

## No-Drama Discipline

*“The pause between reactive & responsive is the beginning of choice, intention, and skillfulness as a parent.” – Daniel Siegel & Tina Payne Bryson*

This month’s focus for the group sessions for parents is “No-drama discipline”. It is not easy to discipline teenagers because we have to battle with hormonal changes, growing pains, peer influences and the impact of media and technology. More often than not, we get angry and disappointed with ourselves and frustrated at the limited success of our disciplinary efforts. It is no surprise that we sometimes get triggered and react poorly to our teen’s “bad” behaviour. We can start by reflecting on our triggers and understand ourselves a little better so that we can be more responsive instead of reactive when we need to address a disciplinary issue with our teen. One of the ways we can “pause” is to think of 3 things we love about our teen because they do have many wonderful attributes and we need to be more conscientious about acknowledging and noticing them. Another important aspect, which parents tend to neglect, is self-care – how much sleep we are getting; how well we are eating; how happy we are, and so on.

Next, we spent some time discussing how the teen brain works and the implications it has in terms of the way we discipline. When our teen behaves in a way, which we disapprove of, we need to explore what is going on and what is driving that behaviour. Once we are able to understand their thoughts and feelings, we can respond better and connect with them at an emotional level. The basis of discipline is not about punishing but teaching our teens specific lessons and skills. Hence, parents are urged to move away from top-down, directive approaches and use a more collaborative approach to engage our teen in the disciplinary process, in order to facilitate learning and skills building.

For those who are keen to discuss this topic further, we have 2 more sessions on 13 May (Sat) before wrapping up the topic for this month. You are welcome to sign-up via the link below. After we return from the June holidays, I will focus on “**Bouncing back**” in the August sessions: 1 Aug (Tue) 7:45 – 9 am, 3 Aug (Thu) 7:45 – 9 am; 7 Aug (Mon) 12 – 1:30 pm; 12 Aug (Sat) 8:30 – 10 am & 10 – 11:30 am. Sign-up online: <http://tinyurl.com/SJII-parents>

## Movie screening-discussion “Men, Women & Children”

We will be hosting a movie screening-discussion session for parents based on the movie “Men, Women & Children” on 27 May (Sat) @ 8:30 - 11:45 am and 31 May (Wed) @ 8 - 11:15 am (*limited spaces*). Please see below for the synopsis and preview link, and note the **M18 (Adult content & sexual scenes)** rating for the movie. If you’d like to join us, please sign-up online: <http://tinyurl.com/SJII-movie2017>

*Synopsis: Men, Women and Children follows the story of a group of high school teenagers and their parents as they attempt to navigate the many ways the internet has changed their relationships, their communication, their self-image, and their love lives. The film attempts to stare down social issues such as video game culture, anorexia, infidelity, fame hunting, and the proliferation of illicit material on the internet. As each character and each relationship are tested, we are shown the variety of roads people choose - some tragic, some hopeful - as it becomes clear that no one is immune to this enormous social change that has come through our phones, our tablets, and our computers.*

Preview: <https://youtu.be/DS7uc8OF6Rs>

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