



Family Discipline System Positive Environment Assessment

Look at each of the following points and rank your family from 0-3 on how you're doing with each (0 = horrible, 1 = sort of OK, 2 = pretty well, 3 = excellent)

Clear, Fair and Accepted rules and consequences:

- Rules are clear, simple and few in number
- Children have had a chance to help determine what the rules and consequences should be
- Rules are posted in your home for all to see.
- Consequences are quite consistent.
- Children understand the "why" behind each rule.

Love: You tell your children frequently and sincerely how much you love them

Interest and Eye Contact: You show real interest in the things they want to tell you and make a point of really looking them in the eye as they talk.

Choices: You ask their opinions on things and give them plenty of choices

Physical affection: You give hugs and kisses, pats on the back, take the time to hold kids on your lap, even big kids

Assumptions: You assume the best of your children and don't jump to conclusions about things.

Attention: Some children act out just to get attention. If we as parents make sure to spend time playing with them, reading stories to them, and just listening to whatever they want to tell us or doing whatever activity they want to do with us, they have less need to act out to get attention.

Appreciation: You tell them what you appreciate about them daily; give sincere and specific compliments frequently

Positive thoughts and public praise: You talk regularly with your husband and others about the good things your children did that day, often in earshot of your children

Praise: You lavish praise on them for good behavior – if one child is being good and another is acting out, praise the good behavior and ignore the bad behavior where possible

Realistic Expectations: You don't set kids up for failure by making rules that are too strict or insisting they do something too fast or asking them to do something too complicated or difficult w/o your direct help

Answering Requests and Needs: You strive to develop a balance between stopping what you're doing immediately to meet children's needs and making them wait for your attention for too long

Apologies and Good Example: You own your own misbehavior and explain and apologize to your children. You practice what you preach.