

## Discipline Tools to Test Out:

# When (+) / Then (+)



A reminder that **when** they behave in a positive way, **then** they will get a positive response / something they want. “When you’ve got your shoes on, then we get to go to the park to play!”

## Discipline Tools to Test Out:

# If (—) / Then (—)



A warning that **if** they behave in a negative way, **then** they will get a negative consequence / something they don't want. "If you hit your friend, then we will have to leave the playground."

Discipline Tools to Test Out:

# Natural Consequences



Let them make mistakes / poor choices, then deal with the results. "I told you if you kept jumping around, you would spill your milk. Please clean up the milk, then I will get you some water."

Discipline Tools to Test Out:

# Attention Principle



Give lots of positive attention to behavior you want to see more of. Ignore any misbehavior that's designed to be annoying.

Discipline Tools to Test Out:

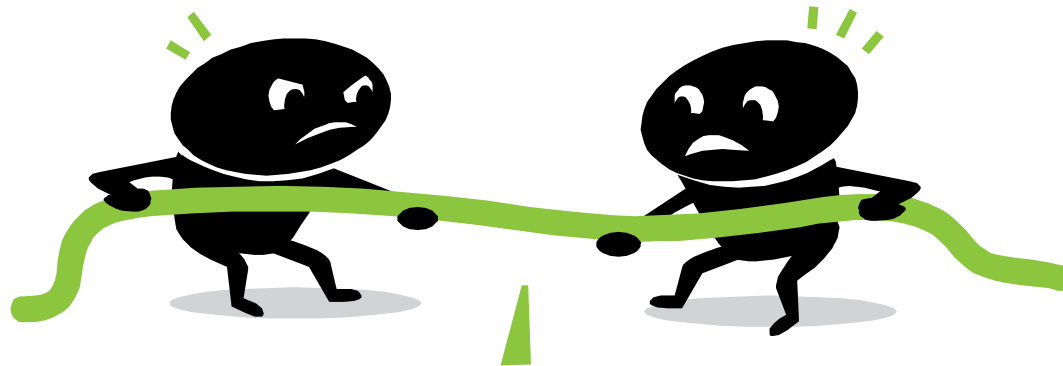
“Catch” them being good



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.)

Discipline Tools to Test Out:

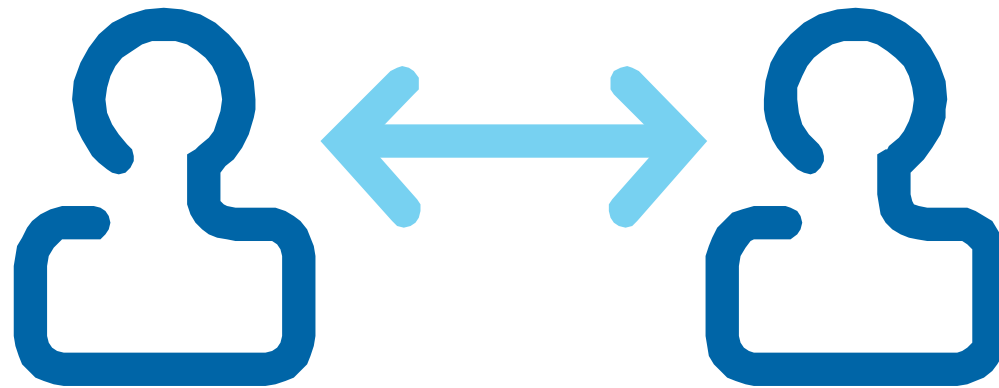
# Let them work it out



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

Discipline Tools to Test Out:

# Connect to Correct

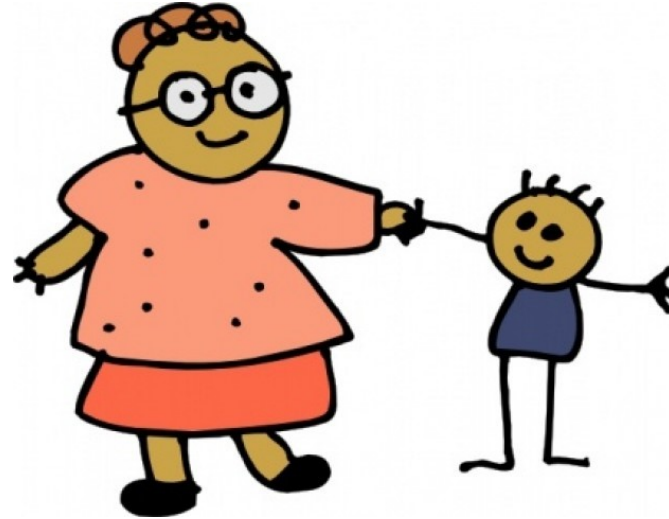


**FIRST** move closer, get down to their level and establish eye contact.

**THEN** tell them what you want them to do.

Discipline Tools to Test Out:

# Role Model



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



Discipline Tools to Test Out:

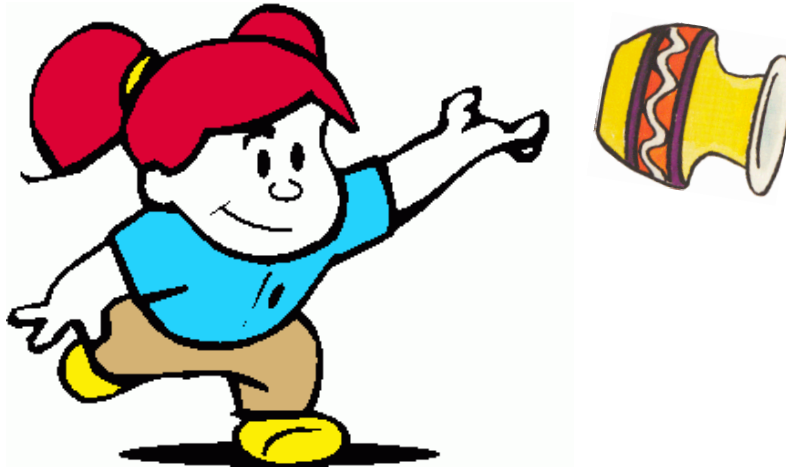
# Re-Direct



Tell them *what other action* they could do with that same object.  
“Pet the kitty nicely—like this.”

Discipline Tools to Test Out:

# Substitute



Tell them *what other object* they could do that same action with. "You want to throw. Let's find a ball."

Discipline Tools to Test Out:

# Offer Choices



Offer a maximum of two options to a child under age 2, three under age 3... But don't offer choices to a very upset child... they can't make decisions in that state.