



# Pause for a child

## **It's a given: Children are going to challenge rules and test limits.**

If they plead long enough, maybe they will get that toy. If they cry loud enough, maybe you'll give in to their demands. Our response teaches them which behaviors are effective. As they age, they'll continue the practices that yield the results they desire.

## **That's why it's important to be FAIR, FIRM and LOVING at every stage of development.**

For a 2- to 5-year-old, your "No" should be accompanied by a brief explanation: "You can't touch that because it might break," or "No, you can't eat that because it's not good for you."

For an older child, it's important to follow through on your warnings to discipline in a certain manner. If you tell your son he'll lose his video game the next time he's mean to his sister, be sure to take it away for an age-appropriate period of time.

Consequences get the attention of older youths as well. Pre-teens and teens can earn (or regain) your trust by being responsible, truthful and respectful. Remind them that you aren't demanding perfection; but when they meet your expectations, they'll be rewarded with privileges and opportunities they appreciate.

## **Disciplining your children can sometimes be harder on you than on them!**

In the long run, the lessons they learn from your fair, firm and loving guidance will help them grow into healthy, happy and well-balanced adults.

