

NEWSLETTER

Think Tank 2015

Committee Reports

Survey Results

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A Message from the Board of Directors

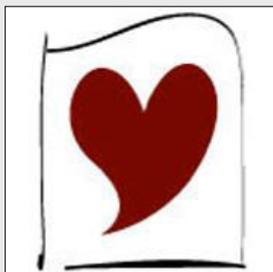
The Board of Directors met January 21st-25th. Major areas the Board is working on include Research, Global and Domestic Expansion, Continuing Education Credits, and Membership Levels and Benefits.

The PDA now has Global Affiliates in France and China. We are excited that Positive Discipline has been spreading in many countries including: Great Britain, Iceland, the Netherlands, Germany, Switzerland, France, Morocco, Spain, Mexico, Ecuador, Columbia, Peru, Chile, Brazil, Canada, China, Egypt, Korea, South America and many more. We currently have liaisons to France [Teresa LaSala], China [Lois Ingber], and Egypt [Cheryl Erwin].

Our certified trainers have been working throughout the world to spread Positive Discipline. In 2015, we will have Advanced Candidate Trainings [ACTs] in China, France, Columbia, and the U.S!

For the first time ever, there will be a PDA East Coast Conference in October of 2015. This conference is a prototype for expanding Positive Discipline throughout the U.S.

New member benefits were developed and accepted based on recommendation from the Membership Committee. The Mentoring Committee is planning on expanding their reach to support our members. Please read their report in this





Current Research: Learn How You Can Help!

Please help us with our current study! The purpose of this study is to examine the effectiveness of Positive Discipline Parenting Classes in changing parent behavior. This will be done through parent's report of how they believe their behavior was before the class compared to self-report of behavior on the day of the last class, as well as a two-month follow up. If you are facilitating *Parenting the Positive Discipline Way*, please contact Kelly Gfroerer at:

PositiveDisciplineAtlanta@gmail.com.

[Click Here for More Information!](#)

newsletter.

Our new San Diego office was established to help support the PDA's global growth. As the PDA continues its transition in expanding in the U.S. and globally, we want to thank our members for supporting this amazing growth with additional funding and an increase in scheduled workshops.

Our members' financial support has made it possible for us to build a stronger infrastructure with the addition of an Office Systems Manager (Mr. Brad Ainge), Coordinator for Workshops (Ms. JoAnn Regruto) and our assistant in San Diego (Ms. Amy Lasso), and continue working to improve the PDA website. This stronger infrastructure has made it possible for the PDA to move forward in the very important areas of research to

give even more credibility to our work.

The website has been another area in need of attention-look for even more improvements in 2015.

We look forward to seeing you in San Diego for Conference and Think Tank. We encourage you to register and make your room reservations as soon as possible to help the Think Tank Committee's planning efforts.

We encourage you to contact us with suggestions or feedback. We value the membership' input and want to hear from you. The areas focused on this year were based on membership feedback and survey results. We appreciate everyone's willingness to contribute.



The PDA has partnered with Dr. Eva Dreikurs Ferguson and Southern Illinois University to examine the effects of Adler-Dreikurs methods, exemplified by the methods of Positive Discipline. Dr. Ferguson will be the Director of research focused on changes in children's and parents' attitudes and actions as a function of their training with

Positive Discipline programs. A control group of children and parents who were not trained with Positive Discipline methods or concepts will be compared to an experimental group of children and parents who received such training. Specific attitudes and actions will be examined, with a focus on the following: Autocratic, Democratic, and Laissez Faire values of children and their parents; amount of Social Interest shown by the children and their parents; degree to which children and parents feel belonging and encouraged; kinds of practices that parents engage in and kinds of behaviors the children show.



