

Your Discipline Toolbox

Build a Strong Foundation

Love
Attention
Respect
Trust

Do Routine Maintenance

Make sure child is fed, rested
Yes Spaces / Times
Routines, Transitions
Clear Expectations & Limits

Improve Behavior

Clarify Rules
Routines to fix Issues
Reward System
When / Then
Attention Principle

For Minor Misbehavior

Ignore It?

Say what TO DO:

Model, Substitute, Re-direct, Choices

Connect to Correct, Clear Command

Natural Consequences

Warn them, using If / Then

For Major Misbehavior

Time Out?

Logical Consequences

Seek support?

Move On

When consequence is complete
or behavior improves,
Reconnect, Respect

The Discipline Flowchart

