

Episode 2: Positive Discipline with Dr. Jane Nelsen

Christy Keating 0:10

Hi friends and welcome to The Heartful Parent Podcast. I'm your host, Christy Keating. And this podcast, we talk about it all, our parenting, our partnering, and our professional lives, because they are all a part of us. And we were never meant to do this alone.

Hello, listeners, I am so excited to introduce to you our guest for today, because she is one of my mentors, one of my parenting idols, if you will, and really a change-maker in the world of parenting; it's Dr. Jane Nelsen. And for those of you who are not familiar with Dr. Nelsen's work, she is the author of Positive Discipline, and the numerous books in the Positive Discipline series. She's a co-founder of the worldwide training program through the Positive Discipline Association. And through that association, they've certified 1000s of Positive Discipline Facilitators in over 88 countries, I am one of them, and so grateful for what Positive Discipline is brought into my own life both personally and professionally. Jane's original book, which was written back in 1981, was the product of her deep gratitude for the changes that she was able to make as a parent of seven children, after learning the philosophy of Alfred Adler and Rudolf strikers in her college class in Child Development and Family Relations.

Since that time, more than 40 years ago, Jane has authored or co authored many books, tool cards, and training manuals, all of which we talked about a little bit in this conversation today. And really, she continues to inspire people around the world, with her down to earth examples of how to create and maintain respectful relationships in life. And in parenting. Jane is the grandmother of 22, and a great grandmother of 15. And counting. And she really is, as I said, a change maker in the world. In this conversation today, we dig into sort of how Positive Discipline and her writing about this came to be. We talk about the fundamentals underlying positive discipline and how punishment and praise are not a part of Positive Discipline. And then we really dig into some of the tools that the Positive Discipline philosophy offers to parents. I hope you enjoy this, that you walk away with some new tools, some new ideas, and I invite you to dig into the philosophy of positive discipline a bit further. Without further ado, Dr. Jane Nelsen.

Alright, Jane, thank you so much for being here for this conversation today. I'm so thrilled to be talking with you.

Jane Nelsen

My pleasure, Christy,



Christy Keating

I want to start at the beginning, because I know many of our listeners are new to the idea of Positive Discipline. And so I'd love to start by just finding out how did you create this incredible approach to parenting and what sort of got you started with everything.

Jane Nelsen 3:29

As you know, I have seven children. And I have what I call my before, during and after discipline, and it was right in the middle of my during that I just wanted to be a good parent. And I didn't know how it felt like so many parents, I would just go between punishment and didn't feel good. And then I would feel bad about myself. And so I'd be permitted to try and make up for it. I just go back and forth. And I decided to take a class in child development. And I was just so fortunate that my professor was an Adlerian psychologist who said, we're not going to teach you a bunch of theories, but just one theory, and how to apply it in ways that really work to help children learn self discipline and responsibility and cooperation and problem solving skills. And I thought, well, that sounds good.

And it was there used to book Rudock trackers children challenge. I have to tell you, Christy I was what I call a obnoxious learner. You know, all of us who teach parenting classes know what that means. Yes, yes. The ones who are always saying yes, but what if and I was punished, and I turned out fine. I was just that kinda but I kept trying what they were suggesting, was surprised how well it worked. And when it didn't work, I found out what mistakes I was making. Because there's a lot to Positive Discipline. There's a lot to it that's based on basic philosophy. And because I know that we're going to talk about this at the end but you're calling heartfelt parenting. Yes, that what the most important thing is to come from your heart, but also to have the skills.

But still, I would say that Positive Discipline is very heartfelt, are very similar in our in our approaches. So as I took that class, and I was just so excited about it, and I wanted to share it with others, and so I just would share it with brands and started giving little lacquers and, and then I became an elementary school counselor and was able to use this program based on energy and psychology with had a federally funded projects. So we had to experiment with go to one control school. And so we proved statistically, because I worked with the teachers and had paraprofessionals, who worked with the parents teaching them this philosophy, and behavior improved so well that we got another three years to disseminate it throughout California, at one to adopt the program. And then after that, I decided to sit down and write a book that included, you know, success stories from the parents and teachers I've been working with for years.

