

# Transition to Positive Parenting

*Written by Laura Marham for AhaParenting.com.*

Shifting your parenting approach is a big transition, and you can expect some bumps as you and your children learn new patterns of relating. It doesn't mean that you're doing anything wrong. In fact, what's happening is that you're healing old hurt feelings so they stop driving new bad behavior. When your child acts out, he's showing you feelings from the past when you punished or yelled. It takes extra compassion from you, but your empathic response will heal those hurts so you can all move on.

So ditch that guilt — you're paying the price, after all, and making amends now! Besides, feeling bad doesn't help you act good, any more than it helps your child. Here's your plan. [Read the full thing »](#)