

# Parenting the Positive Discipline Way

March 2014

## Walking Our Talk

Over the weekend, my daughter and I were out running errands. As we were about to pull out of our parking space and head home, I overheard a man talking to his kids in the van parked next to us. He said, "I'm just going into Starbucks for a few minutes." He promised to be right back. Dad slid the door to the van closed, turned around, crossed the parking lot and walked into Starbucks.

I turned to look into the back of the van and saw what looked to be about an 18 month old strapped into a car seat. Next to him was another child, maybe 3 or 4 years old.

I sat there, feeling very uncomfortable, as I always do when I see this sort of thing happen.

My daughter asked, "Why aren't you driving?"

I told her there were little kids left alone in the van, so we'd sit there until the Dad came back. As I turned the engine off, we became aware that the van's engine was running. My 9 year old daughter recognized the risk he was taking. Did he?

As I thought about it later, I moved from judgment to discomfort as I recalled some decisions I've made in the interest of convenience or time or the pressure of expectations – instead of what is truly important to me.



### The Tongue In Our Shoe

Lynn Lott (Positive Discipline author) talks about the tongue in our shoes versus the tongue in our mouth, and the fact that the tongue in our shoe (what we do) is the one that shows what we really value.

I've got kids who are watching me and learning about what I really value by the choices I make.

What happens when our kids see us do one thing but say another? Which will they choose to follow: our example or our advice? If we couldn't use words to explain, would our lives teach the values we hope to instill?