Discipline Tool Box

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STEP 1 Prevent problems	1. Make sure child is rested & fed. Set clear expectations.
STEP 2 Pick your battles	2. Think before reacting. Is their behavior really a problem?
STEP 3 Tell child what TO do	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.
STEP 4 Alert child to the problem	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.
STEP 5 Calmly enforce consequences	5. Enforce consequences: remove child from situation, or remove some of your child's options.
STEP 6 Move on	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.)

Parent Education Program
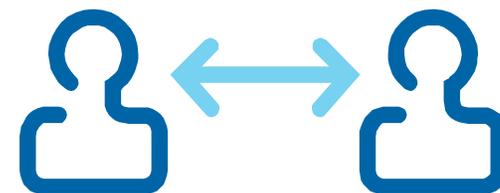Learning and growing together.

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.
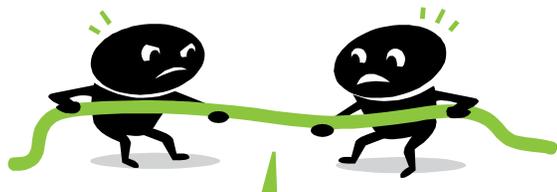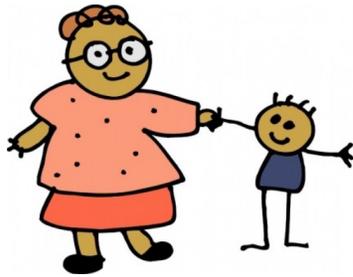
Connect to Correct

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

make a

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

When / Then

A positive reminder: "When you behave well (as I expect you will), then you get this positive response."

If / Then

A warning: If this negative behavior continues, then there will be a negative consequence.

Natural Consequences

Let them make mistakes or poor choices, then deal with the results.

Attention Principle

Give positive attention to behavior you want to see more of. Ignore annoying behaviors.