

CREATING PEACE THROUGH UNDERSTANDING RELATIONSHIPS

A CAEYC Presentation by

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Certified Positive Discipline Trainer

Parenting Coach

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Additional Workshops

- Jane Nelsen, Friday 3:30 CC 311
 - ▣ Positive Discipline for Capable Young People

- Laurie Prusso, Saturday 12:30 CC 204
 - ▣ The Kids are Great: It's the Staff that Can't Behave

Give the gift of wonder, the
touch of kindness, an
understanding heart; and know
that you change the world with
every life that you touch.

What you deal with

A child who:

hits others

destroys materials

is angry and aggressive

doesn't listen or cooperate

takes things without asking/waiting

won't sit still and behave in circle



Our Responses

- Emotional
- Behavioral
- Attitudinal
- Relational
- Physical

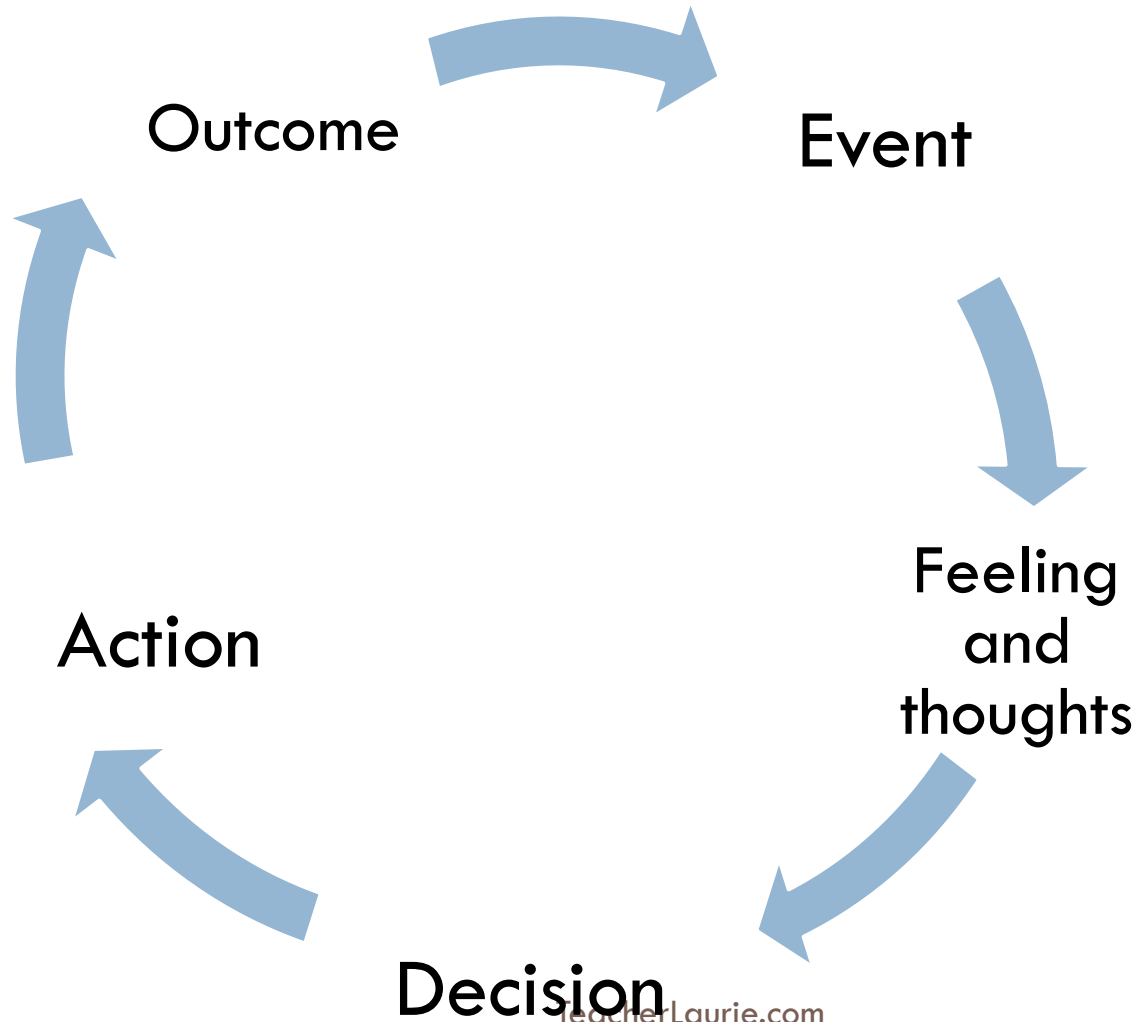
Imagine



Our Responses

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The Belief Paradigm



Should and Should Not

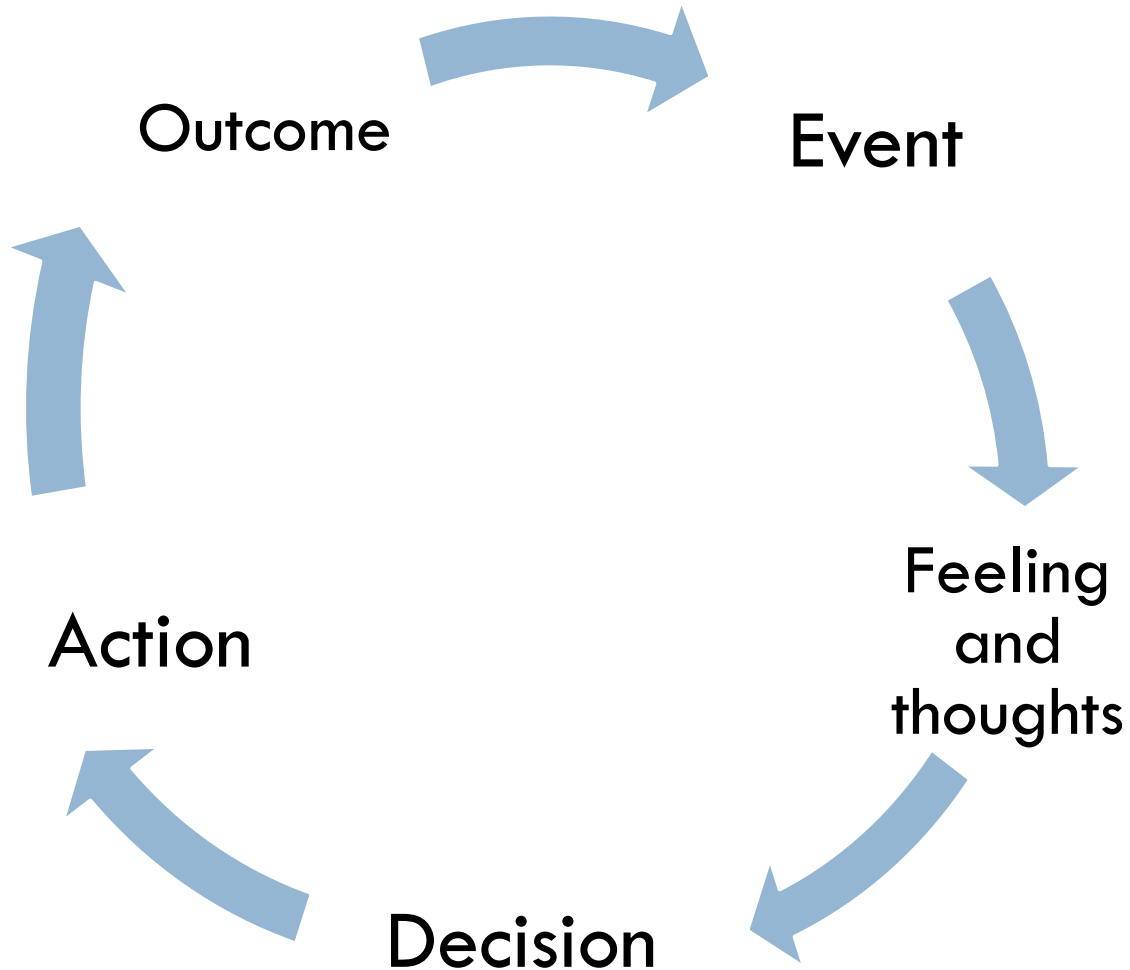
What do you believe?

What do you expect?

- Brainstorm some things you think people—adults and children-- should and should not do.

| Speak Respectfully | Talk Back |
|------------------------|------------------------|
| Do What They Are Asked | Take Things |
| Listen | Hit |
| Clean up | Yell |
| Keep commitments | Hurt people and things |
| Understand | Make Demands |

The Belief Paradigm



Peace Comes from Within

- We look forward to the time when the Power of Love will replace the Love of Power. Then will our world know the blessings of peace.
~William Ewart Gladstone
- If we have no peace, it is because we have forgotten that we belong to each other.
~Mother Teresa
- Peace cannot be achieved through violence, it can only be attained through understanding.
~Ralph Waldo Emerson
- We shall never be able to effect physical disarmament until we have succeeded in effecting moral disarmament.
~ J. Ramsay MacDonald

10 Peaceful Acts

1. Understand yourself

Know what you believe, what you want, and what your triggers are.

The space between what you expect and what you get is where disappointment and anger reside.

10 Peaceful Acts

2. Seek first to understand and then to be understood.