Christy Keating 6:05

Well, and it's an incredible book that, you know, I think I've told you this before, but it was such a gift to my life to stumble upon Positive Discipline, because I think there are so many parents,



myself included, that can relate to that, that ping pong thing that you described, where you get really strict and you punish, and then you feel bad. And so, so you go back to the permissive parenting, and then that's not working. And so it just felt like there was a lot of inconsistency in this style of parenting gave me and I know so many other parents a new way to approach all of that.

So I'd love to ask you, you know, what, what really is Positive Discipline? I know you mentioned, there's a lot to it. And indeed there is. So what are some of the fundamentals and while you're describing that, I'd love to have you talked about, you know, is it the same as permissive parenting, because I think a lot of people hear positive parenting or positive discipline, and they think it means we just let our kids do whatever we want.

Jane Nelsen 7:04

It was not that. In fact, you know, the first thing that kind of surprises people is when I say there's no punishment, and exaggerate, I think, Well, does that mean you're gonna let kids do whatever they want. And it does not mean that at all, not even close. Punishment is not good for kids. permissiveness is not good for kids. But it really this whole idea. Sometimes people wonder why I called it Positive Discipline, because discipline is important. But discipline too often, they got part of is same as punishment. And discipline, need not and is not best. Punishment is not the best way to create discipline, right?

In fact, what we want to help parents children do is create self discipline, and responsibility and cooperation, problem solving skills. So it's definitely not punishment. So then what's so interesting to me is, people have a hard time with that they have a hard time giving up. Because they really do think that it means letting kids do whatever they want, or letting them get away with stuff. I did a little interview with one of my 14 year old grandson, and I said, how do you like there's no punishment? It's like love that. Does that mean? That you can get away with and do whatever you want? It's done. It doesn't mean that and I said, Well, what do you do? We work on solutions? I would say that's one of the main things is always focusing on solutions. And kids are so good from the time they're four years old. And you ask them, What do you think we could do to solve this problem, and you teach them that it's okay to think about solutions and brainstorm for solutions and teaching them the three R's. And the solutions have to be respectful, reasonable.

Christy Keating

Related.

Jane Nelsen

Yeah, related, respectful, reasonable, and helpful. Kids can learn this stuff, and they love it. And they're so good at it. You know, it's just so interesting to me that even four year olds, that's when they're coming their brain development to where they really want to use their power. They come



up with solutions, which is dumbed down adults. And I think that that's what teaches them to be responsible and capable and problem solvers.

Christy Keating 9:13

My youngest daughter is five and a half right now. And it is it is amazing to watch her little brain work and figure things out, especially because her older sister is 13. And you know, they're in different developmental phases. And to watch the two of them figure things out together is actually it's really pretty fun to watch their brains go to work.

Jane Nelsen 9:35

And you know that because I said no punishment, it's like, one of the things that we did in Positive Discipline is I really knew that if we're gonna say no punishment, we had to teach parents and teachers what else to do? Yes. So we just come up with all, the challenges when I read children the challenges, which is a great book, and I think everybody should read it. But still, I was a little frustrated because so often that was more about what not to do than to do. Right. So that's what I want to make sure that puzzle does, but and then we even came up with the two cards for parents. I don't know, do you know that we now also have two cards for kids?

Christy Keating 10:09

You know, I didn't know that Jane. I've got the two cards for parents, of course, but I didn't know there were some for kids,

Jane Nelsen 10:15

Well, there's two cards for teachers. And because we just want to give them lots and lots of ideas what to do, that's not permissive. And that's not punitive. And you know, what people are sometimes surprised. It doesn't include praise, you know, they say why no prize. We're always trying to teach kids self evaluation. And what's so interesting, and I know I'm rambling here, but is that so much research has come out since I wrote Positive Discipline, or that might have been existed that I didn't know about was to work or mom ran. Who did studies that found out that praise is not good for kids?

