

What is Discipline Today?

How parents think of discipline has changed over the years.

♥ Most folks grew up feeling that discipline was punishment or a way to stop negative behavior.

♥ Today, most professionals will agree that discipline should focus on the positive.

♥ Instead of punishing negative behavior, PRAISE the positive behavior you want to see more of.

PRAISE WORKS WONDERS

♥ Give a big hug and a “WOW!” if your child cleans up his room without being asked to.

The *DOs* of Discipline

BE A GOOD ROLE MODEL

♥ Show your child what positive behavior is. Adults who respect each other teach children how to respect others.

MAKE RULES & FOLLOW THROUGH

♥ Children need rules and boundaries. There should be clear consequences for not following your rules.

♥ Stick to your rules. Don't cave in or argue with your children. Let your children learn from their mistakes in judgment.

YOU CAN FORGIVE YOURSELF FOR A BAD DAY

♥ If you do not handle a situation well the first time, don't give up. Think about what you can do differently the next time.

Positive Discipline Methods

BABIES DO NOT NEED TO BE DISCIPLINED

♥ Your baby is too young to discipline—babies cannot obey rules. **Never punish your baby.**

DISTRACTION WORKS WONDERS WITH TODDLERS

♥ Toddlers have a very short attention span. If your toddler is screaming because she wants to play with her brother's car, then try giving her some pots and pans to bang on instead.

WITHHOLD PRIVILEGES FROM YOUR OLDER CHILDREN

♥ Taking away a privilege (no cell phone or Game Boy for a week) will teach your older children that you intend on sticking to the rules.

Children need to learn what to do instead of misbehaving.

Punishment doesn't teach them that.

Our job as parents is to help them learn.

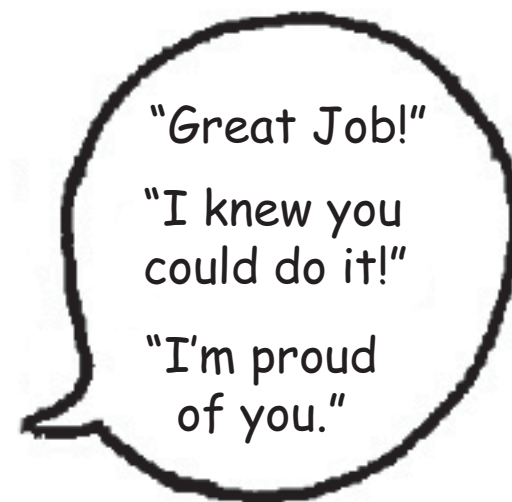


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Prevent Child Abuse Rhode Island is a 501 (c) (3) not-for-profit organization whose mission is to keep every child in Rhode Island safe from abuse and neglect through a primary prevention approach of education, advocacy and public awareness activities.

DISCIPLINE Today



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