

“... discipline is about listening, not reacting, and setting the tone for acceptable behavior.”

Discipline

Discipline by definition – to train or develop by instruction

Too often parents are stuck in the role of police officer and not parent. Many parents try to discipline children by using control, but discipline is about listening, not reacting, and setting the tone for acceptable behavior.

Discipline should not be punishment for poor behavior. Rather it should be a process of teaching children consequences of their actions and teaching new behavior. It is a slow and consistent process that yields positive results.

Discipline provides children with the tools to be the best they can be in any situation. Discipline teaches children self-control and respect and requires parents to model these values themselves.

What parents can do

- Give your child a timeout to sit in a quiet place and think about what he or she did wrong. The rule of thumb is one minute for each year of age after the age of 2.
- Set limits with your child so that he is aware of what is expected of him.
- Give rewards to your child for following the rules.
- Divert your child's attention when she wants to do something that is against your wishes.

- When you need to communicate with your child about his behavior, get down to his level, look him in the eye and speak calmly.
- Give your child choices and let her make decisions.
- If you are going to a place where your child may become restless, talk to your child about your expectations in advance.
- Acknowledge and encourage good behavior.
- Be a role model for your child. The goal of discipline is not to punish. Teach your child to behave appropriately by setting a good example.
- When your child has done something wrong, think about what you want him to learn from this mistake.
- Accept and love your children for who they are and try not to make them something they are not.