



**PEP's approach helps adults and children learn positive, respectful ways to belong and contribute to their families and, as they grow, to their communities.**

We focus on the positive impact of a democratic style of parenting versus either a permissive or an authoritarian style.

What sets democratic parents apart?

- They are both firm and kind.
- They create and uphold sound boundaries, within which children will learn and grow.
- They are clear and assertive, but not intrusive or restrictive.
- Their disciplinary methods are supportive rather than punitive.

PEP's philosophy, which is founded on the internationally acclaimed work of Alfred Adler, M.D., and Rudolf Dreikurs, M.D., is optimistic and pragmatic. It promotes:

- understanding of children's reasons for misbehavior
- mutual respect between adults and children
- shared responsibility
- developing children's capabilities
- fostering cooperation
- social inclusiveness
- giving back to one's community

PEP's programs – covering parenting issues from preschoolers to teens – include classes, workshops, community talks and presentations by noted authors. Our class instructors are parents who have been there, done that and then taken hundreds of hours of parenting classes to do it better and share their knowledge with you.

*"The best resource I can recommend might not be available in your area, but I'll try: Parent Encouragement Program, or PEP, comes highly recommended ([www.pepparent.org](http://www.pepparent.org))."*  
Carolyn Hax, *The Washington Post*

**Connect with the Parent Encouragement Program**

**[www.pepparent.org](http://www.pepparent.org)**

***For parenting tools, tips, and talk, find us on Facebook or follow us on Twitter.***



**DISCIPLINE = EDUCATION** Positive discipline creates respectful families and focuses on short- and long-term goals for children. Instead of having obedience as a goal for our children, we need to look at reasons for misbehavior:

- Developmental stage vs. our expectations
- Lack of training (on the child's part)
- Children need to feel valuable and contribute to the family, but sometimes they do not know how to fill that role in a positive way.

**SHORT-TERM GOALS** are to stop undesirable behaviors in a respectful way, meet the needs of the situation, ease daily transitions, and provide safety for children.

**LONG-TERM GOALS** are courage to meet life's challenges, respect for themselves and others, cooperation – living and working well with others, and responsibility to accept the consequences of their actions.

#### **TOOLS OF POSITIVE DISCIPLINE**

- Be Firm and Friendly – Firm shows respect for ourselves and the needs of the situation; Friendly shows respect for the child.
- Choose consequences to behavior that educate instead of punish and are Related to misbehavior, Reasonable in scope, Respectfully delivered.
- Focus on the problem, not the person.
- Notice positive behaviors.
- Involve your child in contributing to the family through sharing jobs and ideas.
- Make time to connect through one-on-one special time with your child.

#### **OFFER LIMITED CHOICES INSTEAD OF COMMANDS**

- When/then statements. "When the table is clear, then you can watch a program."
- Either/or statements. "Either you can take your ball outside to bounce, or you can stay inside to play a different game. You decide."

**FACILITATE exploration of SOLUTIONS!** Invite children to problem solve and ask questions. Why? You'll teach your children that you have faith in them. They will learn responsibility, compromise, resourcefulness, and patience.

#### **RESOURCES**

- Parenting with Courage and UNCommon Sense by Linda Jessup and Emory Luce Baldwin
- Positive Discipline by Jane Nelsen / [www.positivediscipline.com](http://www.positivediscipline.com)
- Honey, I Wrecked the Kids by Alyson Schafer / [www.alysonschafer.com](http://www.alysonschafer.com)
- No Drama Discipline by Tina Payne Bryson and Daniel Siegel, Mind Your Brain, Inc. and Bryson Creative Productions, 2014 / [www.tinabryson.com](http://www.tinabryson.com)