

Empowering Ourselves Through Positive Discipline

Many people have chosen to look at the silver lining or 'Hunting for the Good Stuff' during the COVID-19 pandemic. Some have said that it has been nice to have their whole family together, they appreciate frequent family dinners, and many students have commented that they are sleeping much better. At the same time, as we have been "hunkered down" for over a month, it is understandable if families are experiencing tension or friction with their daily interactions. We will offer strategies from Dr. Jane Nelson's Positive Discipline method to empower ourselves through kind and firm parenting tools. For some of us, that means focusing on positive communication and respectful interactions. For others, it may mean using self-discipline to delay gratification, as well as to stay on track with our academic and athletic goals. Included, you will find exercises from U.C. Berkeley Greater Good In Action to help gain self-awareness during an argument, in friendship, and making a genuine apology to heal a relationship.