POSITIVE DISCIPLINE IN CLASSROOM

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You made a mistake for being disobedient in your class, your adviser talks to you in a nice way rather than giving you a punishment or saying words that might hurt you. Adviser tells scenarios where you will be able to realize and understand what you’ve done. Are you familiar in this situation? Sad to say many educators did not adapt this kind of discipline in their classroom. We mostly foresaw this kind of scenario during our preschool years. Now that we have an idea for the positive impact of this discipline, let us now proceed to our highlight.

What is positive discipline? According to goodhousekeeping.com It is a method where parents clearly communicate what behaviors are appropriate, which ones are inappropriate, and what the rewards for good behavior and the consequences for bad behavior are. It is a method focused on encouragement and problem-solving. It does not include yelling, threats and physical punishment that might cause negative effect to them. Based on the recent brain research, people learn best when they feel safe and connected to others. Here are some perks of using positive discipline:

• Builds trust and strengthens relationships.
• Builds and maintains self-esteem.
• Teaches children on how to deal with stress and manage their emotions in a healthy way.
• Help them contribute in meaningful ways and develops their sense of significance.
Develops strong understanding that one has power or influence over what happens to them in life.

On the other hand, using positive discipline can also be helpful to our educators to overcome the many challenges they faced from day to day. Here are some of the benefits of using positive discipline:

• Students are more respectful.
• Students are engaged and dedicated on their task.
• Less disciplinary measures are needed.
• Students see rules as fair.
• Students are excited to go to school and tend to avoid absences.

Now that we are living in a fast-paced environment many of us neglected the basic foundation we learned back when we were young. Discipline is one of the fundamental traits needed to obtain or to achieve something you want. The main goal of positive discipline is to create a connection first before the correction in order for discipline to be effective in the long term. Creating a safe connection is the most effective way to help our children understand what we want them to do or to be. Being persistent with this kind of discipline may be difficult but through patience and dedication, this hard work will bear fruit.
References:

https://srhd.org/media/documents/What20is20Positive20Discipline1.pdf
https://www.goodhousekeeping.com/life/parenting/a26754534/positive-discipline/