Christy Keating 10:51

Yes. Yeah. I think Carol Dweck did some work on that work. Yeah, yeah.

Jane Nelsen 10:56

And is one that also found that punishment is not effective, he or she did the different kinds of parenting. And when I was taking my child development class, I learned really that all the research backs no punishment to know permissiveness, but most of that research is, is buried in academic journals. Parents don't usually have access to it.

Christy Keating 11:20



Oh, yeah. That's one of the things I love so much is that it's not just this idea of how to parent but it's really research based. Yes.

Jane Nelsen 11:28

Yes. In fact, one of the books that I wrote with fair on positive assessment tools for teachers shows it for every single tool, she looked up all the research that backs it, but the thing I love, and this is what I know, you've heard a lot, Christy, you said it changed your life. How many parents have you heard tell you that what you're teaching them changes their life?

Christy Keating 11:51

So many, so many said, they feel better as a parent, they are a better parent, their children are better engaged and behaved and and they become independent thinkers. It's yeah, it's remarkable, right?

Jane Nelsen 12:05

But you know, what? I always like to stress Christy, as I say, I'm not telling you, this is going to make your kids perfect. It's not right, and it's not gonna make you perfect. That's what we need to remember. Because, you know, I could get so mad at myself that like when I blew up and made a mistake, and one of my favorite stories is getting so upset at my daughter after my, my after saying well you're a spoiled brat, and she said, you'll tell me later that you're sorry. I mean, you know, just we really got into our liquid state and, and then later, when I told you that, okay, my man, but that's why well, I love that mistakes are opportunities to learn. Yes, this is what we just is a foundational, it doesn't mean being perfect. It just means knowing how to problem solve and to apologize. It's okay. It's something I've done to apologize to my children. And I say, why not? If we weren't to model what we want our children to learn. And so if we want them to apologize, we need to tomorrow that and they're so forgiving, you know, they'll obviously that's so forgiving,

Christy Keating 13:19

they are so forgiving. And but I think you're right. When you say to parents, you know, as you just said, there's no discipline, there's really no praise, and we're going to apologize to our kids. A lot of that that worries a lot of parents, because then they say, well, then what do I do? And so I know you just mentioned that it was really important to you to give parents, you know, a number of tools. And I think that's one of the things that impressed me so much. It's it's not just this philosophy, but it really is a toolbox. So I'd love to have you touch on what some of your favorite tools are from Positive Discipline that you know, that maybe you started with, or that made a big impact when you were in your, during and after phase with your own kid.

Jane Nelsen 14:03

Well, my very favorite is the idea of focusing on solutions instead of What's the punishment for this, it's what's the solution for this. I think that's my very favorite. But even on top of that, I love



family meetings and class meetings, and I'm going to make a very bold statement. I believe that if every school in the world and every parent was doing Positive Discipline, we would have peace in the world because it is so heartfelt. It's like it's based on the basic philosophy of Alfred Adler, that everybody wants, belonging and significance. And that's just all we want. And often we choose mistaken ideas about how to get that belonging leading over people or winning or you know, all of these are when we feel hurt, that we don't belong, that we often go into revenge. And so that's one of the things is about Positive Discipline is we deal with the belief behind the behavior. So you know, we have the iceberg analogy where if you look at the tip of the iceberg about is the behavior. But what is the belief behind the behavior because if you don't change that you won't really change the behavior,

Christy Keating 15:06

which I think is such a profound way of thinking about it. Because what we do in in traditional parenting, and what we're sort of, I guess, passed down from our own parents, or just we hear about in our culture is we're addressing that tip of the iceberg, that behavior piece, and we're not looking beneath and I remember that when I first started looking at, oh, what's going on with my kid under the surface? It did really shift my relationship with her.

