

Activity: Looking for the six principles in our work

Objectives:

1. Explore links between positive relationships and the six principles of effective discipline.
2. Identify how the six principles of effective discipline link to our roles at work.

Process - Set the scene

In 2004 the Children’s Issues Centre, University of Otago and the Office of the Children’s Commissioner published a research report *The Discipline and Guidance of Children* revealing six key principles for effective discipline. Summarised in the SKIP poster ‘Six Things Children Need To Grow Up to Be Happy Capable Adults’, they provide a foundation for helping parents manage kids’ difficult behaviour without having to hit or yell. Although based on relationships between parents and children they’re just as effective for building positive with anyone, anywhere - home, EC centres, in classrooms or workplaces.

<p style="text-align: center;">LOVE + WARMTH</p> <p>Right from birth builds trust and positive self-esteem. Respectful relationships are at the core of effective discipline and positive parenting.</p>	<p style="text-align: center;">TALKING + LISTENING</p> <p>Good things come when we talk/sign with our kids, watch/listen to them and give them clear messages</p>
<p style="text-align: center;">GUIDANCE + UNDERSTANDING</p> <p>When kids understand why we want something done they’re more likely to do it. Explaining works better than orders or threats</p>	<p style="text-align: center;">LIMITS + BOUNDARIES</p> <p>Clear and simple rules that kids understand work best. Rules keep things safe and fair for EVERYONE</p>
<p style="text-align: center;">CONSISTENCY + CONSEQUENCES</p> <p>Kids feel safe when the rules don’t change. Consequences for misbehaviour should be Related- directly to what has happened Reasonable - kids age and understanding Respectful - firm + fair - not humiliating</p>	<p style="text-align: center;">STRUCTURED + SECURE WORLD</p> <p>Kids feel happy and relaxed when they know what’s happening. PLAN ahead for possible challenges e.g. take snacks with you to the supermarket MODEL behaviour we want kids to copy - don’t ‘throw an adult tantrum’ when things get frustrating for you.</p>

Have Six Ps or Whakatipu posters available and revisit them as they relate to young children.

- Under each principle individually record what you ‘need’ in your workplace for you to be happy, confident and grow in your role.
- List any examples of how each one is currently being reflected within your organisation and workplace practices.
- Identify **where** improvements could be made to further utilise them as relationship building tools, **how** they might be implemented and **what** needs to be done for this to happen.



Extension:

- Use as a framework to orientate new employees.
- Use as frame work to diary your interactions or goal setting with families.
- Use as a problem solving tool when you are facing challenges in managing difficult behaviour.

Options: Group size will determine activity and process.**Resources used:** SKIP Red Module 3. SKIP 6P posters – *Whakatipu* ngā tohu whānau posters.