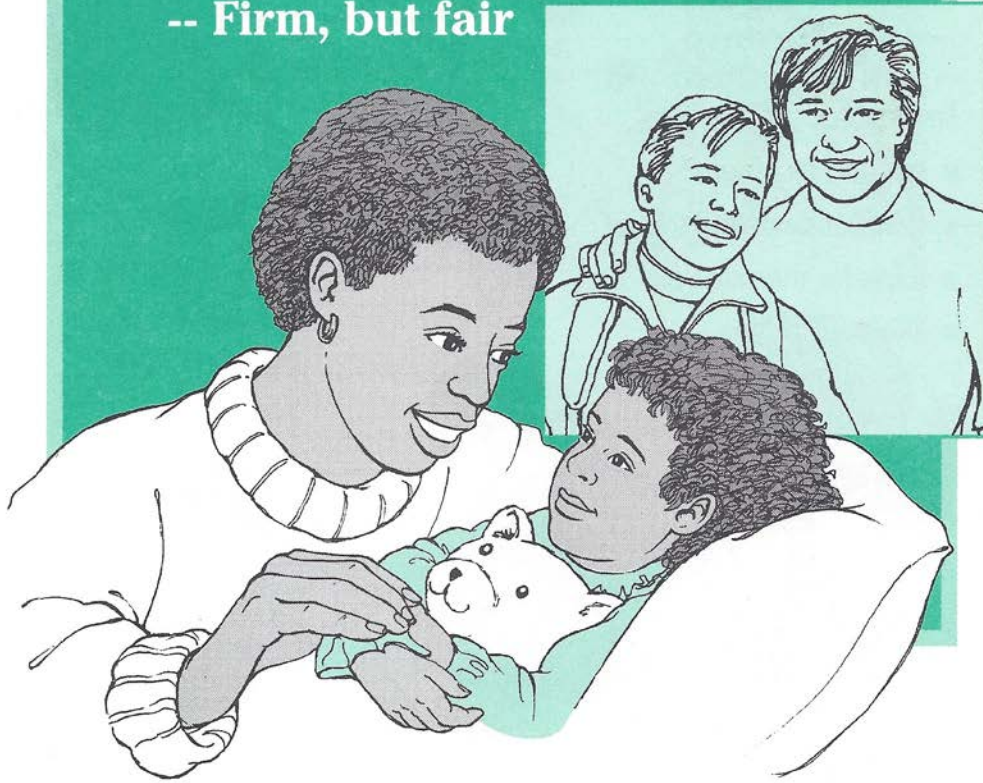


# Good Ways to Raise Good Kids

-- Firm, but fair



# Some days, children are little angels.

Other days they are not!

**What you do when  
children behave  
-- or misbehave  
-- can help them  
learn to:**

- be kind to others
- respect people's things
- think for themselves
- like themselves.



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## Rules help children learn and help keep them safe.

Make simple rules that fit your child's age.

### Children need rules

for things like:

- bedtime
- homework
- chores
- where they can and cannot go.



### Praise your children

when they follow rules.

- Hug or kiss them.
- Tell them they did a good job.



**Praise makes children want to please you again.**



## Be firm when children misbehave.

Your choices include:

### Telling your child to stop

Explain what you expect.

### Calling "time out"

Have your child be alone for a few minutes. Then, explain how you want him or her to act.

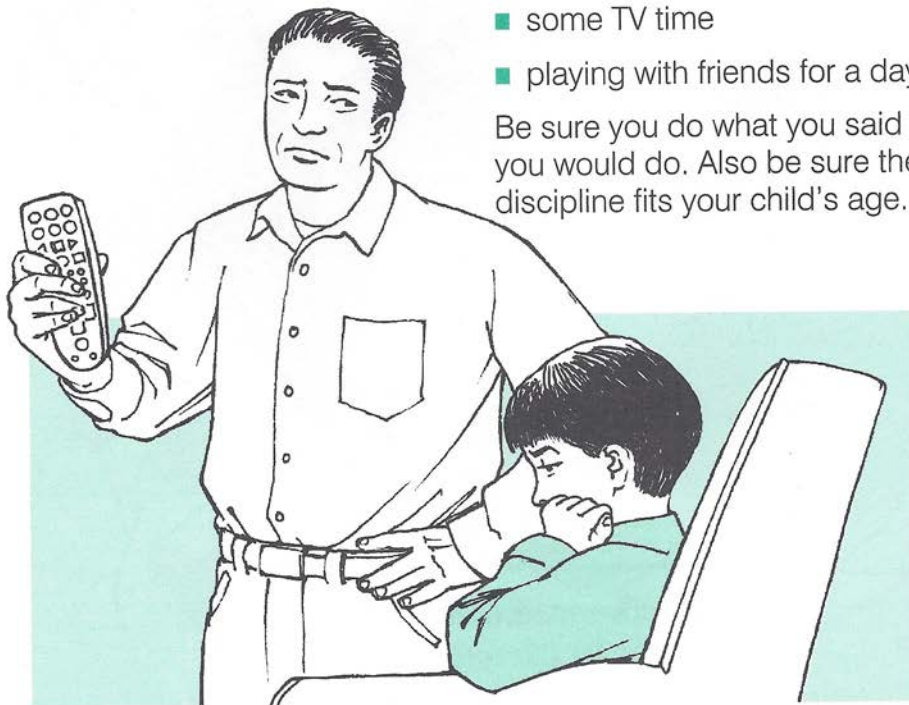


### Taking something away

This could be:

- some TV time
- playing with friends for a day.

