

The Do's & Don'ts of Discipline



Many parents often confuse discipline with punishment, but discipline is about setting limits and teaching acceptable behavior. Setting limits provides a safe, secure environment where children can learn from their mistakes.

Do's:

- ✓ Take age into consideration. Your child's ability to understand right from wrong gradually increases as he or she gets older.
- ✓ Stay calm, but firm.
- ✓ Reinforce good behavior using praise and encouragement whenever possible.
- ✓ Discipline gently by correcting the bad behavior in a calm and loving manner.

Don'ts:

- ✗ Never resort to physical punishment, such as shaking or hitting. You don't want to teach your child that violence is the way to solve problems.
- ✗ Never shame or belittle a child for misbehaving. A child's self-esteem can be damaged.
- ✗ Avoid accusations. Even with babies, communicate in respectful tones and words. This helps prevent hurting a child's self-image and promotes his or her cooperation.

For more information on First 5 Shasta, call 229-8300 or visit www.first5shasta.org.

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