

## Discipline Tips Based on Actions, Not Reactions

### 1) Take charge of the situation

Your child should know that you are the boss, not him.

### 2) Make sure you tell your child, don't ask

Children can determine by the way your phrase your words if the request is optional or mandatory.

### 3) Make sure when you say something, you mean it

Many parents repeat requests over and over hoping their child will listen. Children know exactly when you mean it, so make sure you mean it the first time.

### 4) Talk less and be specific

Be very specific in what you want your child to do, but not with a lot of words. This tells the kids exactly what you want them to do.

## Discipline Techniques that Often Backfire

- Taking away favored things
- Making the child feel guilty
- Being vague
- Threatening
- Losing your cool
- Humiliating the child
- Spanking the child
- Nagging

## Discipline Techniques that Work

- Following through with what you say
- Modeling appropriate behavior
- Being consistent
- Being firm, yet kind/fair
- Providing consequence for misbehavior immediately after undesirable act is performed
- Clearly stating expectations
- Removing child from the situation



# Disciplining Your Child



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# How to Deal with Inappropriate Behavior

The word “**discipline**” has been used interchangeably with the word “**punishment**” in the past, but to have a more positive effect on your child, there are many other ways to approach the situation.

## Understand Your Child’s Capabilities

Knowing your child is to understand his needs, which makes for a relationship filled with mutual trust. Everyone has expectations that their children will grow up to be pleasant people, but those expectations should be reasonable for the child’s age, or more specifically, their developmental stage. A preschooler cannot be expected to entertain himself all day, the parent needs to make time to spend with their child. A child trusts that their needs will be met by their parents, and when they aren’t, the child acts out seeking that much needed attention.

## Communicate at the Child’s Level

Effectively dealing with inappropriate behavior is to sit the child down in a quiet, safe space, get down close to his level looking the child in the eyes and with a firm voice tell your child that his behavior is unacceptable and will not be tolerated. Once he calms down, you can expect an apology from him.

## Giving a Time Out

If your child is old enough (developmentally ready) to sit still in the corner for a time out, then explain to the child that they are having a time out for a certain amount of time (usually one minute for each year of their age), and tell them why they are receiving a time out. Using a timer works well, providing the child with a concept of time. Be clear that they are to sit quietly until the buzzer goes off. When the time is up, have a discussion with your child about their inappropriate behavior, and expect an apology from your child.

## Avoid Being an Authoritarian

Explaining the process of cause and effect to your child takes some extra energy, more than a simple “NO”. Give your child the information that they need to be an independent, responsible person. Give the facts, describe the problem, and respect their choices.

## The Controversial Spanking

Everyone has their own strong opinion about spanking. Children do things that we find reproachful at times, especially when they are tired or hungry. However, most of the time when a parent spans a child, they are tired and stressed out themselves, and have run out of steam to deal with the problem in a mature manner. Responding to inappropriate behavior by spanking only teaches your child that hitting someone when they are upset is acceptable.. Maintaining self-control and thinking before you react are parents responsibilities for their child’s well-being and future.

The biggest challenge of parenting is to discipline yourself to be a good, patient parent.

