

# 10 Tips for Positive Discipline

1. Show respect, and focus on the behavior, not the child.
2. Be firm, fair, and consistent. Discipline with love.
3. Never use physical punishment. It teaches children that violence is OK.
4. Fit the consequences to the behavior. For example, if your child paints on the wall, the punishment should be to clean it off.
5. Act as soon as possible so your child associates misbehaviors with their consequences.
6. If you are very upset, cool down before you use discipline.
7. Try “time-outs”. This allows younger children to think about their actions. The best place for a time-out is an area that isn’t pleasurable for the child.
8. Keep in mind that no one is perfect. We all make mistakes.
9. Decide what behaviors you must take a stand on and which you can be more flexible about.
10. Give praise often for your child’s positive actions and qualities. This will encourage your child to continue the behavior you want.