

### PROVIDING POSITIVE DISCIPLINE

Discipline is so difficult with young children. It is so hard to get them to do what they need to do. But punishments are rarely the right answer. Here are some tips to provide positive discipline.



#### offer choices.

Rather than telling your child what to do. Offer them a choice between two positive outcomes. They will feel happy to be involved and a part of the process.

#### focus on the good.

Whenever you see a child doing something good, praise it immediately and tell them why. This will encourage their good behavior.

#### be accountable.

When you tell a child you are going to do something as a result of their behavior, you need to do it. This will teach cause and effect and the importance of following through.

#### alternatives to no!

Your kids come up with things to make you want to yell no. Try these alternatives: "I want to hear your idea," or "That doesn't work for me."



### infant inspiration

Infancy is not the time to punish your children. They will not be able to understand it. And they are too young to know any better. They will test your patience. Whenever you have a chance to praise good behavior, do so, and they'll learn quickly.



### toddler tales

The terrible twos are real. But they don't have to be terrible for you. Toddlers are learning so much about the world and are paying attention more than you know. If you can provide them with positive discipline, you can set them onto a path of lifelong success.



### preschool power

Just like toddlers, preschoolers are watching you. So, it is time to model good behaviors for them. Use a soft but confident voice with them. Ask them their opinions and give them options. The more you can give them a sense of ownership in the process the more confident they will be.