

Discipline Basics

Part 1

Teach

Discipline means to teach (not punish)

Catch them being good

Praise and comment on behaviors that demonstrate the values/traits you are teaching. Simple acknowledgements, thumbs up, etc. to let your child know that you noticed and are proud of them.

Role model

Children are taking it all in, making observations and decisions about how to be in the world, how to be in relationships with others, how to be adults.

Connect emotionally

label emotions for little ones

Yes, I can see that you are
sad/mad/upset etc.

Distract/Redirect

Works well for the little ones-removes them from a stressful situation, helps them calm down, and with their short attention spans, this is often enough for them to move on from what ever was upsetting them. This technique works for older children as well, although you will have to be a little creative, and patiently listen and communicate more about what is going on.

When-Then

This is not bribery. It is a work before play philosophy. It is connecting something the child would get to do anyway, to something you need them to do first.

(As mentioned in Active Parenting)

Agree with your child

This can keep a parent from immediately feeling challenged, angry etc. It can open communication and bring defenses down.

Yes, it is hard to/it can feel hard to/ice cream does sound good etc. (short explanation here is OK)

Then move to problem solving/or the When – Then technique

Teach Problem solving

The younger the child, the more assistance with ideas will be needed. As they become 4yrs. and up, don't jump in with your ideas too quickly. Teach them to come up with solutions and offer small assistance if you see they are struggling. If they are emotional in the moment, give them time to calm down and later talk about ideas to help next time

