

Conscious Discipline 3.4.09

This week's focus will be on giving I-Messages.

I- messages are skills that originate from owning one's feelings and claiming one's power. If you believe children make you angry, you will be unsuccessful. I-messages could be called responsibility messages because the adult who sends an I-message takes responsibility for

- His/her own inner condition
- For being open enough to share this self-assessment with others

I-messages are non-judgmental statements that allow children to cognitively reflect on their actions and find their own ways to choose to change.

Examples:

- "When your toys are left on the floor, I feel scared because I might trip and hurt myself or break a toy. Pick up the toys and put them on the shelf."
- "When you talk when I am talking, I feel frustrated because I can't remember what I was saying. Sit quietly while I talk."

Styles

"I don't like when you + statement describing the child's actions."

Or

"I feel + (use a feeling word) when you + (describe the child's action) because + (relate to safety)."

Remember use appropriate facial expression and a firm tone of voice.