



SEEKTM
Safe Environment for Every Kid

DISCIPLINE

Being a parent can be hard. We all want kids to learn to behave

Discipline is a way to teach your child that bad behavior has consequences

Kids learn to manage feelings and disappointments when discipline is clear and consistent

It takes self-control, patience and time on your part

Set up a discipline plan for your family:

- Decide what behaviors are OK - what do you want your kids to do?
- Decide what **rewards** to give for good behavior.
- Decide what **consequences** follow bad behavior.
- **Keep it simple.** Let children know what to expect.
- Set **clear rules**, remind your child what they are and what will happen if they break rules.
- **Be firm and consistent.** Let other caregivers know how you discipline your kids so everyone is doing the same thing.

Quick tips to keep in mind:

- Remain **calm**. Correct the bad behavior when it happens, unless you're too upset.
- Even though some behaviors can be **a little** annoying, most bad behaviors are minor and are best **ignored**.
- **Telling** your children how to behave is important, but **showing** them how to behave is being a good **role model**.
- **Catch** your kids being **good**. Give them rewards for the behaviors you **want** to see.
- Show your kids you love them. **Hug them a lot**. Tell them you are proud of them. **Praise** is powerful. Remember that your children are just learning about their world, and need your guidance and support.
- Don't lose your **cool**. The best way to handle your child's anger is to handle your own. We all lose it sometimes; when that happens, take a time-out yourself to cool-off before going back to your child.

If you'd like to talk about discipline, please talk to your child's nurse or doctor.



Helpful Resources

The National Parent Helpline | www.nationalparenthelpline.org

If you need someone to listen to you, call the National Parent Helpline®. The Helpline is open to parents and caregivers of children of all ages. Call 1-855-427-2736, Monday through Friday from 10 am to 7 pm PST. A trained advocate is ready to:

- listen to you
- help you problem-solve
- encourage you to take care of yourself
- work with you to get connected to local services
- help you build on your own strengths and continue to be a great parent

If you're interested in reading more about discipline:

- **"1-2-3 Magic: Effective Discipline for Children Ages 2-12"** by Thomas Payton; Child Management, 1996.
- **"How to Talk so Kids Will Listen, How to Listen so Kids Will Talk"** by Faber and Mazlish; First Avon Books, 1999.

ADD INFO ON LOCAL RESOURCES

AND/OR ON PRACTICE SITE