

# 10 Tips for Positive Discipline

Positive Discipline is fundamental for children of ALL ages and abilities. Here are 10 tips & tactics to help you!



1. Show respect, and focus on the behavior, NOT the child.
2. Be firm, fair, and consistent (to all siblings). Discipline with love.
3. Do not use physical punishment. Doing so teaches children that violence and aggressive behavior is OK.
4. Fit the consequence to the behavior. For example, if the child writes on the wall, the punishment should be for the child to clean it off.
5. Act as soon as possible so your child associates misbehaviors with their consequences.
6. If you are very upset, cool down before you use discipline.
7. Keep in mind that no one is perfect, and that we all make mistakes.
8. Decide which behaviors you must take a stand on and which behaviors you can be more flexible about. It is important to be consistent with which behaviors you will take a stand on.
9. Catch your child “being good”. Give praise often for your child’s positive actions and qualities. This will encourage your child to continue the behavior you want!
10. Take some time for yourself. Recharging is an important part of being able to provide positive discipline!



*Care. Connect. Make a Difference.*