Teaching Children Discipline

✔ **Remember the purpose of discipline.** It is to teach your child socially acceptable ways of expressing natural desires and drives. Discipline guides your child into adulthood.

✔ **Successful discipline is geared to the child’s developmental stage.** Don’t expect a child of any age to perform something he or she is not ready for.

✔ **Children need positive reinforcement.** Reward your child for doing right with smiles, hugs, attention, praise and thanks. Rewards do not need to be toys or candy.

✔ **Never hit or shake a child.** Hitting is not a useful discipline tool for your children. Hitting and other physical punishment are not effective because they teach a child that it is okay to hit people, make children much too angry to be sorry for what they’ve done and can hurt a child physically.

✔ **Discipline is best taught by example.** The lessons you teach your child come from what your child sees you do – not what you say.

✔ **If what you are doing is not working, change it!** Your best efforts, even those that worked in the past, may break down. Try to keep sight of your basic principles and always cherish your relationship with your child.

**The important thing is not whether your child behaves in the next few minutes or today or this week.** The really important thing is how your child turns out 5, 10, or 20 years from now.