



Guidelines for Positive Discipline

Positive Discipline

The goal of positive discipline is to help children make good choices, act responsibly and learn self control.

Four steps to taking action

1. Think first, then respond. Is this normal behavior? Are they tired or hungry? Am I out of patience?
2. Act calmly and promptly.
3. Use natural or logical consequences.
4. Redirect children to appropriate activities.

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Be Positive:

- ◆ Focus on the desired results.
- ◆ Expect the best from the child.
- ◆ Notice and praise good behaviors.
- ◆ Say “yes” as often as possible.
- ◆ Show you care.

Be Clear:

- ◆ Give clear directions.
- ◆ Give directions one at a time or in age-appropriate doses.
- ◆ Help children see how their actions affect others.

Make Good Rules:

- ◆ Be age appropriate.
- ◆ Make rules simple and enforceable.
- ◆ Make as few rules as possible.
- ◆ Enforce rules consistently.

Prevent Problems:

- ◆ Set a good example—be a good role model.
- ◆ Encourage children to express their feelings in words.
- ◆ Understand child development and age-appropriate expectations.
- ◆ Have a plan for anticipated problems.
- ◆ Develop routines.
- ◆ Listen to children.