

Parenting #3 Discipline

Key Concepts and Exercises

Discipline: Often children misbehave because they don't know how to act, not because they are trying to make us mad! Discipline is teaching the right behaviors through correction.

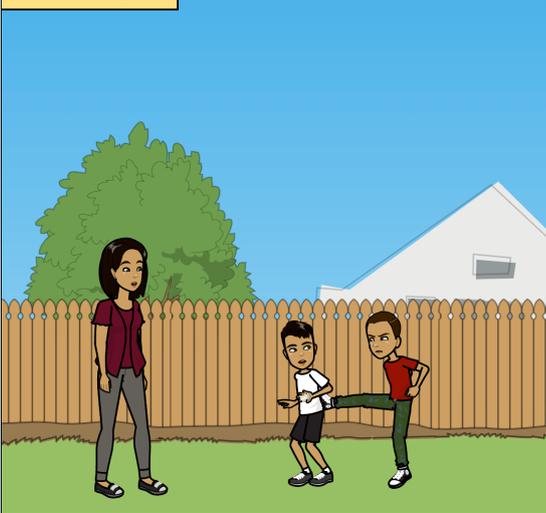
Exercise: Tell your child what they should be doing instead of what they shouldn't. Practice reminders about positive behavior. Ex. instead of "stop running" say "remember to walk!"

Notice Patterns: If you can notice patterns when your child gets upset, you may be able to come up with a way to make them easier. **Exercise:** Write down a behavior that you see and what happened right before. After you have several behaviors, you can look for patterns.

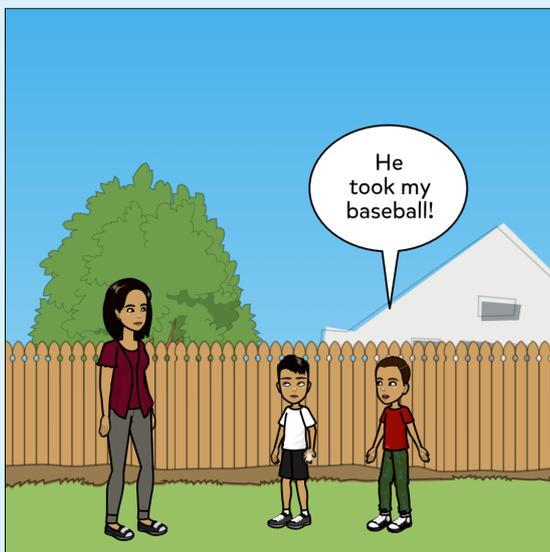
Consequences: Keep simple and give right away following bad behavior. Warn them what will happen if they don't listen. Never use physical punishment or threaten something you don't plan to follow through with. **Exercise:** Brainstorm a few behaviors that you really need to consistently consequence and make sure you can follow through with the consequence.

Positive Parenting - Hitting

Ben kicks Ryan.



Mom explains to Ryan and Ben what positive behavior looks like.



Mom follows through with a simple consequence and redirects Ryan and Ben to a positive activity.

