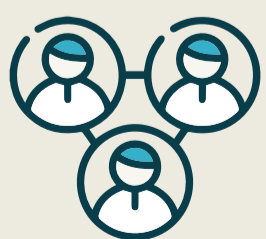
Compassion



Empathy



Connectedness



## 1 Safe

Safety often involves the parent co-regulating the child and offering their calmness to help the child get regulated. So after catching myself saying, "I've already told you to clean these up five times now!", I told him that we both needed to deep breathe.



## 2 Secure

Security, especially as children age, involves children feeling secure with their parents despite disagreeing. For example, if I said, "You always do this! You never clean up when I say." Chances are my son would feel threatened and overwhelmed. Instead, something like, "It sure is frustrating having to clean up, isn't it?" depersonalises the standoff and also acknowledges his perspective.



## 3 Seen

Being seen refers to being validated and valued. The truth is every close relationship experiences conflict. When faced with that conflict, one of the fastest ways to diffuse the situation is to see the other's perspective. It's important to note this does not mean giving in. Simply, it means acknowledging the child's perspective and then directing them. Seen can also refer to quality time together. Often feeling valued can improve difficult behaviour.



**Then ask:**

- *What do I want my child to learn?*
- *What is the best way to teach this lesson?*