Jane Nelsen 15:34

Right. And another one is, you know, I love the tool of connection before correction, because that has a lot to do with the belonging is, you know, just saying, I love you. And the answer is no. That's the thing. It's okay to say no to okay. But it's so much better if you've made a connection. First. And I remember being in an argument with my daughter wants her she wanted to go to a concert, I thought she was too young. And I could say no, and she could argue me, she could tell me all the reasons. Finally, I just said, Honey, I love you. And the answer's no. And you're still dying. She was she was able to accept that.

I want to tell you another one of my favorite stories, children love family meetings. From the time therefore course you're going positive is when we have a specific format for doing family meetings where you start with the compliments where every child learns to look for the good and verbalize it to everybody other member of the family and that you have an agenda. We're all the kids, anybody can put it on the agenda, the problems on the agenda. In fact, I love it sometimes if my kids are fighting or if there's some kind of problem, I'd say, would you like to put that on the agenda would you like me to, and which also, you know, timing is important. And when we do the brainstorming, it's so much fun.

So come up with at least six ideas so that you can go back and eliminate any that are not related, reasonable, or is most helpful and helpful. Yep. And kids are so good at that. So they really start learning that it's just not any solution. But it has to meet all of those criteria, and then ending with something fun to do as a family together. But all of those parts are just so important. And when they're done regularly, sibling fights go down so much, but still, they love it when



they're four years old, from the porters love of the love and love from the become teenagers. Sometimes we have to do another family. And I used to say, Yeah, we do and can shorten up but we still have to do it. But my daughter who was that complaining stage, I went to stay overnight with a friend. And she came back the next day and said that family is so screwed up, they should be having family meetings. And then she started having family meetings with her roommates. Instead, it just saved the day when they could talk about all the problems of roommates and find solutions that were spread formulated reasonable and helpful. And so that's one of the reasons I love that tool the most is because it incorporates so many of the other tools,

Christy Keating 18:10

What a fantastic story to hear that she then use that you know, in when she left your home and was living with other people to make those relationships work more smoothly. And as I think back on my years in college living with roommates, that would have been a really helpful tool to have I think,

Jane Nelsen 18:29

Of course, you know, Christy, but possibly someone now who's gone into many other areas like classroom and, and then the workplace where if somebody said, Hey, these principles would work in my workplace. And so we have empowering people in the workplace, and we have keeping the joy in relationships because it works. So the positive isn't the why because the end couple meetings once a week for 20 minutes are just so powerful, plus all these tools. So we have two cards for those. It's like, they're just these basic tools of living that are respectful and concerned about belonging and significance. And I'm gonna come back to your program heartfelt. I just, you know that we do experiential activities. Yes. When people take our classes, they love it, because it's not just lecture, but I do this. I'm always creating new ones. What they do is I have them deal with a challenge, just from their head. And then I say, Okay, now put your hand over your heart. And people say back to me, and they just cry.

Christy Keating 19:32

Yeah, yeah. When we bring the heart into it, it kind of changes everything.

Jane Nelsen 19:35

Exactly. So you pick the great thing.

Christy Keating 19:38

Well, thank you.



Jane Nelsen 19:40

You know, people wonder why I chose Positive Discipline. And I think I started to tell that but I don't think I finished it. Because discipline is what everybody thinks they need to but I wanted to teach the discipline. It's not punitive, but it can be very positive. And there was another book that was really popular at the time called assertiveness subprime, and it was very punishment and reward oriented. And I remember reading that book and thinking, well, I could just write the opposite of everything. But I just really wanted to teach that to your core children need discipline, and it can be very positive. The very positive effects on teaching them self discipline contribution, you know, this is like, for instance, even we believe that even two year olds should be helping around the house, you know, contribute into the house and doing their work as far as being permissive.

