

DISCIPLINE

Discipline is the name given to the ways parents teach their children right from wrong. There are many ways to do this – punishment is only one way.

Discipline is ...

- making fair rules for the child
- helping the child obey the rules

Discipline is important because ...

- it keeps the child safe
- it teaches the child right from wrong
- It helps her feel cared for and loved
- it makes the child feel good about herself, so she will try new things
- it helps the child get along with other people

Manitoba
Health



Discipline should start once a baby starts to crawl.

For babies and toddlers, discipline protects the child from getting hurt.

For children over 3 years old, discipline protects the child *and* teaches her how to behave.

When deciding how to discipline your child ...

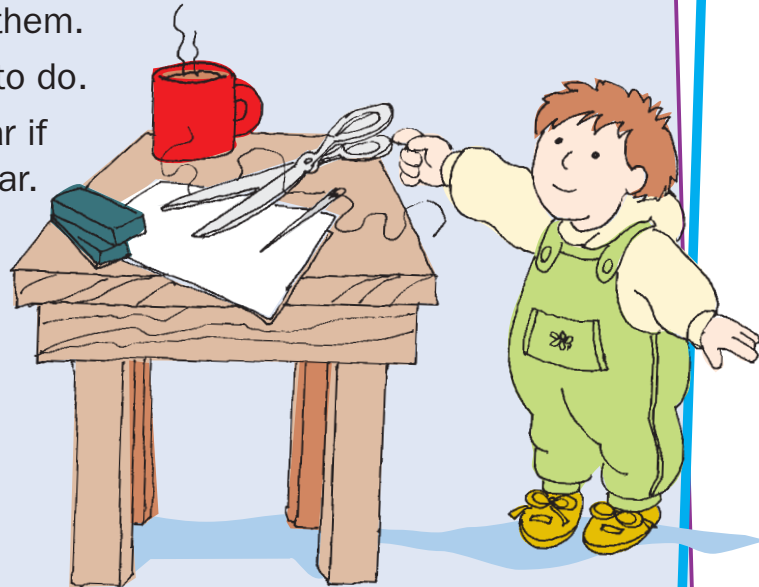
- Make sure the rules are right for the child's age.
- Treat each child as special – not all children are the same.
- Do not be too strict if the child is having a bad day.
- Do not allow something one day and not the next. This will confuse the child
- Both parents must agree on how the child should behave and what the rules are.
- All people taking care of the child should use the same rules. Tell the babysitter what the rules are.
- Do not have too many rules.
- Treat the child with respect – don't punish her in front of other people. Say you're sorry, if you are wrong.
- Tell your child exactly what you want her to do.
- Be patient. Your child will make mistakes – this is how children learn.

Do not allow something one week and not the next



Ways to discipline ...

- The best way to protect a toddler is to pick her up and move her away from danger. Things that are breakable should be put where the child can't reach them.
- Give the child other safe things to do.
- Set a good example. Don't swear if you don't want your child to swear.
- Give the child smiles, hugs and compliments when she does what she is supposed to. Don't pay attention to her only when she is "bad".



Put dangerous things where the child can't reach them.

Say exactly what you mean.



Punishment is one way to discipline a child – but it does not work if it is used too often.

Spanking should never be used. It doesn't work and it can hurt the child.

Better ways to punish a child are ...

- Put the child in a quiet place by herself for a short time – never longer than 5-10 minutes.
- Take something “away” from the child for a while. It is best if it has something to do with the broken rule.
- Before you punish, make sure the child knows the rule and what will happen if she breaks it. Always warn the child once before punishing. Punish the child right away.

