

Four R's of Recovery From Mistakes (Handout)

1. Recognize that you made a mistake:

Share your part of the mistake with your child. (Avoid blame or guilt and focus on what you can learn from it.)

2. Responsibility:

Be specific in taking responsibility for your part: "I yelled at you instead of telling you my feelings."

3. Reconcile:

Apologize. Children are so forgiving when you let them know you are sorry.

4. Resolve by focusing on solutions:

Brainstorm for an agreement that will be respectful to fix the problem or prevent it in the future such as: "I would appreciate your help finding a solution to this problem."

If one or both of you isn't ready, "Could we make an appointment to work together on a solution when we feel better?"

"What could I do that would be helpful to you now?"

"Could we choose a Positive Discipline tool card and see if we pick one that would work for us?"