

Be Positive About Discipline!

Positive Discipline tips for you and your child:

- * **Believe in yourself as a parent.** Disciplining your child is a positive thing to do. Setting appropriate limits and sticking to them is a parent's job. This helps children learn what is expected of them and helps them feel safe.
- * **Respect your child as a person.** Children usually respond to respectful requests. When they refuse, check whether they are developmentally ready, or whether physical or emotional fatigue are factors.
- * **Teach children what to do.** Give directions in positive form as often as possible. "Sit down on the swing", rather than "Don't stand on the swing".
- * **Give children practice in making choices.** Even very young children can be given choices—when you are willing to accept the child's decision. Let children experience the consequences of their decisions, even when the results are unpleasant. They will learn quickly and develop responsibility. Let them "own" their problems and feelings.
- * **Involve children in problem solving.** Children often have creative solutions to behavior issues and learn negotiation skills from the discussion. They will be more committed to follow through on ideas they've come up with.
- * **Foresee trouble and prevent it.** Structuring the environment and planning the family schedule may prevent problems. Adapting activities to work around a child's age or personality type is not indulgent, but respectful.
- * **Set an example of positive behavior.** Think about what is most important to your family. If neatness, polite language and educational accomplishments are values, it's important that you yourself set a good example.
- * **Show unconditional love.** When children are discouraged, they are more apt to misbehave. Children need to know that their parents love them no matter what. Think of ways to show your love and care using several senses—hugs, kisses, words, notes, and smiles.

An easy way to tell if you're succeeding with positive discipline:

- * Your child behaves according to your family rules most of the time.
- * Other children and adults like to be around your child.
- * You and your child have a mostly positive relationship and find respectful ways to work out problems as they occur.

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