

Positive Discipline Tip Sheet

Young Children (Ages 0-5)	School-Age Children (Ages 6-12)	Teens (Ages 13-18)
<p>Role Modeling</p> <ul style="list-style-type: none"> • Children learn by watching adults. At this age, showing children how to act and how to follow rules is crucial for learning. • If you treat children with respect and kindness, they will learn positive behaviors. 	<p>Role Modeling</p> <ul style="list-style-type: none"> • You are your child's greatest role model. Behave and treat others, including your child, the way you expect them to behave and treat others. • Role play social skills and problem-solving for greater learning. 	<p>Role Modeling</p> <ul style="list-style-type: none"> • Although your teen may not engage with you like he or she did as a child, what you do and say is still important. • Help your teenager manage self-control by modeling control of your own emotions.
<p>Rules/Limits</p> <ul style="list-style-type: none"> • Rules and expectations should be clear, simple, and enforced consistently by following through on consequences. This helps young children feel secure. For example, if you say, "You will have to get out of the bath if you keep splashing," make sure you follow through. 	<p>Rules/Limits</p> <ul style="list-style-type: none"> • Establish an end time for a negative consequence, such as loss of TV time for 24 hours or loss of a video game for 2 days. • Be consistent but also be flexible and allow for independent choice making when possible. 	<p>Rules/Limits</p> <ul style="list-style-type: none"> • Set up rules for things such as homework, chores, time with friends, curfews, and dating and discuss them with your teenager. • Give your teen control over some things, which will help to limit the number of power struggles and will ensure your teen respects your decision.
<p>Encouragement</p> <ul style="list-style-type: none"> • Discipline is also about recognizing good behavior. Give praise to reward good behavior. 	<p>Encouragement</p> <ul style="list-style-type: none"> • Provide your child with positive attention daily, including quality time spent just with him or her. • Don't expect perfection. Praise their efforts so they know they are doing 	<p>Encouragement</p> <ul style="list-style-type: none"> • Guide your teen in making decisions and solve problems with them. Ask for their input and ideas and decide the best solution together. • Empower them to make their own

	well and don't have to be perfect.	choices while giving them your support.
<p>No Physical Punishment</p> <ul style="list-style-type: none"> • Never call your child names or hit them. You will teach them that this type of behavior is acceptable. • Use direct eye contact and a calm tone when giving a direction, a warning, or when enforcing a consequence. 	<p>No Physical Punishment</p> <ul style="list-style-type: none"> • Avoid negative methods of behavior correction, such as sarcasm, teasing, verbal abuse, or physical punishment, as they do not help children learn. • Set up a behavior plan or chart to decrease negative behaviors. At this age, children are eager to work toward rewards. • Give praise and acknowledge good choices. 	<p>No Physical Punishment</p> <ul style="list-style-type: none"> • When your teen breaks a rule, take away privileges such as screen time or time with friends and discuss why these consequences have occurred. • Communicate with them about what they need to do to earn their privilege(s) back.