Be sure you do what you said you would do. Also be sure the discipline fits your child's age.



## Be fair, too.



### Take action that is fair.

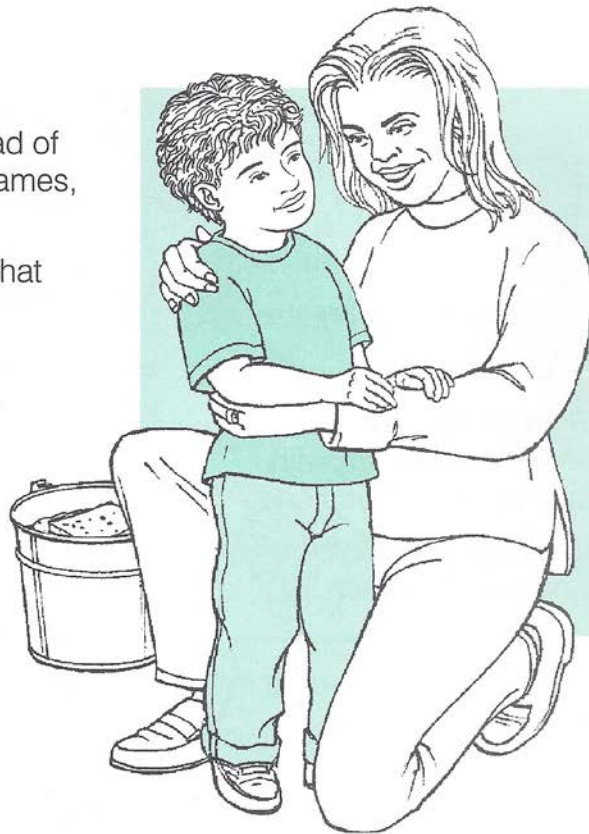
For example, if your child draws on the wall:

- It would be fair to have the child wash that wall.
- It would not be fair to have the child wash all the walls.

## Be kind when you discipline.

For example, instead of calling your child names, say that:

- You do not like what he or she did.
- You expect him or her to behave.
- You still love him or her.



## Do not hit your children!

### If you hit your children:

- You could hurt them badly.
- They will think it is OK to hit others.
- It does not teach them how to be good.



### If your child makes you really mad:

- Go into a room by yourself.
- Take some deep breaths.
- Count to 10 slowly.
- Think about what is best to say and do. Talk with another adult, if you can.
- Deal with the problem when you feel calm.



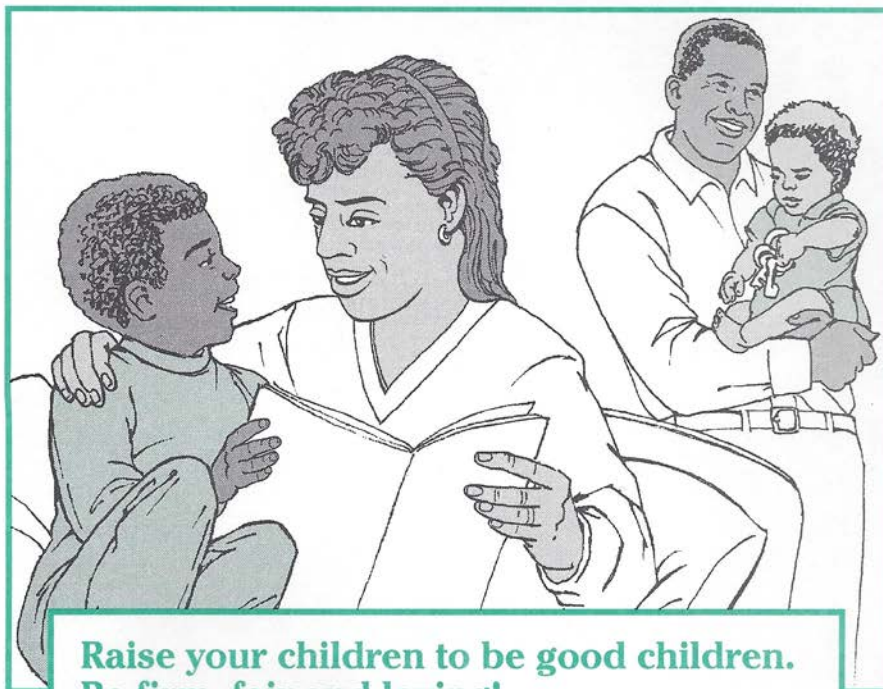


## If you ever think you might hurt your child:

### Call a local or national hotline.

Check under "Community Services" in the front of your phone book.

Or, call the free Childhelp USA National Child Abuse Hotline (1-800-422-4453). You can call day or night.



**Raise your children to be good children.  
Be firm, fair and loving!**