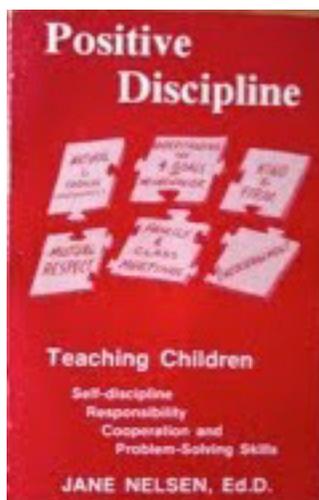
Positive Discipline...

The Thread That Connects Us
To Self • To Each Other • To The World

Think Tank 2015 exists as an invitation for deep reflection on the relationships that carry us forward in our work and our life. Throughout the weekend, we will be weaving our personal intentions in with our shared values and our vision for a more peaceful world. Participants will explore the shared strands of our Adlerian foundation and experiential activities, while celebrating the multicultural fabric that is designed on our global loom. Join us for this fantastic opportunity for abundant growth and self-discovery that is Think Tank 2015.

[Click here to register!](#)

Don't wait to book your hotel room! [Book now.](#)



In 1981, Jane Nelsen self-published her first draft of *Positive Discipline*. She designed the cover, formatted, and printed the book. No small feat in the age before word processing! The first 2,000 copies sold within one year, so Jane printed another 5,000 copies, which were again all sold within a year. For the next printing, Jane hired a book designer and printed 10,000 copies. In six years as a self-publisher, Jane

sold over 80,000 copies of *Positive Discipline*. Ballantine discovered the book and became the publisher in 1987. *Positive Discipline* has now sold more than one million copies.

The result of Jane Nelsen's determination to share practical information to help parents and teachers has resulted in over 25 additional *Positive Discipline* books with various co-authors as well as the experiential trainings co-developed with Lynn Lott. The Positive Discipline Association (PDA) is proud to support the growth of Positive Discipline. The PDA provides training, resources, and support as the only certifying organization for Certified Positive Discipline Parent and Classroom Educators.

PDA Committee Reports

Expansion Committee Meeting

There is great excitement about the [East Coast Conference](#) to be held Oct. 24, 2015 in Stamford, CT. There will also be pre and post core workshops. Further comments about this are covered elsewhere in the PDA Newsletter. Members of the committee shared the following ideas they are using in their communities:

- When a CPDT visits in your area, hold a mentoring meeting.
- “Lunch & Learns” in corporations/small businesses (contact “Wellness Directors” to arrange these).
- Connect with a Nanny Company (Paige has gone beyond her own community with this and hopes to work out something nationally).
- Staff development with childcare/early childhood/Montessori Schools/before & after school care/summer camps, Parks & Rec/YMCA/social workers & other mental health professionals/schools.
- Quarterly newsletters to parents who have taken a class to help them sustain commitment to Positive Discipline.
- One night “refresher” classes for previous parent participants.
- Monthly coffee shop “walk-ins” for parents who’ve taken a class to connect & talk.

Committee Recommendations for Professional Growth for Trainers & Trainer Candidates:

- Consider group mentoring around an interest area via phone conference.
- The Board has made arrangements for CEU’s for 2-day trainings! Wonderful!!
- New research is beginning to further validate the effectiveness of Positive Discipline Parenting groups (Kelly Gfroerer is facilitating this).
- Request was made for brainstorming like this committee does to be held at Think Tank.



Training and Assessment

The Training and Assessment Committee makes recommendations to the Board about a variety of matters. For example, in keeping with our collective desire to apply the concept of “kind and firm at the same time,” we might be asked to make recommendations regarding PDA members’ requests to meet certification requirements through alternative routes. We also provide feedback and recommendations to the Board about the certification requirements. Most recently we worked on the recommendations regarding TP certification.

The committee is made up of volunteer members from all over the globe. The committee members are Aisha Pope, Dina Emser, Jane Weed-Pomerantz, Jody McVittie, Lisa Fuller, Lois Ingber, Lori Onderwyzer, Mary Jamin Maguire, Molly Henry, Nadine Gaudin, Penny Davis, Sahara Pirie, Steven Foster and Susie Zhang.

