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LEADER'S GUIDE:

Baby Steps by Anonymous

I had to get to know my daughter again when she came home.

TODAY WE'LL TALK ABOUT:

Using positive discipline

INTRODUCTION

As a sober parent, you can enjoy all the little moments with your children—brushing their hair, reading their favorite stories, kissing them good-night. Your children will feel so happy to share their lives with you. But all children misbehave, and if you've been separated from your children, they might act out because they are angry at you or test to see whether you will be able to stay sober.

When children act out, it's easy to get scared that you aren't up to the challenge or get angry that your kids are making your life so hard. Under stress, it's easy to slip back to yelling, screaming, or hitting. Or, out of guilt or fear of losing what's good between you and your children, you might not set limits at all, letting your children run wild.

Your children need you to show them that they can rely on you to keep them safe, physically and emotionally. Positive discipline is about finding calm and caring ways to set limits for your children. Let's read the writer's story about setting limits with her daughter.

READ AND DISCUSS STORY

Let's take turns reading the story out loud. Who wants to start?

LET'S TALK ABOUT THE STORY:

- When Little Mama acts up, how does the writer feel?
- What stops her from responding with hitting and yelling?
- What does the writer come to understand about her daughter's behavior?
- What parenting techniques work for the writer and Little Mama?
- What challenges does the writer continue to face with her daughter?

JOURNAL TIME

Let's look at the worksheet called "My Reflections." Take 5 or 10 minutes to write down your answers on the worksheet and then we'll share. (*Wait until most people are finished.*)

- Who wants to share some responses?

ENDING THE GROUP

Now turn to the "Recovery Journal" worksheet. Take a few minutes to write down your goal for this week. You can answer the "reflection" questions at the end of the week, before our group meets again.

We'll begin our next group by talking about your goals. I look forward to hearing from everyone about how you tried to meet your goals!

STARTING NEXT WEEK'S LESSON

Let's talk about your goals for the week:

- Who tried to meet their goal?
- How did it go?
- Will someone share a moment they are proud of?

Thank you for sharing.

NAME:

DATE:

MY REFLECTIONS: Baby Steps by Anonymous

1. What expectations do you have for your children's behavior? What rules have you set with your children when they are with you?

2. How can you help your children understand the rules?

3. What strategies can you use to enforce the rules without resorting to hitting and yelling?

4. How do you give your children positive feedback?

NAME:

DATE:

My Recovery Journal – Baby Steps

GOAL: What is a discipline challenge that you find confusing or overwhelming? What is one step you could take this week to help you find positive ways of handling this challenge?

REFLECTION: What is something new that you learned this week that could help you set limits with your children in the future? If you tried your new idea with your children, how did it go?

What's something you did this week that you feel proud of achieving?