

**Discipline**

**Discipline is a way to teach your child how to behave well.**

**Being a parent can be hard. We all want kids to learn to behave.**

**Kids learn to manage feelings and disappointments when discipline is clear and consistent.**

**It takes self-control, patience and time!**

**Set up a discipline plan for your family:**

* Decide what behaviors are OK or not OK – how do you want your child to behave?
* Decide what rewards to give for good behavior
* Decide what consequences follow bad behavior
* Keep rules clear and simple
* Remind your child about expectations based on their age and development
* Be firm and consistent – all caregivers need to know how you discipline so everyone is doing the same thing



**Helpful Tips:**

* Correct bad behaviors when they happen. But, if you’re very upset, take a time out to cool-off before going back to your child
* The best way to handle your child’s anger is to remain calm
* Most challenging behaviors are annoying, yet minor, and best ignored
* It is important to tell and show your child how to behave since young children are still learning about their world
* Show your children how to behave, this is being a good role model
* Give your child rewards and praise for the good behaviors you want to see
* Show and tell your kids you love them, like giving hugs and saying you’re proud of them

**If you’d like help with discipline, please talk to your child’s nurse or doctor.**

**Helpful Resources**

**The National Parent Helpline |** *www.nationalparenthelpline.org*

Call **1-855-427-2736** for English and Spanish, Monday – Friday, 10am to 7pm PST

**The Helpline is open to parent and caregivers. A trained advocate will:**

* Listen to you
* Help you problem-solve
* Help you take care of yourself
* Help connect you to local services
* Help you build on your own strengths and be a great parent

**If you’re interested in learning about discipline:**

* “**1-2-3 Magic: Effective Discipline for Children Ages 2-12**”by Thomas Phelan; Child Management, 1996.
* “**How to Talk so Kids Will Listen, How to Listen so Kids Will Talk**” by Faber and Mazlish; First Avon Books, 1999.
* Learn how to “Build Structure” for your child:
* **www.cdc.gov/parents/essentials/structure/building.html** (English)
* **www.cdc.gov/parents/spanish/essentials/structure/buildingblocks.html** (Spanish)