Membership Committee

The PDA Membership Committee developed a new membership program that was introduced in 2015. The levels of membership are directly tied to the level of Positive Discipline training a person has. The membership benefits were enhanced at every level, with the goal of providing better member support for all of our members. A new *Supporter* level was added so that people who believe in and want to support the Positive Discipline movement can do so. Thank you to the Membership Committee for their hard work! The committee included Heather Cantero, Marcilie Smith Boyle, Dodie Blomberg, Fernanda Lee, and Mary Tamborski.

Marketing Committee

For many, marketing is the most difficult, and often frustrating, part of running a business. The Positive Discipline Association (PDA) Marketing Committee wants to help you learn how to better market your Positive Discipline workshops, classes, and services (coaching, talks, etc.), in order to reduce the challenge of marketing.

Please submit your marketing questions using the [PDA website Marketing Forum](#). In each newsletter, the Marketing Committee will answer questions from our experiences—so look for our column, “Marketers Helping Marketers.”

(See page 8 for Mentoring Committee)

Membership Survey Results

Thank you for the 125 responses!



We asked if you thought Educators should be invited to Think Tank and what you were looking for at the annual conference.

Below include responses from Educators, Trainer Candidates, Trainers and Lead Trainers.

- 95% want Educators included.
- 51% want Educators to have some separate breakout sessions.
- 85% want to observe/be part of new activities.
- 75% want to deepen their knowledge of Adler.
- 64% want to network.
- 54% want business building and idea sharing.
- 85% of Educators want to observe core activities being done by experienced Trainers.

Are you using/sharing Positive Discipline? Where do you want more help and support?

- 84% reported sharing Positive Discipline.
- Biggest needs: Help with marketing and filling classes/workshops.
- Educators report not feeling prepared to facilitate an entire 6/7 week class.

What will we be doing based on these results?

- Educators will be invited to [Think Tank 2015](#).
- [New marketing materials](#) are being put on the website regularly, including [Ideas for filling Parenting Classes](#).
- [New core workshop materials](#) are available.

Stay tuned for more! If you have further feedback, please email info@positivediscipline.org.

Training Around the World

It is so exciting to see the global expansion of Positive Discipline. Trainers are traveling all over the world sharing the message of respectful relationships in homes and schools.



PDC Workshop in Brazil facilitated by Fernanda Lee and Jane Nelsen.



Cheryl Erwin recently returned from Colombia, where she met with a mentor group and taught a full-day workshop for parent educators, teachers and school administrators.



Susie Zhang, Dodie Blomberg, Cheryl Erwin, Jody McVittie and Justine Yao will be facilitating workshops in China.



Positive Discipline continues to cross oceans and borders, and in March of 2015, the book *Positive Discipline* was elegantly published in Portuguese. The book was released in grand style on March 9 in São Paulo, where the publisher, a, partnered with one of the preeminent, yet cozy, bookstores in the city, Livraria da Vila, to host Dr. Jane Nelsen's talk followed by the book signing. This is an exciting time for Brazilian readers, who welcomed Positive Discipline's practical tools based on cooperation and mutual respect.

Training Around the World will be a regular feature in our newsletter.

Send photos and stories to info@positivediscipline.org.

A Positive Discipline Trainer's Report from the Field

As I prepare to leave for my second trip to China, I am feeling quite excited. I will be doing each of the core workshops, **Positive Discipline in the Classroom** and **Teaching Parenting the Positive Discipline Way**, in three cities during the month of March: Chengdu, Guangzhou and Beijing. I had the privilege to go to China last June, and the people who are organizing the workshops in these three cities are among those who attended those trainings last year.

Since that time, they have been busy practicing their skills, sharing trainings with many groups, and participating in ongoing mentoring

groups which they embrace with a great deal of commitment and enthusiasm. In fact, I have never trained a group of people who were more engaged and enthusiastic than the people I met in China.

