

You and Your Child

Just like with everything else, doing the same thing again and again will help your child learn.

Make a point to sit down with your partner and other caregivers to decide what behaviors are not acceptable. Here are a few techniques to use as discipline for your toddler and young child (infants need only distracting or redirecting).

1. Encouragement
2. Choices
3. Time-Out



Contact Information

Web Site:

Please visit our web site for more information on positive parenting!

www.southhealthdistrict.com/positiveparenting

Phone:

1-800-CHILDREN

The helpline is there for parents to use from 8 am to 8 pm Mondays through Fridays. It's free, it's confidential, and most importantly it's there to help!



Discipline:

What Works with Young Children

"A Positive Spin on Discipline"



1-800-CHILDREN

POSITIVE PARENTING

Encouragement

Encouragement is always better motivation for change than punishment.

1. Praise your child when you see him/her doing acceptable behaviors or close to acceptable/desirable behaviors.
2. Show your child how to do what you want him/her to do. Remember that he/she likes to copy you.



Choices

Choices give children an opportunity to change their behavior.

1. When you see your child doing something unacceptable, call him/her by name, look him/her in the eye, and say something like:
“You must stop doing _____ right now.”
2. Without yelling, in 10-15 words or less, tell your child why the behavior is not acceptable.
3. Give your child 2 choices of things that he/she can do instead.
4. Praise him/her when he/she changes their behavior.

Time-Out

Use time-out to stop an unacceptable behavior when encouragement and giving choices has not worked.

1. Tell your child that he/she will have to be by themselves (on a chair or on the floor in a different part of the room) for 2-3 minutes. Whenever possible, use the same chair or place.

Time-Out Continued:

2. While you are putting him/her in the time-out area, without yelling in 10-15 words or less, tell him/her why he/she cannot do what he/she was doing. Focus on why the behavior is unacceptable, not on your child being bad.
“You need to sit in the chair. You cannot hit because hitting hurts.”
3. Make sure your child does not receive any attention from other adults or children and does not have things to play with.
4. If you have a timer, set it and let your child know that when it is finished, his/her timeout will be over.
5. When the time-out is finished, tell your child once again in 10 words or less why she cannot do the unacceptable behavior.
6. Help your child find something else to do which is acceptable.

1-800-CHILDREN

**South Health District &
Healthy Families of Tifton**

Information was taken from
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