

## Suggested Presentation Timeline: Discipline

This lesson outline is designed to be a teaching tool for early learning professionals who teach this information in a wide variety of settings. Therefore, please use the outline below as a guide and modify it as necessary to meet the needs of your audience and schedule.

### Minutes 0 - 10      Welcome and Introductions

- Begin your presentation or workshop by creating a comfortable environment.
- Introduce yourself to your group / audience and orient them to the environment (restrooms, important announcements).

### Minutes 10 - 40      Presentation of Topic

Provide your group with an overview of the topic you will be presenting. This brings all the participants together quickly as well as to engage the group in the learning. Here are some options for how to do this:

1. Tell a story that engages the audience.

*Rachel is 13 months old. She is playing with a toy and bangs it on the coffee table. Her grandma takes the toy out of her hand and firmly says, "No banging." Grandma then tries to redirect Rachel's attention by offering her a soft toy. But instead, Rachel picks up the first toy again and starts banging the table again. Grandma picks Rachel up and moves her away from the coffee table. Was this discipline? Yes.*

2. Provide a definition of the topic / terms that are being discussed.


*Definition of Discipline: Discipline is not punishment, and it is much more than rules or consequences. Above all, discipline is teaching (American Academy of Pediatrics, 1998). Discipline means providing guidelines and support for young children while they are learning, mostly through trial and error, how to manage their emotions, deal with disappointment or frustration and form relationships with other people.*

3. Some educators find it helpful to begin with a general question. For example:

- When you think of the word discipline, what ideas come to mind?
- What questions or concerns do you have about discipline?

4. Provide an overview that introduces your audience to the research-based information about the topic.

*Research explains that supporting young children's development means providing limits as well as opportunities. The way parents choose to set limits for their children is known to have a significant impact on their development, therefore, the parents role in disciplining or teaching their children is an important one.*

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- Review the goals of what you intend to teach, describe what tools/resources they can expect to gain by attending the event, and present the Parenting Counts Program Curriculum.

**Minutes 40 - 50      Applied Learning Activity**

- Most audiences are ready for a change in activity after 20-30 minutes of lecture. Consider the composition of your group and decide what type of activity best meets their needs.
- Some educators choose to have participants work in pairs to maximize comfort with the topic, others opt for a group discussion to allow a variety of opinions to be heard and validated.
- Parenting Counts offers multiple video options that can be used during this time to encourage discussion or to continue the learning experience.

**Minutes 50 - 60      Closure and Evaluation**

- Closure: Be sure to recap the key messages of the presentation as well as provide tools that incorporate the learning into parenting practices.
- Evaluation: Please distribute an evaluation form as part of your presentation. It is important to give participants an opportunity to comment on the presentation as well as to provide you with an assessment of their learning.

