

## KIND AND FIRM PARENTING/ CRIANZA AMABLE Y FIRME POSITIVE DISCIPLINE

Some parents think that being firm is a synonym of being mean and that being kind is a synonym of being permissive. This thought has no foundation. Setting firm and appropriate boundaries is actually an act of kindness. Kindness is important to show respect for your child. Firmness is important to show respect for yourself. You can set firm boundaries in a respectful, loving and kind way. This is a win-win situation!

Being kind and firm is one of the most (if not the most) important tools of Positive Discipline. Some parents are too kind, and not firm. Others are too firm, and not kind. Many parents move between the two being too kind until they can't stand their children (who develop an entitlement attitude) and then being too firm until they can't stand themselves (feeling like tyrants). This rollercoaster parenting can be ineffective and confusing to the child.

But, how do you start mastering the art of being kind and firm? Begin by validating feelings and/or showing understanding, offer a choice when possible. Take a look at the examples below.

You don't want to brush your teeth, AND we'll do it together. Want to race? (see PD redirection tool). *No quieres cepillarte los dientes Y lo haremos juntos. ¿Quieres jugar una carrera?*

I can tell you don't want to mow the lawn, AND what was our agreement? (see PD agreement tool). *Veo que no quieres cortar el césped, ¿Y cuál fue nuestro acuerdo?*

You don't want to go to bed, AND it is bedtime. Do you want one story or two stories as soon as your jammies are on? (see PD limited choices tool). *Sé que no quieres ir a la cama, Y es la hora de dormir. ¿Quieres una historia o dos historias después de ponerte tus pijamas?*

It can take a while to master the art of kind and firm parenting. Be patient, adopting this mindset happens one step at a time. Give yourself and your children permission to make mistakes, to be imperfect, and to keep trying because you know that mistakes are the best teachers.