10 TIPS on
Disciplining Your Child
WITH
Love

1. Show respect—even when disciplining—and focus on the behavior, not the child.
2. Avoid physical punishment. It teaches children that violence is OK.
3. Fit the consequences to the behavior. For example, if your child paints on the wall, the punishment should be to clean it off.
4. Act as soon as possible so your child associates the misbehavior with its consequence. Cool down first if you are angry.
5. Try “time-outs” for younger children. This allows them to think about their actions. The best place for a time-out is an area that’s not pleasurable for the child.
6. Put agreements in writing for older children. That way, both parents and child are reminded of what they said they would do.
7. Keep in mind that no one is perfect. We all make mistakes—including your child.
8. Be firm, fair and consistent. Work with your partner to make sure you both follow through.
9. Decide which behaviors you must take a firm stand on and which you can be more flexible about. Look at the “big picture.”
10. Give praise often for your child’s positive qualities and actions. This encourages your child to continue the behavior you want.

Tuolumne Band of Me-Wuk Indians
Social Services Department
PO Box 699
Tuolumne, California 95379
(209)928-3475

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