

♥ 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.

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