And I've heard some parents say, well, they can learn responsibility later. I said, No, because what most people don't know. And yet the research shows that so planning now is that kids are forming their, their personalities, a very young age. And they're designing that, am I capable? Am I not capable? If these parents are permissive, and do everything for them? Like the one parent who said, they have plenty of time to learn responsibility later? No, because they're already decided at that very young age, you know, we talked about the belief behind the behavior, they're learning love means getting other people to take care of me. And love, you'll do it for me. And how does that work in marriages and in more plays? Right. So a very important part of Positive Discipline is teaching children to contribute and to feel capable and to have the skills for being capable.

Christy Keating 21:25

Yeah, to get them involved at such an early age. You know, I want to go back just a little bit, because you've mentioned a few times that idea that our kids want that sense of belonging and significance. Can you explain for people who maybe haven't heard that before, what you mean by belonging and significance, what it is that our kids are really seeking?

Jane Nelsen 21:46

Well, you know, I could summarize that in one way. And then people have to understand, though, that it's a whole lot that goes into it. But one of the things that I have come through lately is that the belonging, you can give your children belonging, you can give them love, you can give them that sense of connection, that you can't give them significance, they have to develop that through their own skills, they have to by contributing by being responsible, you know, it's like somebody said, there should be a statue of liberty, we have the Statue of Liberty on one coast, which had it should have a statue, a statue of responsibility on the other.

So so this is why this combination is so important of being ego, there's the five criteria of Positive Discipline. And the first one is that every tool we use helps them feel belonging and significance. So there's a lot of tools that going into helping them feel that belonging and



significance. The other is that it is both kind and firm. Now, this is a tricky one. Because sometimes, kind is not necessarily nice to say, No, you can't do that. I love you. And the answer's no, was one of the kindest things you can do to not let children have everything they want. One of the ways of making a connection is I know you really want and I know, you feel so bad. And I know you're really upset. No, you can't. Yes. So there's the connection before correction or is part of the correction.

And I know I'm getting a little bit off track, but there's just so much to it. And then the other third criteria is they work long term. Yes. But all these tools, local work long term. And we know that punishment works if you're interested in stopping the behavior now, but what's the long term results. And we know that the longtime reserves for punishment are really treat rebellion resentment. So too often, parents don't think about this stuff, the beating right now or I'm making them pay for the behavior. And we're not interested in making them pay for the behavior, we're interested in helping them learn from the behavior for the future.

So that's the other thing is how important it is that and you know, while I'm, while I'm on the five criteria, let me just give you the last two, yes. The one is that it teaches them valuable social life skills for good character, Every tool has to meet that criteria. And that invites children to develop are able to discover how capable they are, and to use their power constructively. So we have those five criteria, and every single positive one tool has to be every one of them. And so every one of them helps children feel that sense of belonging. And it also helps them develop the skills and characteristics for being significant.

Christy Keating 24:27

You know, Jane, when you list those five criteria for Positive Discipline and the tools, I go back to the statement that you made a while ago, which you said was a really bold statement, but that if every parent and every classroom used Positive Discipline that we'd have world peace, and I think those five criteria which talk about, you know, sort of self efficacy and respect and responsibility and all of those things that we're trying to instill in our kids. I don't think it's that bold of a statement. I think you're onto something there with that.

Jane Nelsen 24:59

Well, I was telling Going about also using family meetings and class meetings where kids say the thing about family meetings and class meetings that kids get to practice all of these tools. Yeah. And that's the other thing is these tools aren't secret. I remember doing one conference in another state where it was a based on teenagers and they had a teenage panel and the teenagers, after they had everything they heard, they said, We wish every parent teacher would do this. And I've always said, you know, let the kids read the book. There's nothing secret about it. Right? Yeah. It's respectful, heartfelt, good stuff. Yeah.



