



9 Tips for Effective Discipline

- 1. Trust your child to do the right thing within the limits of your child's age and stage of development.**
- 2. Make sure what you ask for is reasonable.**
- 3. Speak to your child as you would want to be spoken to if someone were reprimanding you. Don't resort to name-calling, yelling, or disrespect.**
- 4. Be clear about what you mean. Be firm and specific.**
- 5. Model positive behavior. "Do as I say, not as I do" seldom works.**
- 6. Allow for negotiation and flexibility, which can help build your child's social skills.**
- 7. Let your child experience the consequences of his behavior.**
- 8. Whenever possible, consequences should be delivered immediately, should relate to the rule broken, and be short enough in duration that you can move on again to emphasize the positives.**
- 9. Consequences should be fair and appropriate to the situation and the child's age.**