All human beings seek understanding and significance at all times. When a parent or child is upset or angry, the best thing we can do—and the first thing we should do—is to find our own self-control and strive to understand them.

10 Peaceful Acts

3. Listen

You have two ears and one mouth so you will listen twice as much as you talk!

10 Peaceful Acts

4. **Breathe**
Cool down
Regather
Recover
Count to 10

10 Peaceful Acts

5. Realize that it is **NOT**
about you!

Feel compassionate and loving.

Resist the temptation to judge.

10 Peaceful Acts

6. Reflect

Reflect back to the speaker a little of the content and an emotion or feeling. Keep reflecting until they feel understood.

10 Peaceful Acts

7. Remember that EVERYONE has a story, and that when we know each other's stories, we care about each other.

10 Peaceful Acts

8. Ask a question instead of making a statement

I wonder....

What do you think....

What can you do now...

What would help you.....

10 Peaceful Acts

9. Commit to forgive instead of convict.

Everyone is doing the best they can with what they have at the time.

10 Peaceful Acts

10. Renew yourself. You can't give what you don't have.

Reflect

Rededicate

Resolve

Renew

Peace is born of compassion

You never truly love a person until the mere thought of hurting that person is enough to break your own heart. As long as we have the desire to be right, to get our way, or to blame and judge another, we will not foster peace in our classrooms.

Change

- Everyone thinks of changing the world, but no one thinks of changing himself.

Leo Tolstoy

Dynamic and Humorous Trainings and Workshops

Laurie Prusso

Keynote Addresses and Full-day and Two-day trainings.

Customized topics or select from these:

- The Teacher's Role in Supporting Emotional and Social Development
- Effective Discipline and How to Do It!
- Understanding Adult Relationships: Working Together to Support your Program

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- Laurie Prusso is a professor of child development at Modesto Junior College, a Certified Positive Discipline Trainer, and Parent Coach. With experience in CSEFEL, CECMP, CDTC, and the CDC WORKs program, she is a popular presenter and trainer around the state and provides dynamic and lively workshops and trainings. Areas of expertise include challenging behaviors, emotional development, staff unity and skill development, and systems organization.