

## 2. Logical consequences

Good for children aged 3 – 5 years old.

- If your child colours on the walls → she must help clean up.
- If your child won't wear a sweater → she may be cold.
- If she leaves a toy on the driveway that gets broken → she won't have that toy to play with (don't rush out to buy a new one).
- If she fights over television or a toy → turn off the television; take the toy away.
- If she breaks rules about where she can ride on her bike → take away her bike for a few days.
- If she does not do her chores → she cannot go to her friend's house or play outside.

### 3. Reward system

Good for all ages

Try to “catch your child being good”.

Show him your happiness, give him a big hug, and tell him you're proud when he:

- Acts with respect
- Follows rules
- Helps someone
- Speaks politely
- Cleans up

Spankings are never a good way to discipline.



# Help your Child Behave



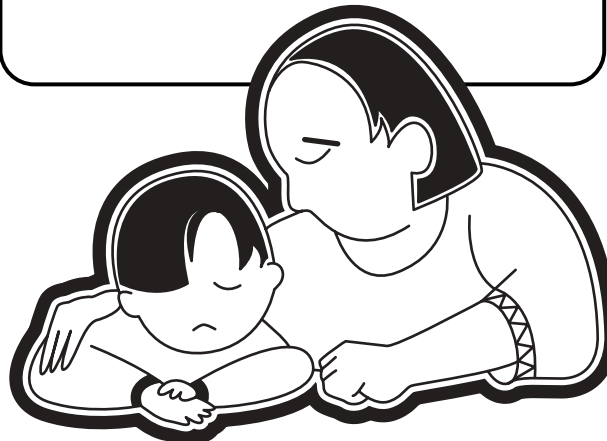


## What are the goals of discipline?

- ▶ Discipline protects your child from *danger*.
- ▶ Discipline helps your child learn self-control.
- ▶ Discipline helps your child learn to be responsible.
- ▶ Discipline helps teach values.

## What makes discipline work?

- ▶ **Be realistic.** Don't expect more than what your child can do at their age.
- ▶ **Be clear.** Be specific and firm about what you expect. Be clear about what will happen if your child misbehaves.
- ▶ **Stick to it.** Parents must agree on how to discipline. Rules that change can confuse your child.
- ▶ **Have respect.** Children should respect their parents and other people. Parents should discipline with respect, and not use shouting or name-calling.
- ▶ **Be a role model.** Be a model of good behaviour. "Do as I say, not as I do" just won't work.
- ▶ **Be open.** Try to consider your child's point of view, even though you may not agree with him and may not change your mind.



## Here are three useful ways to discipline:

### 1. Time-out

*Good for children aged 1 – 5 years old.*

#### **How to use time-out**

- ▶ If your child misbehaves, warn him that he will get a time-out.
- ▶ Give one warning only.
- ▶ If he continues to misbehave, calmly say "time-out" and take him to his time-out place. This should be a chair or room away from the activity (and television). It should be boring but not scary.
- ▶ Explain the time-out. Keep it simple, like "No hitting. Hitting hurts."
- ▶ Time-out should last one minute for each year of your child's age, up to 5 minutes. You can use a kitchen timer.
- ▶ If your child leaves time-out, put him back in and re-start the timer.
- ▶ When time-out is over, tell him calmly and let him leave.