

Disciplining Your Child

Things You Can Do

Setting Limits: Guidance and Discipline

- Don't worry about "spoiling" babies under one year old.
- Begin to set limits in the second year. Be consistent, patient and flexible.
- Give brief reasons for saying "no."
- Offer toddlers choices when appropriate.
- Respect your child. He will learn respect for himself and others.
- Set rules for important things and praise good behavior.
- When your child is old enough, make the rules and decide on the consequences together. Make sure the consequences are reasonable.
- Avoid shaming or humiliating your child.
- Don't hit or shout at your child. It increases tension and damages self-esteem. For more information, call: ☎ **FAMILY RESOURCES WARMLINE** or visit: www.npin.org.

Sibling Rivalry

- It's natural for children to fight and disagree. Get involved if safety is at stake.
- Teach your children to take turns.
- Children often compete for your love and attention. It helps if you don't compare them or show favoritism.
- Let your children know they are each unique and loved.
- Try to spend some time alone with each child.

Reduce Stress

- Take a break. For stress reduction tips, see page 55.
- Organize your time so you have more time to relax.
- Exercise reduces stress. Find a walking, swimming or recreation program you enjoy. See page 57.
- If the stress feels like too much, you may want to talk to a counselor. See page 55 or call: ☎ **FAMILY RESOURCES WARMLINE**.

Where To Find Help

Free Statewide Phone Numbers

☎ CHILD ABUSE HOTLINE (VOICE)
(TTY)

1-800-422-4453

1-800-222-4453

☎ FAMILY RESOURCES WARMLINE

1-800-641-4546

Websites

www.able.state.pa.us

www.npin.org

Notes



Disciplining Toddlers and Young Children

At this age, children begin to understand how to behave. You can help by establishing a few simple limits, such as not hurting living things or damaging property.

For children ages 3-4 are beginning to understand and meet expectations. Be consistent and raise good behavior.

Set reasonable expectations.

Be a good example.

Offer several acceptable choices.

Encourage children to express their feelings with words, rather than hitting.

Avoid physical punishments, like spanking or hitting.

Consider a parenting class through your local school district or adult education program.
For more information, visit: www.able.state.pa.us.