



March 2008

Meet Kristi Miller



Kristi Miller, MA, CAPI, and Solutions in Parenting Founder, is a [Certified Aware Parenting Instructor](#) and Parenting Consultant who offers a distinctive form of parent education coupled with hands-on training for parents and their families. For more than a decade, Kristi has been dedicated to a specialized form of parent education she developed, [Bond Strengthening Parenting®](#), which honors and encourages parents and helps them define and maintain their own personal styles. This, in turn, allows children to thrive in a loving and collaborative environment.

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Solutions In Parenting News

Solutions in Discipline

Workshop

Solutions in Parenting is offering its **"Solutions in Discipline Workshop"** series.

This four-week workshop series is for parents, day care providers, grandparents, therapists, and anyone else working with children. It combines education, hands-on training and lively, interactive discussion to offer parents and caregivers the tools to effectively discipline children of all ages.

You will learn to:

- Eliminate power struggles with your children from toddlers to teens
- Handle temper tantrums, peer issues, sibling rivalry, and defiant behavior
- Prevent conflict with your teenagers

- Discipline effectively without punishments

4 Mondays April 21 through May 12, 2008.

7 p.m. to 9 p.m.

More Solutions in Discipline

Welcome to the March, 2008 Solutions In Parenting Newsletter!

We are continuing our **Spring 2008 Solutions in Discipline Workshop Tour**. There are still some spaces in our Solutions In Discipline Workshop, so make your [reservation](#) today!

In this issue we will explore the differences between punishment and discipline.

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What is the difference between Discipline and Punishment?

Last month, we addressed the important first step to learning effective disciplining techniques: first becoming a self-disciplined adult. This month we will continue to examine the meanings of discipline by taking a look at the critical, and sometimes very subtle, differences between punishment and discipline.

What is discipline?

Discipline is guiding children toward long-term positive behavior and learning.

Discipline is giving children positive alternatives.

Discipline is physically and verbally *non-violent*.

Discipline is understanding individual abilities, needs, circumstances and developmental stages.

Discipline is teaching children to internalize self-discipline and morality.

Discipline is listening and modeling.

Discipline is using mistakes ("misbehaviors") as learning opportunities.

Discipline is allowing children to take "ownership" of their problem.

Discipline is giving children tools to solve their own problems.

Discipline is keeping the child's dignity intact.

What is punishment?

Punishment is being told only what not to do.

Punishment is holding back rewards or love.

Punishment is physically and verbally violent.

Punishment is using consequences unrelated and illogical to the "misbehavior".

Punishment is penalizing the child without honoring individual abilities, needs, circumstances and developmental stages.

Punishment is taking away favorite things.

Punishment is teaching children to be controlled by an outside source.

Punishment is teaching the child to behave only when the outside source is present.

Punishment is often temporary, easy, expedient and requires very little skill.

Punishment is threatening to the development of internal morality.

Self-discipline is the key concept when learning how to effectively discipline our children. Our goals need to be defining and strengthening our own self-control as parents before we discipline, and just as importantly, teaching our children how to develop their own self-discipline and control as they grow older.

What do we mean exactly by self-discipline? Self-discipline means that the feeling of control over one's life is within, or inside, that person. Effective discipline teaches and reinforces this feeling of control. If discipline is punitive, the feeling of control is then switched to the outside of the person being punished (the young person) and usually associated with another person having the power instead (the adult).

Most parents would agree that the traits of self-control, self-discipline, and self-motivation are extremely desirable in young people. However, there is still quite a bit of controversy as to how to assure they learn those traits.

Many adults believe that young people will eventually develop this self-discipline (internal sense of control) as a direct result of adults asserting their own control (external sense of control) over them in the form of punishment. However, punishment does not promote self-discipline. Punishment may stop the "misbehavior" for that moment, but ultimately interferes with the accomplishment of your long-term goal of self-discipline. The fundamental issue is not punishment at all, but the development of morality and self-discipline. This includes the creation of conditions that not only allow for, but strongly motivate, a child to wish to be both a moral and a self-disciplined person.

324 E. Carrillo Street, Suite C, Santa Barbara, CA, 93101

Click [here](#) for more information or to register. Seating is limited.

"Solutions in Discipline" Presentation

Wednesday, April 16, 2008 from 7-9 pm
San Marcos Parent-Child Workshop (on the campus of San Marcos High School).
Please contact [Kristi](#) for more information.

New Office Locations

For those of you living in the Southern California area who would like to meet with us in person, we are pleased to be able to offer you two convenient office locations.

324 E. Carrillo Street, Suite C, Santa Barbara, CA, 93101

1187 Coast Village Road, Suite 10-G, Montecito, CA, 93108

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What is Parenting Consultation?

We are offering personal parenting education and consultation for committed parents who want to raise confident, compassionate and responsible children.

It is now possible to bring an experienced consultant into your family life on a regular basis. Either by phone or in person, your consultant can help you create solutions to your daily parenting challenges with loving and effective lifelong parenting techniques. Start being the very best parent you can be **today**.

[Sign up](#) for your free 20-minute gift session to see if parenting consultation is for you.

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Parenting Center

[Visit Solutions in Parenting](#) to explore our website and learn what we can do for you.

[Visit useful parenting links and resources](#)

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Monthly Parenting Challenge

Practice describing what you see.
This may sound easy, but simply describing situations without placing a personal judgment, evaluation or further embellishment can be very difficult. For example, next time you are driving in your car, instead of reacting emotionally to the very slow driver in front of you, try to just describe what you see without attaching the emotion to it. After just describing, do you still feel agitated or irritated? Do you feel the same or different? Or next time your teenager leaves the sandwich makings on the kitchen counter, describe to him what you see and watch what happens. Does he clean it up, give you a blank stare or ask you for more information? Let us know how it goes.

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Contact Us

For more information about our services, or to set up a consultation, please contact us at:

So how do you as parents create these conditions where your children learn self-discipline? Bond strengthening parenting® techniques teach parents how to communicate with their children in ways that are deeply respectful while articulating their own needs and helping their children to correct undesirable behaviors. This is not a "quick fix" and, at first, takes much commitment and time from all of the members involved. However, once both children and adults see the results, the work soon becomes well worth it.

Next month, we will delve deeper into the three-part formula we teach to our families to encourage understanding, compassion and compliance from all family members. Meanwhile, in preparation for next month's newsletter, we want to encourage you to accept the monthly parenting challenge and describe, describe, describe!

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We want to hear from YOU

Are you struggling through some parenting "rough spots" right now and need a bit of advice? We are always here for you. Whether you are in the middle of a divorce, potty training your toddler or screaming at your teen, we can help. Send us an [email](#) and we will respond with some helpful guidance to get you through.

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