The experience of traveling abroad to share Positive Discipline has impacted the confidence I feel sharing the work in the States. To me, it has felt a little like swimming upstream: that the perception is Positive Discipline principles are a far way from the accepted norms of our society. I see them only as logical, respectful, reasonable and doable, but I have also been working to grow my Positive Discipline skills for 25 years, and notice that I didn't say, "easy"!

We all have a great opportunity to share the work in our own neighborhoods, and as

the world becomes smaller everywhere, I encourage you to look for those opportunities with confidence. What you have is no small thing. Step up and spread the word where and how you can.



Dina Emser, MA, CPCC, CP-DLT
Certified Positive Discipline Lead Trainer, Leadership Coach and parent of 2 grown Positive Discipline kids!

Transforming high performance team members to leaders - gracefully.

dinaemser.com
Office: (309) 467-4429



The annual Positive Discipline Conference is coming up July 24, 2015. If you have not registered yet, [click here](#).

We encourage you to consider presenting at this year's conference. [Click Here](#) to fill out the online presentation proposal form.

Important: The deadline for proposals is **April 7, 2015**.

We are constantly amazed by the experience, talent and knowledge of the Positive Discipline Associates. This is your chance to share what you know with others. We hope you will consider this opportunity to present at the 2015 conference and submit your proposal today!

The Mentoring Committee

The Mentoring Committee has divided themselves into two sub-committees. Julia Tomes is the chair of the Mentor/Mentee Program and Barbara Kinney is the chair of the Online Mentoring Sub-Committee.

The committee is in the process of getting a survey out to members to assess the needs of mentors and mentees. Based on the data, they will re-write the guidelines and parameters for the Mentor/Mentee Program, including qualifications for being a Mentor, as well as a Mentee. The guidelines will be submitted to the Board for approval. From there, they will create a welcome letter with the guidelines and parameters to give to each new member when they declare their intent to work towards certification.

Barbara is working to set up a virtual mentoring/educational program on the PDA website. In the next few weeks, Barbara and Brad Ainge plan to consult with CPDTs and others who have experience in creating videos and also post on the List Serve a call for volunteers.

Interested in joining one of the committees?

Contact Julia at jtomes@artwells.com or Barbara at kinney.barbara@gmail.com.

What is the Goal of Positive Discipline?

By Jane Nelsen

The goal of Positive Discipline tools is not to change behavior, but to provide encouragement for children to work through what is going on for them in a supportive environment. Behavior change, when it happens, is a fringe benefit.

Encouragement often invites children to make changes, but only because they have experienced the loving guidance and support that invites them to change their beliefs about how to find their basic need "to belong". Encouragement invites children to learn the life skills they need to enjoy power over their own lives and the joy of contributing to others.

Positive Discipline tools help children develop the beliefs: "I am capable and I can contribute"—the

essence of belonging and significance. That is why all Positive Discipline tools emphasize the importance of encouragement, and why behavior change usually follows—later, if not sooner.

Of course we are meant to teach our children to develop the values, characteristics, and life skills we think will help them be the best they can be. This is called encouragement; and, as Dreikurs said, "A child needs encouragement like a plant needs water." However, it is a fine line to slip over into thinking that water (encouragement) can turn a Rose into a Tulip, or that Positive Discipline tools will change beliefs immediately—even though sometimes they do.



"On Children" by **Kahlil Gibran** from ***The Prophet***

Your children are not
your children.

They are the sons and
daughters of Life's long-
ing for itself.

They come through you
but not from you,

and though they are with
you, and yet they belong
not to you.

You may give them
your love, but not your
thoughts.
For they have their own
thoughts.

You may house their
bodies but not their
souls,
for their souls dwell in
the house of tomorrow,
which you cannot visit,
not even in your dreams.

You may strive to be like
them, but seek not to
make them like you.

For life goes not back-
ward, nor tarries with
yesterday.