Christy Keating 25:37

You know, something you said a minute ago reminded me of a story. So the other day, my younger daughter, I can't remember what question had come up. But oh, I know what it was. My husband was reading a story to her. And in the story, it talked about a child getting spanked or something. And she said, What is? What is that? What is being spanked? Because she didn't know. And so we were describing it to her and explaining and I, we both said, you know, our parents were not huge spankers. But I do remember, I remember getting spanked as a child. And she said, Mama, what did you get spanked for? And I said, I have no idea. I remember the spanking. But I don't remember what I had done wrong, or what lesson they were trying to teach. All I remember is the spanking.

Exactly. And it was one of those moments, you know, for me where I went, like that's yet another sort of reason why we parent in the way we do the the way that you've offered to the world, because I remember the punishment, but I don't I couldn't tell you for the life of me what I had done wrong.

Jane Nelsen 26:45

And you know, it's very similar for timeout. So many people think that, well, we can't punish, they think that just needs a cat yet, but they will shame they will blame and shame and timeout as you go to your room and think about what you did. And there's not one child in the world who's thinking about what they did. They're thinking about what you did and how they can not get caught next time or how they can get even or that they're a bad person. Yeah, that's the worst to me is like, Oh, well, I used to watch one of those nanny shows. And they put a two year old on a naughty chair. Yes. So me crazy. Because we, because we do follow the the child development experts. And one of them is about that stage of Dell bell on by Erickson, where he talked about autonomy versus doubt and shame. And so timeout, usually it's poorly designed to create blame and shame.

Yeah, not that sense of autonomy. And so you probably know now that I've written children's books, and one of the one on jobs call out space to teach both kids and parents the right way is to let kids create their own space that is designed to help them calm down and feel better, and that they get to choose it not be sent to it. Right. And so once they've created their special place and named something else, to say what it helps you, rather than you go, you know, some I think even some positive some people don't get that part.

I say if they're not old enough to choose it, they're not old enough to use it. But when they get to create it and choose it so often, and you can say, Would you like to go to your cozy spot, or whatever they call it? They might be so upset that they say no and say, Well, would you like me to go with you? No, I mean, it's okay. I think I'll go to mind, come to me when you feel ready, because we also need our special time to calm down and go from our head to our heart.



Christy Keating 28:44

Yes. Which was such a really big realization for me that sometimes it was okay for me to take the time I needed to kind of get back to that heart center. *Gerrans cool out space* is one of my very favorite books to recommend to parents, my daughter loves it. It's, it's fantastic. And she has a little cool out space calm down spot that we and usually I go with her and we snuggle and, and that sort of ends, whatever it was that was was happening for her.

Jane Nelsen 29:12

Some people think that's a reward. And that's because they don't understand the brain. And they don't understand what happens after it is like, you know, we use Dan Siegel's model of the brain so much is that when you're upset your amygdala when you have to calm down to use your rational brain. And that's the whole point is help kids go from here to where they feel rational. And they're usually so forgiving. Once they calm down. It's like when you're ready. Yeah, or come find me when you're ready. Take as much time as you need.

Christy Keating 29:46

I mean, I think whether we're dealing with our children, our partners, our co workers, that when we are able to get back into that rational part of our brain, sometimes the problems just don't seem as big as they did. When we were you know, when we had our lid flipped. You know, Jane, obviously, this is a different style of parenting than many of us were raised with. It's a different style of parenting than many parents are using even now. And so, you know, I think of you as a real change maker in the world with introducing positive discipline to a broader audience, if you could choose one thing for every parent to know or understand, at a deep level in terms of parenting, what would that one thing be?

Jane Nelsen 30:31

Do you know, I still think it goes back to knowing that mistakes are opportunities to learn. Because I think that still one of the problems that people can get into is thinking, Oh, this is gonna make my children perfect. Or it's gonna make me perfect. And so maybe forgiveness goes along with that. forgive ourselves teach our children that, but it's hard to limit it to just one. Because there's so many pieces that go into it. It's like, you could say mistakes or options, learn and then still do to punishment. Well, I use. Right, right. So I don't know. I can't even say that it would make sure the message of love gets through because that could be permissive. Yeah. Yeah. I guess I have to say that there isn't just one thing.

