

Parenting the Positive Discipline Way

January 2014

Hugs as the Answer

This Valentine's Day, I am keenly aware of the importance of seizing every opportunity to make sure "our people" know we love them. There isn't always next week, or this summer, or next Christmas. Today is the day. This is the moment to connect with those we love.

A simple method: hugs.

What else can so eloquently express affection, caring, and faith in another person? A hug can say -

"I love you"

"I still love you"

"I understand"

"I'm here for you"

"I have faith in you"

"I'm celebrating with you!"

"Perfection not required"

"You're wonderful just the way you are"



Positive Discipline "Hugs"
Tool Card

Scientists tell us that words make up only a small percentage of what we actually communicate to each other; the great majority of our communication is non-verbal (my children might disagree). Using hugs and other simple, affectionate touch can speak volumes. When we combine a hug with a smile, a loving look, and a kind word – wow! That feeds the soul.

One of the underlying principles of Positive Discipline is that "children do better when they feel better". (Adults, too). Hugs often help us feel better. When your child is upset, try telling them you need a hug. Even if they refuse, you can invite them to come and find you when they're ready for a hug. I've been surprised by the way a hug can help calm me and my child. It also helps me feel more compassionate toward my child (even if I've been annoyed or angry). It doesn't always work in the moment, but it's worth a try. It's also a nice way to reconnect when you're both calm enough to discuss and problem-solve.

What is more important than connecting with another human being in love!?

Hug someone you love today!