

Teaching Your Child Self-Control

- ***Tell and show your child what you want him to do.***

“There’s only one can of playdough, but you both want to use it. Why don’t you let John have a turn, and John can let you play with his cars?”

- ***Give your child limited choices.***

Say “Dinner will be ready in five minutes” rather than “Are you ready for dinner?”

- ***Praise your child when she shows self-control.***

“I’m proud of you for letting your sister swing. I know you really wanted to go first.”

When your child is out of control, show you accept her feelings.

Show you do not accept her behavior.

Teaching Your Child Self-Confidence

Helping your child feel good about himself will help your child gain confidence.

Confidence in himself helps make learning self-control easier.

Encourage your child.
Praise your child for doing something right.

Communication is important.
Make time to talk with your child.

Routines make a difference.
Setting routines helps your child know what to expect.

- ✓ Set routines for bedtime, meals and chores.
- ✓ Remind her when things are going to happen.
- ✓ Tell your child when he is going from one activity to the next.

Teaching Your Child Good Behavior

It’s important to have clear rules about what behavior is OK and what is not.

Set limits or rules for your child. It helps her learn how you want her to behave.

Make rules and stick to them:

- Start with a couple of rules
- Keep your rules fair
- Explain your reason for saying “no.” “You cannot play in the street because it is not safe.”

Be very clear about what happens when a rule is broken.

Make the consequence fit the rule.

Make sure you stick to the consequence.

***For example:
Your house rule is “No TV until homework is done.” When the homework does not get done, make sure you take away the TV for this night only.***

***When your child breaks
a rule...***

Stay calm.

***Your child's job is to
test his or her limits.***

***Your child wants to see
what your reaction will
be.***

Expect it. Be prepared.

Remember:

***• Your actions teach
your child how to
behave.***



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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.

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