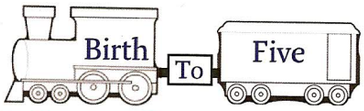
RICHLAND COUNTY FIRST STEPS
Getting children ready for school.



Pointers for Parents

Discipline for Young Children

To discipline means to teach!

What discipline is: Discipline is a strong, effective way to teach positive:

- Behaviors
- Ways to express feelings
- Ways to play
- Ways to respond to others
- Family values
- And safety

What discipline is not:

Discipline is not *punishment,* which may -

- Make young children feel unloved
- Make them feel they are bad
- Make children act out of fear
- Focus on what is wrong without teaching what is right

Remember, children can be:

- Messy, clumsy, and noisy. Your child is not bad when doing these things – only being a child!
- Always on the move. Sitting quietly – even for a short time – is hard for them.
- Not perfect. None of us are! It's okay for

-over-

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Discipline for Young Children

Continued

Things to Do

- Notice and praise "good" behavior. Ignore "bad" behavior (like whining) when you can.

- Be positive. Try telling a child what to do instead of what not to do.
  Example: Say, "Please walk inside the house." Instead of, "Don't run in the house."

- Save your "Don'ts" for big rules.
  Example: "Don't cross any street without an adult."

- Give clear instructions. "Be good" or "Behave yourself" does not mean much to a young child. Be very specific in communicating your expectations.

- Be a role model for your child. If you ask politely and share, your child will learn from you.

- Give your child choices as often as you can.
  Example: "Which would you rather do first, put on your pajamas or brush your teeth?"

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