



# LAKESIDE

## Flash News

JUNE 6th

### FAMILY SCHOOL REMINDER: “POSITIVE DISCIPLINE”.

In recent days we had an interesting talk where Professor Alberto Bordel and Miss Paola Gonzalez talked about how to correct inappropriate behaviors of our children through Positive Discipline.

Here are some of the highlights of the talk, for those who did not have the opportunity to connect that day.

Positive Discipline proposes that instead of focusing only on trying to change our children's behavior, we must first look at ourselves: how should I treat him / her or behave towards him / her so that he / she ends up being the adult I want him / her to be...?

We can begin by being clear about the 2 words that represent Positive Discipline and that we should follow thoroughly:

- **Firmness.** It has to do with being congruent with your words and your decisions. If you have told your child something, you must follow through.
- **Kindness.** If we only apply firmness, we can err on the side of authoritarianism and lose the emotional bond. For that we need to balance with kindness.

To do this, we must focus on two important bases of Positive Discipline that explain our children's behavior:

**1. Sense of belonging.** Being part of a group that guarantees our survival.

**2. Sense of contribution.** Feeling that they can help in the group, that their opinion is heard and that they can support others with their contributions.

In the case of children, the feeling of belonging consists of making sure that they have someone close to them who will take care of their needs (affection, food, protection, etc.) and guarantee their survival.

The “bad behavior” that children have is the best way they find to tell us that:

- They feel their survival is in danger (they don't know if you still love them and whether or not you will be able to meet their needs).
- They believe that we do not take them into account, that their opinion does not matter to us (they do not feel part of a social group in which they can contribute and feel useful).

The important thing is to think about whether the things we are doing with our children go in the direction of working on their qualities.

- For them to be autonomous, we have to give them responsibilities.
- For them to be respectful, they have to live in an environment of respect.
- For them to be empathetic, we have to put ourselves in their shoes and understand their needs.
- For them to be self-confident, we have to generate a good self-concept.

Here you can find 9 tools and daily examples of Positive Discipline:

1. Inform them of what is coming.
2. If you wouldn't dare tell an adult what you are going to tell him/her, don't tell him/her.
3. Propose limited options.
4. Use play and humor.
5. Ask before you accuse.
6. Let them do things themselves, but show them how.
7. Take a time-out.
8. Instead of telling them what they CAN'T do, tell them what they CAN do.
9. "As soon as..." instead of "If you don't..."

We look forward to seeing you at our next School for Families meeting!



# SOLIDARY ACTION 2024

As a cooperative school, fostering and working on social skills is fundamental in the day to day life of the Lakesiders. The projects we do allow us to put into practice collaboration, empathy and solidarity with those who need it most, contributing to the SDGs numbers 2 and 3 that we work on weekly in the assemblies (these are Zero Hunger and Good Health and Wellbeing).

As you know, every year we help a foundation and this school year we are collecting food and hygiene and cleaning items to contribute to the community of the "Dar y Amar I.A.P." foundation, whose donations will support girls and adolescents (with their babies) who have suffered violence and who are cared for by this foundation.

We invite you to collaborate by bringing non-perishable food in good condition, as well as hygiene and cleaning items to dignify this population.

In the following link you can find the file with more detailed information, as well as the list of products suggested by the foundation:

**CLICK HERE** 

We are sure that the Lakeside community will be an example of solidarity. Thank you to those who have already made a donation and we invite those who have not yet done so to join us in this great cause.

The deadline for donations is Friday, June 7th.

