



DISCIPLINE

Parenting Tips & Tricks

Ensuring our children remain safe & follow family rules is one of a parent's hardest & most important jobs! As children grow, their brains are changing and what's positively reinforced strengthens the part of their brain that helps with good decision making. Positive discipline gives children the opportunity to learn from their mistakes & lowers the chance they'll repeat those mistakes again.

Habits That Help:

- model the behaviors you want your child/ren to practice
- be consistent & set fair limits
- involve your children in creating "consequences"
 - help them understand the difference between "natural" & "logical" consequences
 - make "logical" consequences fair
 - remind them the "logical" consequence is in place because you love them & want them to be safe, learn how to manage their own behaviors, and become resilient

How You Can Help:

- Listen first! Allow your child/ren to finish their story before jumping in with a solution or consequence
- calm down before you respond... sometimes parents & children need time outs
- look for patterns in behavior... they may be trying to tell you something they can't or don't feel comfortable saying out loud
- reinforce good behaviors by saying: *"Great job putting your toys away!"* or *"Thank you for telling me about the broken vase."*
- talk about natural consequences when they happen so they make the connection between their behavior & what happened. *i.e. "Why do you think the puppy nipped you? How would you feel if someone pulled your tail? Would you nip if it hurt you?"*
- Know when not to respond! If not in danger, children learn best from natural consequences
- pay attention & redirect when possible... sometimes children are simply bored
- Be prepared! Letting children know what's happening in the future & what you expect from them helps them make shifts easier

