Relationship-Focused Discipline

Parenting Resources · https://bridges4mentalhealth.org/hub/parenting-resources/relationship-focused-discipline/

Summary: This video will introduce JAR - Joining, Amends Making and Re-do’s. JAR is an effective technique for disciplining children who have experienced loss and trauma.

Application: Child welfare professionals can review these techniques with parents to ensure that the focus remains on the relationship even when disciplining.

Source: National Training and Development Curriculum

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