

# 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.*

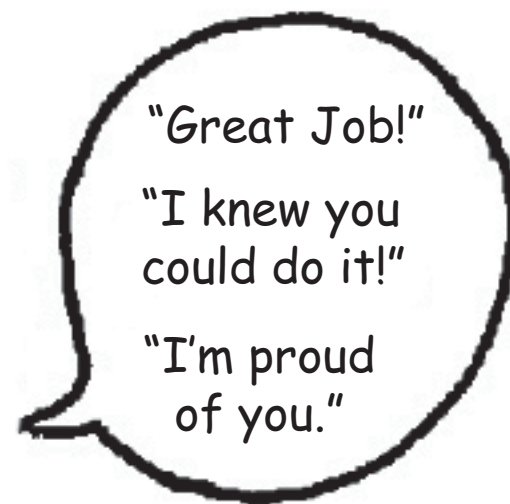


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Prevent Child Abuse Rhode Island is a 501 (c) (3) not-for-profit organization whose mission is to keep every child in Rhode Island safe from abuse and neglect through a primary prevention approach of education, advocacy and public awareness activities.

## **DISCIPLINE Today**



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