

DISCIPLINE

DISCIPLINE: Helping Kids Behave



DISCIPLINE means teaching children what behavior will help them get along and be successful in the world. It is about changing behavior and developing self-control, not blaming or finding fault with the person who is not behaving.

PREVENTION is the best tool a parent can use to discipline children. Here are some ways you can help your child to behave:

- reward good behavior: it seems simple, but we often forget to compliment our children on a job well done.
- ignore the little things: concentrate on what you really want to change.
- set a few simple, clear rules and enforce them consistently: children listen better when they have some input into the rule making.
- redirect the behaviors you do not like: get the child interested in positive activities or change the setting so they don't get into trouble.
- keep a positive attitude: your sense of humor can go a long way in helping your child be cooperative and positive.
- set a good example: children learn what they live.
- get the child's attention: say his name, touch him, and look him in the eye before you give instructions.
- spend time with your children: kids need undivided, personal attention from their parents.

TECHNIQUES for disciplining children change as the child grows and matures. You have to experiment to find what works best for your child. One thing that will not work is spanking, slapping, kicking or other physical discipline - it teaches children that violence is OK and sets you up for more problems later. Try these techniques instead:

- suspend privileges: match the privilege to the misbehavior if you can.
- use "when...then": for example, when the toys are picked up, then you can turn on the TV.
- logical consequences: let the action do the talking by setting clear consequences that you can enforce.
- time out: use to help a child calm down when they are out of control by isolating the child, and ignoring the tantrums.
- model what you want by showing the child how to do the job: use your patience and practice new skills with the child.



For more information call
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