Christy Keating 31:17

Fair, fair answer. Because as you said, there's a lot of different pieces to this approach of parenting, and they all work like puzzle pieces together. I think, such this is such a good conversation. And I, as I said to you, I mean, I Positive Discipline has been such a gift to me, as a parent, and in my work with parents, you know, to give them true tools to say this isn't, you know, this is how you move forward. You've mentioned it a number of times throughout our



conversation today. But I'd love to have you say, from your perspective, what does it mean, to be a heartfelt parent or to parent, you know, to parent from that heartfelt space?

Jane Nelsen 31:57

You know, what I just realized is that, when I say there isn't just one thing, but when I have all the knowledge and the skills, and then I go into my flipped, like if I just okay, wait till I calm down and go to my heart. I just I do think that it is it's a heartfelt program. But even that, you need that knowledge of how to use that in a way because I think a lot of permissive parents think they're coming from their hearts and doing some damage, helping our children believe the world around me, and not learning to believe that they're capable, even when they're two years old, you can help them produce.

Christy Keating 32:35

Right, which all of that kind of seems to go back to what you said is one of the five sort of fundamental principles of Positive Discipline, which is that balance between kind or that heart piece,

Jane Nelsen 32:47

But if I go to my heart in heartfelt way that will really take me to the knowledge that I know of how to use that rather than in a way that's permissive.

Christy Keating 33:00

Oh, I love it. And I know we could talk for so much longer. Obviously, Positive Discipline classes themselves are far longer than the 40 minutes or so that we've been chatting today. How can people find you, Jane and the Positive Discipline Association?

Jane Nelsen 33:15

Well, first of all, we're positivediscipline.com. And that's where we have all the materials. And there's a lot of videos. And you know, the thing that some people don't know is that we have a search, and you can search just about any behavior, and it'll take you to an article or a video on it. But then as you know, we have the positive discipline association, and that's just positivediscipline.org. And that is because positive discipline now has a certified Positive Discipline trainer in it, I think it's 88 countries. And several of those countries have positive discipline associations in their countries like France and Spain and Mexico and Egypt. And you know, the reason it's gone worldwide, is because of that to the heart. Part, because even though we have different cultures, and beliefs, when it comes to our children, we all seem to want the same things.

And then the fact that they do this, they learn experientially, so that they are able to experience it in their own bodies, and that they then share what they're learning in their own language. So when they go to the positivediscipline.org, they'll find where they can take classes, and you



know how we got all got busy, Christy, learning how to do experiential activities even on Zoom. Yes, yeah. So the classes they take that way are not boring. You don't have to sit there and actually do your email. You're really busy learning experientially, even when you do the Zoom classes. And then of course, we have a lot of live classes but so it's positivesdiscipline.com or positivesdiscipline.org where you can find lots of information.

Christy Keating 34:58

Fantastic. I will say make sure that that's in our show notes as well so that everyone can find that and you're right the search engine is great. I've used it myself for you know, a specific issue coming up with me or or one of my clients and and what is Positive Discipline have to say about this. So, definitely we'll make sure that people know how to find that, Jane, I'm so grateful to you for for the work that you have put and continue to put out into the world. And for being a guest on the heartfelt parent Podcast. I'm so grateful.

Jane Nelsen 35:29

My pleasure. Thank you, Chrisy.

Christy Keating 35:31

Thank you

Christy Keating 35:40

Thanks for listening everyone. I hope that you got some good nuggets of information and gold out of my conversation today with the absolutely incomparable Dr. Jane Nelson.

I hope that if you did that you will take the time to rate and review this podcast and follow us for more.

I work hard every week to bring you fantastic guests, thoughtful perspectives and new information to guide you in your personal parenting, partnering and professional lives.

