

Discipline Tool Box

- STEP 1 Prevent problems
- STEP 2 Pick your battles
- STEP 3 Tell child what TO do
- STEP 4 Alert child to the problem
- STEP 5 Calmly enforce consequences
- STEP 6 Move on

1. Make sure child is rested & fed. Set clear expectations.
2. Think before reacting. Is their behavior really a problem?
3. Use the tools in this tool box to guide your child's behavior in a positive direction. Help your child know what TO DO.
4. If these tools don't work, or if the situation is escalating, remind your child of your expectations, tell them what the consequence will be if their behavior does not improve.
5. Enforce consequences: remove child from situation, or remove some of your child's options.
6. Remind your child that you still love *them*—it was their *behavior* you didn't like. Help them do better in the future.

Janelle Durham, www.GoodDaysWithKids.com

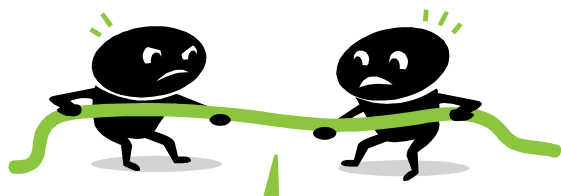
“Catch” them being good

When a child is behaving well, comment on it!
(Aim for 5 positive comments for every 1 time you tell them they're doing something wrong.)



Let them work it out

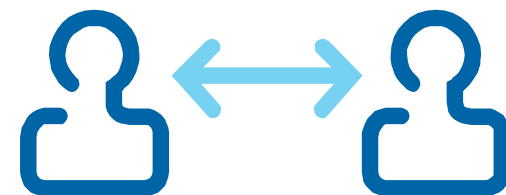
For a low-intensity conflict between kids:
Instead of intervening right away, sit back
and see if they can resolve it themselves.



Connect to Correct

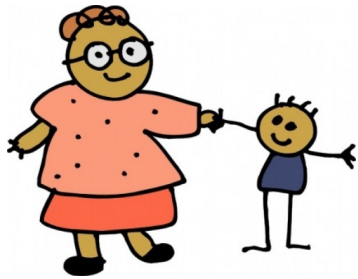
FIRST move closer, get down to their
level and establish eye contact.

THEN tell them what
you want them to do.



Role Model

Behave the way you want the child to behave. Kids are great at copying what they see.



Re-Direct

Tell them *what other action* they could do with that same object.



Substitute

Tell them *what other object* they could do that same action with.



Offer Choices

Offer a maximum of 2 options to a child under 2; 3 options to a child under 3



[Note: Don't offer choices to very upset child. They can't decisions in that state.]