



Effective Discipline Tips

10 Guidelines For Raising A Well-Behaved Child

- 1) Whenever possible, teach rather than punish. The goal of discipline is to teach children appropriate behavior. Hitting children does not teach acceptable behavior, it teaches children that "might makes right" and hitting is a way to solve problems.
 - 2) View children's misbehavior as a mistake in judgment. It will be easier to think of ways to teach more acceptable behavior.
 - 3) Whenever possible, make consequences relate to misbehavior. If a child hurts someone's feelings, the child should apologize. If the child makes a mess, he/she should clean it up.
 - 4) Have behavior rules but make sure they are few in number, reasonable, and appropriate to the child's age and development.
 - 5) Make sure that consequences for misbehavior are reasonable and clear.
 - 6) Don't argue or nag children about rules. If a rule is broken, remind the child of the rule and the consequence for not following the rule. When you give a command, speak in a firm voice and repeat the command only twice.
 - 7) If your child has many behaviors, that concern you, don't try to change all of them at once. Choose one behavior of concern. Explain why the behavior is a problem and praise the opposite behavior when your child demonstrates it.
 - 8) Distract infants and toddlers when they are doing something you don't like or remove them from the situation. Infants and toddlers do not understand the difference between right and wrong and should not be hit or shaken.
 - 9) Use good manners when talking to children about their behavior. Be sure to use "I'm sorry", "May I" and "Excuse me" when they are appropriate. Be a good model for your children in speech and action.
 - 10) Catch your child being good! Your praise or hug will increase appropriate behavior.
-

Ten Reasons for NOT Hitting Children

- 1) Hitting children sometimes leads to injuries.
- 2) Hitting destroys self-esteem and trust. Cooperative behavior is much more likely to occur when there is a strong loving bond between parent and child.
- 3) Hitting children transmits a pro-violence attitude. Children who are frequently hit learn to be hitters themselves.
- 4) Hitting children teaches them that "might makes right."
- 5) Hitting a child for misbehavior means that the caretaker loses an important opportunity for teaching a more appropriate behavior.
- 6) Fear is not an effective way of teaching an appropriate behavior. Children who are hit are likely to perform the desired behavior only when the hitter is nearby.
- 7) Children who are frequently hit often grow up with childhood memories that are full of anger and resentment.
- 8) Using the Bible to support corporal punishment of children is a selective use of scriptures to condone secular thinking.
- 9) Children are often hit for behavior which is not "bad" behavior but rather behavior which is related to their need to explore the world, and for needs related to nutrition, exercise, attention and sleep.
- 10) Children learn best through teaching, discussion and observing adults who model responsible, caring and self-disciplined behavior.



(The Center for Effective Discipline, Columbus, Ohio, USA)