

Pocket Reference: Positive Parenting Skills

The Nurtured Heart Approach to Consequences by Mrs. Twine

(<http://www.hellobee.com/2013/06/25/the-nurtured-heart-approach-to-consequences/>)

Central to the idea of the Nurtured Heart Approach is that there are consequences, and that those consequences are delivered *every* time, for *every* infraction, and that they are given in a matter-of-fact and un-energized way. So what does that look like in the Twine household? We call ours “breaks.” So, to give an example, Ellie chooses to hit Lorelei. I will tell her she is on break. This means that she doesn’t get my attention or interaction, and is unable to use her points (which she earns in her daily “reviews”) until she is back on track. Then, if I feel that she is unlikely to escalate, Lorelei and I will remain in the room and go about our business until Ellie apologizes and is ready to be gentle. If I feel that Lorelei is in some sort of danger, or that I am, I will tell Ellie that Lorelei and I will go into another room together and lock the door if that is necessary to protect us from getting hurt, but that she should let me know as soon as she is ready to be off break. I’ve only had to do that three or four times ever. I don’t particularly love it, but physical safety is a very important thing. Breaks seem to do several things:

1. They mark inappropriate behavior so that Ellie continues to grow in her awareness of where the boundaries lie.
2. They sufficiently acknowledge that Ellie’s behavior is her choice, and by making it clear that she is free to make choices but that her good choices have far bigger rewards, she becomes less tied to engaging in negative behaviors.
3. They don’t set up a power-play. When they are done right, the rules are clear and what she needs to do to be back on track is clear.
4. As soon as they are done, we can get right back to energizing and reinforcing the positive. I often recognize the things she is doing when she comes off break, so, in the case of hitting, I might say, “I see that you are still feeling angry, but you are not hitting Lorelei. You are showing so much self-control right now.”

More information:

(<http://www.positiveparentingconnection.net/time-out-vs-time-in-whats-the-difference/>)

<http://www.ourmuddyboots.com/why-i-do-not-use-time-out-or-time-in-and-what-i-do-instead/>

How to make a glitter bottle “timer”:

- ▶ All you need is a plastic bottle (preferably one without ridges or weak, squeezable plastic), water, super glue, fine glitter (the bigger kind doesn’t settle right), and clear gel tacky glue. You can also add some clear glitter glue and some plastic confetti shapes.
- ▶ Fill the bottle about 3/4 of the way with room temperature water, then add half a bottle of the tacky glue. Add a generous amount of glitter, a few dollops of glitter glue, and the confetti shapes. Put the cap back on tightly. Shake vigorously to get everything fully mixed.
- ▶ Then test it. If you think the glitter settles too quickly, you can add more tacky glue. If it’s too slow, you can add a bit more water. **Don’t forget to superglue the top on to the bottle before giving it to someone.** Now all you have to do is sit back, relax, and watch the glitter settle...

<https://mycrazyblessedlife.com/2011/10/03/relax-bottletime-out-timer/>

Links to more information about family meetings:

<https://www.healthychildren.org/English/family-life/family-dynamics/Pages/How-to-Have-a-Family-Meeting.aspx>

<https://my.extension.illinois.edu/documents/8100308100810/The%20Family%20Meeting.pdf>