

Discipline for your child

It's hard to raise a kid!

- Discipline means to **teach**, not punish
- Discipline is good for your child. It makes him* feel safe.
- You must teach a toddler what he can and cannot do. This is sometimes called "setting limits."
- Provide a safe place for your toddler to explore and learn. Remove anything you don't want him to get into.
- Toddlers want to be good, but often don't know how. Stop oncoming bad behavior by saying, "Let's do this instead." Show him how.

When your child acts up:

- Stop him and remove him from the scene.
- Don't hit, don't spank.
- Put him in a "time-out" for 2-3 minutes, using a chair or stair. Use the same spot each time. Time-outs give both of you a chance to cool off. Your child can join you when he can control himself.
- Correct him with short, simple sentences.
- When he's upset, help him tell you why.
- Don't say No! too often. If you do, your child won't listen. Save NO for when he could hurt himself or someone else.
- Set up routines and rules, then be consistent. Let your child know you mean what you say.
- Spend as much time as you can with your child.
- Praise your child for good behavior.

*All tips apply to both boys and girls.



Watch over us,
The sea is so wide
and our boat is so small.

Discipline for school-age children

The first lesson of love is to listen

School-aged kids have a lot to say, so be patient and listen. Sometimes just answering, "I see," and "What a bummer!" or, "No wonder you're in a bad mood," helps their problems and let's them know you care.

Make your rules clear

Kids will test your limits. Often, kids will forget what they are supposed to do, so be specific about your rules and chores. If you ask for their input on the rules, your kids may cooperate better. Write them down and hang them up where kids can see them.

When a rule is broken, you can take away privileges (video games, TV, bike riding, etc.) or use a time-out. Whatever you do, you need to be ready, willing and able to **enforce the rule** or it won't be effective. Try to make the consequence fit the situation.

Children lie to avoid being punished or criticized. They are still learning the benefits of telling the truth and of being trusted. Don't blame or put down your kids because it makes them sneakier. Deal with lying calmly and don't take it personally.

Parenting is hard work! Let your children's school help you. Get to know their teachers and stay in touch with them. Go to your library and find parenting books.

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