

# Empathetic Discipline

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## Questions School Staff Need to Consider

How much of the child's disruptive behavior is due to immaturity?

Are the classroom expectations age-appropriate?

Are the classroom rules clear?

Are there too many transitions in the daily schedule?

## Coping Skills

- \*Give one instruction at a time clearly and simply.
- \*Make eye contact, getting close to the child's face.
- \*Ask the child to repeat directions to be sure he/she understands what is expected.
  - \*Explain change in routine in advance.
  - \*Give warning cues for transitions.
- \*Give positive feedback immediately with praise or positive reinforcement.
  - \*Listen, listen, listen!
  - \*Give child more frequent feedback.
  - \*Keep smiling.
  - \*Be consistent.
- \*Be generous with attention, interest, and trust.
  - \*Stay calm, maintaining a sense of humor
  - \*Redirect interests: "I need your help..."
- \*Acknowledge the child's feelings when the child is upset...Listen, reflect feelings, be understanding.
  - \*Practice forgiveness.

## **Susan's Ten Technique Tips**

1. Broken Record
2. Time Together
3. Problem Solving
4. Offer Choices
5. Redirect
6. Selective Ignoring
7. Cues
8. Musical Transition Techniques
9. PRAISE!!

We need to expect obedience by setting limits, providing structure, modeling behavior, talking, listening, and praising.

## **Teacher Accommodations**

- \*Explore and adjust the Center Discipline Policy
- \*Invite parents to participate
- \*Revisit the Physical Space Arrangement
  - \*Utilize transitions
  - \*Use a collection of timers
- \*Create positive solutions for Biting / Spitting Bully Issues
  - \*Use Sign Language
  - \*Story Telling with Puppets
  - \*Post schedule of the day
  - \*Create a reward system
- \*Use hats/ wands / aprons / a singing bag
  - \*Smile and praise
  - \*Sing, sing, sing!

## Reference Books

Einstein Never Used Flash Cards - Kathy Hirsh-Pasek, Ph.D. and  
Roberta Golinkoff,

New Skills for Frazzled Parents - Daniel Amen, M.D.

1-2-3 Magic- Thomas W. Phelan, Ph.D.

The Childhood Roots of Adult Happiness - Edward Hallowell

The Discipline Book - William Sears, M.D. and Martha Sears, R.N.

Getting it Right with Children - Madelyn Swift

Boys and Girls Learn Differently - Michael Gurian

The Power of Validation - Karyn Hall, Ph.D. & Melissa Cook, LPC

A Walk in the Rain with a Brain - Edward Hallowell, M.D.