



Discipline

Discipline is a way to teach your child how to behave well.

Being a parent can be hard. We all want kids to learn to behave.

Kids learn to manage feelings and disappointments when discipline is clear and consistent.

It takes self-control, patience and time!

Set up a discipline plan for your family:

- Decide what behaviors are OK or not OK – how do you want your child to behave?
- Decide what rewards to give for good behavior
- Decide what consequences follow bad behavior
- Keep rules clear and simple
- Remind your child about expectations based on their age and development
- Be firm and consistent – all caregivers need to know how you discipline so everyone is doing the same thing



Helpful Tips:

- Correct bad behaviors when they happen. But, if you're very upset, take a time out to cool-off before going back to your child
- The best way to handle your child's anger is to remain calm
- Most challenging behaviors are annoying, yet minor, and best ignored
- It is important to tell and show your child how to behave since young children are still learning about their world
- Show your children how to behave, this is being a good role model
- Give your child rewards and praise for the good behaviors you want to see
- Show and tell your kids you love them, like giving hugs and saying you're proud of them

If you'd like help with discipline, please talk to your child's nurse or doctor.

Helpful Resources

The National Parent Helpline | www.nationalparenthelpline.org

Call **1-855-427-2736** for English and Spanish, Monday – Friday, 10am to 7pm PST

The Helpline is open to parent and caregivers. A trained advocate will:

- Listen to you
- Help you problem-solve
- Help you take care of yourself
- Help connect you to local services
- Help you build on your own strengths and be a great parent

If you're interested in learning about discipline:

- **“1-2-3 Magic: Effective Discipline for Children Ages 2-12”** by Thomas Payton; Child Management, 1996.
- **“How to Talk so Kids Will Listen, How to Listen so Kids Will Talk”** by Faber and Mazlish; First Avon Books, 1999.
- Learn how to “Build Structure” for your child:
 - www.cdc.gov/parents/essentials/structure/building.html (English)
 - www.cdc.gov/parents/spanish/essentials/structure/buildingblocks.html (Spanish)

