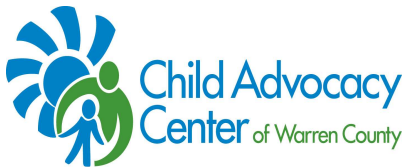




Effective Discipline Tips

Tips for Raising a Well-Behaved Child

1. Whenever possible, teach rather than punish. Hitting children does not teach acceptable behavior, it teaches that "might makes right" and hitting is a way to solve problems.
2. View children's misbehavior as a mistake in judgment.
3. Make consequences relate to the misbehavior. Ex. If a 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 consequences for misbehavior are reasonable and clear.
6. Don't argue or nag children about rules. Remind the child of the rule and the consequence in a firm voice and repeat only twice.
7. Focus on changing one problem behavior at a time. 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 know the difference between right and wrong and should not be hit or shaken.
9. Use good manners when talking to children. Be a good model for your child in your speech and actions.
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. Cooperation is much more likely to occur when there is a strong loving bond between parent and child.
3. Hitting 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.
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 that is not "bad" but rather behavior 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.