



Pause for a child

Is your child misbehaving at the worst moments?

Are you yelling at or perhaps spanking your child on a regular basis?

Disciplining your child is one of the most important jobs you have as a parent.

What is discipline? It is important to remember that discipline is NOT just punishment.

Discipline is more about teaching your children how to behave, not just reprimanding them when they do something wrong.

Why do children misbehave?

- Physical discomfort, tiredness
- Difficulty controlling impulses
- Testing Limits
- Frustration
- Desire for attention

Discipline means helping children...

- Build self-esteem
- Develop self-control
- Respect themselves and others
- Express emotions appropriately
- Become self-reliant

5 Discipline Basics:

1. Set Limits and Guidelines.

Children are looking for their parents to provide a set of boundaries, including physical boundaries (like not crossing a street) as well as rules that respect other's rights.

2. Discipline Consistently.

Children need consistent rules to help them learn what their boundaries are. You will have to enforce rules repeatedly as you raise a child – be sure to send children the same message so you don't confuse them.

3. Begin Discipline Early.

Even a young child needs some sort of discipline to help them make decisions. And the longer you send a consistent message, the easier it is for a child to understand your expectations and develop self-control.

4. Serve as a Role Model.

The BEST way for you to teach your children how to behave is by showing them through your own behavior.

5. Spend Time With Your Children.

The best way for you to model appropriate behavior is by spending quality time with them.