Learning Objectives

1. Participants will describe the critical role attachment plays in shaping behavior.
2. Participants will identify the fundamental difference between punishment and discipline.
3. Participants will identify the two key components of effective discipline for children with a history of trauma.
4. Participants will demonstrate a minimum of three trauma-informed, attachment-focused behavioral interventions.

Timed Agenda

1:00-1:05 Welcome and Housekeeping

1:05-1:15 Introduction, Overview, Defining Punishment and Discipline

1:15-1:35 Attachment

- Critical role of attachment in development, behavior, and discipline
- Arousal-Relaxation Cycle
- Disrupted Arousal-Relaxation Cycle
- Primary tasks of the parent
- Why traditional parenting isn't working

1:35-2:00 Strategies for effective attachment-focused discipline

- Staying on course with two key components
- The 3 R's
- Do Overs
- Addition, not subtraction
- Time in
- Make expectations vivid and concrete
- Prescribing behavior

- Joining with the child against the problem
- Praise that is quick and specific
- Provide predictability – AND be unpredictable
- Parenting to your child's strengths

2:00-2:30 Q & A