



DISCIPLINE:

Is your child misbehaving at the worst moments?
Are you yelling at or perhaps spanking
your child on a regular basis?

***Disciplining your child is one of the most
important jobs you have as a parent.***

WHAT IS DISCIPLINE? It is important to remember that discipline is NOT just punishment. Discipline is more about teaching your children *how* to behave, not just reprimanding them when they do something wrong.

Why do children misbehave?

- Physical discomfort; tiredness
- Difficulty controlling impulses
- Testing Limits
- Frustration
- Desire for attention

Discipline means helping children...

- Build self-esteem
- Develop self-control
- Respect themselves and others
- Express emotions appropriately
- Become self-reliant

5. DISCIPLINE BASICS:

1. SET LIMITS AND GUIDELINES.

Children are looking for their parents to provide a set of boundaries, including physical boundaries (like not crossing a street) as well as rules that respect others' rights.

2. DISCIPLINE CONSISTENTLY.

Children need *consistent* rules to help them learn what their boundaries are. You will have to enforce rules repeatedly as you raise a child—be sure to send your children the same message so you don't confuse them.

3. BEGIN DISCIPLINE EARLY.

Even a young child needs some sort of discipline to help them make decisions. And the longer you send a consistent message, the easier it is for a child to understand your expectations and develop self-control.

4. SERVE AS A ROLE MODEL.

The BEST way for you to teach your children how to behave is by showing them through your own behavior.

5. SPEND TIME WITH YOUR CHILDREN.

The best way for you to model appropriate behavior is by spending quality time with them.

HELPFUL DISCIPLINE TIPS:

- **Pick your battles.** It is not necessary to win every disagreement. Your child has to wear shoes in the snow, but is it really a problem if she wants to wear the same shirt two days in a row?
- **Focus on the positive.** Instead of always telling a child what they *should not* be doing, tell them what they *should* be doing. Use the positive, “It’s okay to tell me you’re angry,” rather than just the negative, “Stop biting.”
- **Explain your reasoning.** Take the time to explain to your child why you are taking certain actions (such as reprimanding them).
- **Don’t ask questions if something is not up for debate.** Don’t say “Don’t you want dinner?” if you really mean, “It’s dinnertime.”
- **Reward good behavior!**

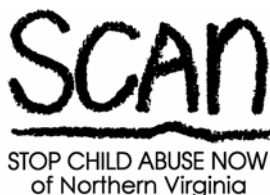
THERE ARE OPTIONS FOR DISCIPLINE AND PUNISHMENT:

When you are dealing with the discipline of your children, there are a number of tools you can use to enforce certain rules, including:

- **Loss of Privileges**
- **Being Grounded**
- **Parental Disappointment**
- **Restitution**
- **Time Out**

Remember, a “Time Out” is just a cooling off period, not the punishment. It should not last too long—one minute for each year of a child’s age.

REMEMBER: If you lose your temper, begin to yell, get too stressed out or think you might harm your child, tell your child you are mad and walk away. Come back LATER to discipline when you are in control.



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