

To Discipline Means to Teach!

Discipline is a strong, effective way to teach positive behaviors, family values, and safety. Discipline is NOT punishment, which may make children feel unloved and bad without actually teaching them what is right.

Things to do:

-Notice and praise “good” behavior. Ignore “bad” behavior (like whining) when you can.

-Be positive. Try telling a child what to do instead of what not to do.

Example: Say, “Please walk inside the house.” Instead of, “Don’t run in the house.”

-Save your “don’ts” for big rules.

Example: Don’t cross any street without an adult.

-Give clear instructions. “Be good” or “Behave yourself” does not mean much to a young child. Be very specific in communicating your expectations.

-Be a role model for your child. If you ask politely and share, your child will learn from you.

-Give your child choices as often as you can.

Example: “Which would you rather do first, put on your pajamas or brush your teeth?”

Remember, children can be:

-Messy, clumsy, and noisy. Your child is not bad when doing these things – only being a child!

-Always on the move. Sitting quietly – even for a short time – is hard for them.

-Not perfect. None of us are! It’s okay for them to make mistakes.