



## Pause for a child

- Pick your battles. It is not necessary to win every disagreement. Your child has to wear shoes in the snow, but is it really a problem if she wants to wear the same shirt two days in a row?
- Focus on the positive. Instead of always telling a child what they should not be doing, tell them what they should be doing. Use the positive, “It’s okay to tell me you’re angry,” rather than just the negative, “Stop biting.”
- Explain your reasoning. Take the time to explain to your child why you are taking certain actions (such as reprimanding them).
- Don’t ask questions if something is not up for debate. Don’t say “Don’t you want dinner?” if you really mean, “It’s dinnertime.”
- Reward good behavior!



### **There are options for discipline and punishment:**

When you are dealing with the discipline of your children, there are a numbers of tools you can use to enforce certain rules, including:

- Loss of Privileges
- Being Grounded
- Parental Disappointment
- Restitution
- Time Out

Remember, a “Time Out” is just a cooling off period, not the punishment. It should not last long – one minute for each year of a child’s age.

**REMEMBER:** If you **lose your temper**, begin to **yell**, get too **stressed out** or think you **might harm your child**, tell your child you are mad and walk away. Come back **LATER** to discipline when you are in control.